

Menu

Summer 2025





Get started

Contact our friendly team today to get set up with Able Foods.

🌐 ablefoods.com.au/get-started

📞 1300 123 225

✉ welcome@ablefoods.com.au

"Co-pay" is your out-of-pocket payment for the cost of ingredients. The cost of meal preparation and delivery is subsidised by the NDIS or SaH program.



Order

Set up an automated Meal Plan for convenient, worry-free deliveries! Or order meals just when you need them.

🌐 ablefoods.com.au/store

📞 1300 123 225

✉ orders@ablefoods.com.au

Our weekly order cut-off is 5pm Wednesdays, Sydney time.



Delivery day

Your delivery day will depend on where you live. Get in touch with us or visit our website to confirm which days we deliver to your area.

🌐 ablefoods.com.au

📞 1300 123 225





Seasonal Savers

Main meals at just **\$2 co-pay**.

Look for the Seasonal Savers
sticker in our menu!



Pork Sausages & Gravy | \$2.00



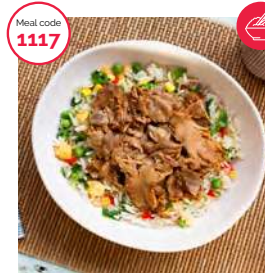
Chicken Pesto Pasta
\$2.00



BBQ Beef Casserole
\$2.00



Satay Chicken Noodles | \$2.00



Honey Soy Pork
\$2.00



Butter Chicken | \$2.00



Curried Vegetable Pot Pie - \$2.00



Ratatouille & Mash
\$2.00



Honey Mustard Chicken | \$2.00



Italian Pasta Bake
\$2.00

Our Seasonal Savers range will change with the seasons, so keep an eye on our menu to see what will be on offer next.

This range is valid until Wednesday 25/02/2026



Pub-style classics
pg 4 - 5



Home-style favourites
pg 6 - 7



Italian
pg 8



Asian
pg 9



International
pg 10

Main meals

Eating well has never tasted so good! Our delicious main meals can be enjoyed for lunch or dinner.

Key:



Made without dairy



Made without wheat



Made without nuts



Made without seafood



Soft chew



Spicy



Seasonal Savers

Allergen Disclaimer: Please be aware that we cannot guarantee any product is 100% free from traces of allergens.

Protein:



Chicken



Beef



Pork



Lamb



Seafood



Vegetarian



Vegan



Pub-style Classics

\$2.00 - \$3.00 co-pay each

Meal code
1085

NEW



Cheeseburger Mac & Cheese - \$3.00
w/ beans



Meal code
1088



Roast Chicken & Diane Sauce - \$3.00
w/ beans, honey-roasted carrots, beetroot & roast potato



Meal code
1119



Pork Sausages & Gravy - \$2.00
w/ grilled onion, roast vegetables, peas & corn



Meal code
1113



BBQ Beef Casserole - \$2.00
w/ peas, corn, and topped with cheese & potato gems



Meal code
151



Classic Chicken Schnitzel - \$3.00
w/ mashed potato, carrot & peas



Meal code
184



Classic Chicken Parmigiana - \$3.00
w/ roast potato, beans & peas





Pub-style Classics

\$2.00 - \$3.00 co-pay each

Meal code
1059



Crumbed Chicken Tenders & Sweet and Sour Sauce - \$3.00
w/ sweet potato fries, broccoli & cauliflower



Meal code
1072



Curried Vegetable Pot Pie - \$2.00
w/ roast potato & broccoli



Meal code
1013



Beef Banger & Sweet Potato Mash - \$3.00
w/ peas



Meal code
1009



Fish 'n' Chips - \$3.00
w/ mushy peas



Meal code
1051



Beef Pot Pie - \$3.00
w/ mashed potato & peas



Meal code
197



Marinated Tofu Schnitzel - \$3.00
w/ roast potato, carrot, capsicum, broccoli & cauliflower



Limited
Edition

Happy holidays from Able Foods!

Get into the festive spirit with our limited-edition, holiday meals.

Available 27 November until stocks last.

Meal code
138



Christmas Turkey & Cranberry Gravy - \$3.00
w/ roast potato, beans & roast pumpkin



Meal code
409



Christmas Plum Pudding with Custard - \$1.00





Home-style Favourites

\$2.00 - \$3.50 co-pay each

Meal code
1060

NEW



Aussie BBQ Grill - \$3.00
w/ beef rissolle, chicken chipolata, gravy, potato bake, honey carrots, peas & corn



Meal code
2006

NEW



Herbed Ricotta & Chickpea Salad - \$3.00
w/ brown rice, kale, almonds, carrot & beetroot



Meal code
2004

NEW



Chicken Couscous Salad - \$3.00
w/ chickpeas, sweet potato & currants



Meal code
1128

NEW



Beef Cottage Pie - \$3.00
w/ broccoli



Meal code
193

NEW



Fish Pie - \$3.00
w/ peas & carrots



Meal code
1124



Home-style Beef Casserole - \$3.00
w/ mash potato & roast pumpkin



Meal code
1052



Vegetable Frittata - \$3.00
w/ potato & green beans



Meal code
1121



Salmon Patties & Lemon-Caper sauce - \$3.00
w/ smoked salmon, beans & peas



Meal code
1115



Honey Mustard Chicken - \$2.00
w/ roast potato, carrot & peas



Meal code
1038



Roast Chicken & Gravy - \$3.00
w/ roast potato, carrot, red onion & peas





Home-style Favourites

\$2.00 - \$3.50 co-pay each

Meal code
1095



Traditional Meatloaf & Gravy - \$3.00
w/ beef & pork mince,
mashed potato, peas &
carrot



Meal code
1034



Roast Lamb & Rosemary Gravy - \$3.50
w/ roast potato, sweet
potato, carrot & peas



Meal code
1031



Roast Beef & Seeded Mustard Gravy - \$3.50
w/ roast potato, pumpkin,
red onion, sweet potato
& peas



Meal code
1032



Roast Pork & Sweet Apple Sauce - \$3.00
w/ roast potato, broccoli,
honey-roasted carrots &
beetroot



Meal code
1064



Tuna Pasta Bake - \$3.00
w/ peas, sweet potato,
broccoli, cauliflower &
carrots



Meal code
1019



Mac & Cheese Bake - \$3.00
w/ broccoli





Italian

\$2.00 - \$3.00 co-pay each

Meal code
1106

NEW



Italian Tuna Pasta -
\$3.00
w/ vegetables in tomato
sauce. Try it hot or cold!



Meal code
1127



Chicken Pesto Pasta
- \$2.00
w/ sundried tomato & a
side of pumpkin



Meal code
1097



**Mediterranean Veggie
Pasta - \$3.00**
w/ sun-dried tomato &
butter beans



Meal code
1039



Italian Pasta Bake -
\$2.00
w/ a side of green beans



Meal code
196



**Pumpkin & Ricotta
Lasagne - \$3.00**
w/ a side of green beans



Meal code
141



Spaghetti Bolognese
- \$3.00
w/ a side of green beans



Meal code
1035



**Cheesy Chicken Pasta
Bake - \$3.00**
w/ a side of green beans





Asian

\$2.00 - \$3.00 co-pay each

Meal code
1123



Cashew Chicken -
\$3.00
w/ white rice, mixed
vegetables, and chilli jam
sauce



Meal code
1089



**Crispy Chinese
Chicken - \$3.00**
w/ veggie brown
rice & mixed stir fried
vegetables



Meal code
1101



**Pork & Prawn Singapore
Noodles - \$3.00**
w/ broccoli, carrot, baby
corn, sugar snap peas &
capsicum



Meal code
1118



Thai Yellow Curry -
\$3.00
w/ tofu, edamame
beans, sweet potato, rice,
cashews & beans



Meal code
1120



**Satay Chicken
Noodles - \$2.00**
w/ edamame & a side of
broccoli



Meal code
1117



Honey Soy Pork -
\$2.00
w/ egg & veggie rice



Meal code
1049



Chicken Chow Mein -
\$3.00
w/ broccoli, carrot, baby
corn, sugar snap peas &
red capsicum



Meal code
1078



Mongolian Beef -
\$3.00
w/ rice, broccoli, carrot,
baby corn, sugar snap
peas & capsicum



Meal code
1086



**Thai Green Chicken
Curry - \$3.00**
w/ rice, beans, carrot &
eggplant





International

\$2.00 - \$3.00 co-pay each

Meal code
1130



Vegetable Dahl -
\$3.00
w/ spiced cauliflower & potato



Meal code
1126



Ratatouille & Mash -
\$2.00
w/ vegetables, butter beans, cheese & mash potato



Meal code
1122



Crispy Chicken Poke Bowl - \$3.00
w/ brown rice, edamame, carrots, broccoli & teriyaki sauce



Meal code
1105



Beef Chilli Con Carne
- \$3.00
w/ kidney beans, black beans, broccoli and rice



Meal code
1111



Butter Chicken - \$2.00
w/ broccoli, cauliflower & rice





Small Lunches & Snacks

\$1.00 - \$2.00 co-pay each

Meal code

724



Italian Cheesy Rice Balls - \$2.00



Meal code

722



Vegetable Fritters & Tomato Chutney - \$2.00



Meal code

310



Thai Pumpkin Soup - \$1.00



Meal code

304



Vegetable, Tomato & Risoni Soup - \$1.00



Meal code

309



Mexican Taco Soup - \$1.00



Meal code

303



Pumpkin & Lentil Soup - \$1.00



Meal code

306


























Pea & Ham Soup - \$1.00



NEW



Sandwiches - \$2.00 each

-  **512** Roast Chicken & Avocado Sandwich     
-  **513** Roast Vegetable & Hommus Sandwich     
-  **504** Roast Beef, Cheese & Relish Sandwich     
-  **501** Egg & Chive Sandwich     



Breakfast Meals

\$1.80 co-pay each

Meal code
217



Brekkie Bowl - \$1.80
Scrambled egg topped
with tomato & cheese
w/ baked beans & roast
potato



Meal code
216



Bubble & Squeak -
\$1.80
w/ ham & potato



Meal code
215



Banana Bread Slice -
\$1.80



Meal code
209



**Banana Pancakes &
Ricotta Cream** - \$1.80



Meal code
205



Apple & Berry Granola
- \$1.80



Meal code
201



**Corn Fritters &
Tomato Salsa** - \$1.80



Meal code
211



Sticky Date Porridge
- \$1.80



Meal code
212



**Almond & Blueberry
Bircher** - \$1.80





Smoothies & Juices

\$0.70 - \$1.50 co-pay each

Meal code
464



Extreme C Smoothie
350 mL - \$1.50
w/ apple, strawberry,
banana, orange, mango &
black currant



Meal code
462



Apple Mango Juice
350 mL - \$1.50
w/ apple, mango & mint



Meal code
459



Orange Juice 350 mL
- \$1.50



Meal code
453



Tropical Fruit Smoothie
250 mL - \$1.00
w/ orange, pineapple,
mango, banana,
passionfruit & ginseng



Meal code
454



Kick Starter Smoothie
350 mL - \$1.50
w/ apple, orange, pineapple,
banana, blueberry,
passionfruit & purple carrot



Meal code
450



Granny Smith Apple Juice
130 mL - \$0.70



Meal code
451



Pink Lady Apple Juice
130 mL - \$0.70





Extras

\$0.50 - \$1.50 co-pay each

Meal code
419



**Rosemary & Garlic
Roasted Mix - \$0.50**



Meal code
511



**Sweet Salty Nut Mix
- \$0.50**



Meal code
415



**Dark Chocolate
Almonds - \$0.50**



Meal code
416



**Raspberry Chocolate
Almonds - \$0.50**



Meal code
417



**Fruit, Nut & Choc Mix
- \$0.50**



Meal code
463



**Double Choc Oat Bite
- \$1.00**





Extras

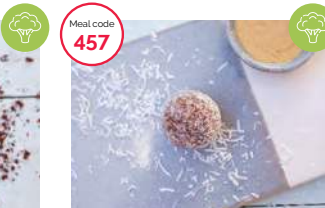
\$0.50 - \$1.50 co-pay each



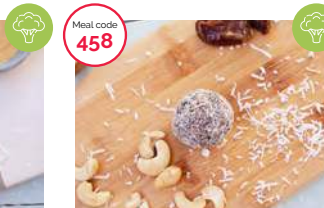
**Coconut & Cranberry
Oat Bite** - \$1.00



**Cacao & Vanilla
Superfood Ball** - \$1.00



**Peanut Butter
Superfood Ball** - \$1.00



**Salted Caramel
Superfood Ball** - \$1.00



**Maple Coconut
Almonds** - \$0.50



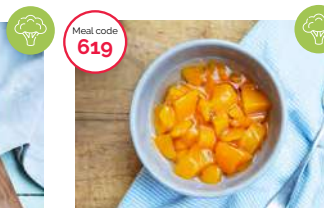
**Healthy Fruit & Nut
Mix** - \$0.50



**Tasty Cheese with
Water Crackers** -
\$1.00



**Diced Fruit Salad Cup
in juice** - \$0.50



**Diced Peaches Fruit
Cup in juice** - \$0.50



Oat & Berry Pikelets
- \$1.00





Extras

\$0.50 - \$1.50 co-pay each

Meal code
620



Banana Cinnamon Muffin - \$1.00



Meal code
621



Raspberry Coconut Muffin - \$1.00



Meal code
510



Apple & Strawberry Puree - \$0.50



Meal code
613



Apple & Peach Puree - \$0.50



Meal code
414



Chobani Mango Yoghurt Pouch - \$1.50



Meal code
410



Chobani Strawberry Yoghurt Pouch - \$1.50



Meal code
411



Chobani Blueberry Yoghurt Pouch - \$1.50



Meal code
412



Chobani Raspberry Yoghurt Pouch - \$1.50



Meal code
413



Chobani Vanilla Yoghurt Pouch - \$1.50





Dessert

\$0.70 - \$1.00 co-pay per dessert

Meal code
641



Chocolate Pear Pudding & Custard - \$1.00



Meal code
640



Pureed Peach with Custard - \$1.00



Meal code
638



Citrus Cake - \$1.00



Meal code
637



Sticky Date Pudding & Caramel Custard - \$1.00



Meal code
635



Blueberry Sponge Pudding & Custard - \$1.00



Meal code
633



Raspberry Cake & Custard - \$1.00



Meal code
630



Apple & Cinnamon Crumble with Custard - \$1.00



Meal code
631



Bread & Butter Pudding - \$1.00



Meal code
627



Chocolate Custard - \$0.70



Meal code
628



Vanilla Custard - \$0.70



Glossary of Meals

Pub-style Classics 4 - 5

- 1085. **Cheeseburger Mac & Cheese**
- 1088. **Roast Chicken & Diane Sauce**
- 1119. **Pork Sausages & Gravy**
- 1113. **BBQ Beef Casserole**
- 151. **Classic Chicken Schnitzel**
- 184. **Classic Chicken Parmigiana**
- 1059. **Crumbed Chicken Tenders & Sweet and Sour Sauce**
- 1051. **Beef Pot Pie**
- 1013. **Beef Banger & Sweet Potato Mash**
- 1009. **Fish n' Chips**
- 197. **Marinated Tofu Schnitzel**
- 1072. **Curried Vegetable Pot Pie**

Christmas 5

- 138. **Christma Turkey & Cranberry Gravy**
- 409. **Christmas Plum Pudding & Custard**

Home-style Favourites 6 - 7

- 2006. **Herbed Ricotta & Chickpea Salad**
- 2004. **Chicken Couscous Salad**
- 1128. **Beef Cottage Pie**
- 193. **Fish Pie**
- 1124. **Home-style Beef Casserole**
- 1052. **Vegetable Frittata**
- 1121. **Salmon Patties & Lemon-Caper Sauce**
- 1115. **Honey Mustard Chicken**
- 1095. **Traditional Meatloaf & Gravy**

- 1034. **Roast Lamb & Rosemary Gravy**

- 1038. **Roast Chicken & Gravy**

- 1031. **Roast Beef & Seeded Mustard Gravy**

- 1064. **Tuna Pasta Bake**

- 1032. **Roast Pork & Sweet Apple Sauce**

- 1019. **Mac & Cheese Bake**

Italian 8

- 1106. **Italian Tuna Pasta**
- 1127. **Chicken Pesto Pasta**
- 1039. **Italian Pasta Bake**
- 1097. **Mediterranean Veggie Pasta**
- 141. **Spaghetti Bolognese**
- 1035. **Cheesy Chicken Pasta Bake**
- 196. **Pumpkin & Ricotta Lasagne**

Asian 9

- 1123. **Cashew Chicken**
- 1120. **Satay Chicken Noodles**
- 1117. **Honey Soy Pork**
- 1118. **Thai Yellow Curry**
- 1101. **Pork & Prawn Singapore Noodles**

- 1089. **Crispy Chinese Chicken**

- 1086. **Thai Green Chicken Curry**

- 1078. **Mongolian Beef**

- 1049. **Chicken Chow Mein**

International 10

- 1130. **Vegetable Dahl**

- 1126. **Ratatouille & Mash**

- 1122. **Crispy Chicken Poke Bowl**

- 1105. **Beef Chilli Con Carne**

- 1111. **Butter Chicken**

Small Lunches & Snacks 11

- 310. **Thai Pumpkin Soup**

- 309. **Mexican Taco Soup**

- 304. **Vegetable, Tomato & Risoni Soup**

- 724. **Italian Cheesy Rice Balls**

- 306. **Pea & Ham Soup**

- 722. **Vegetable Fritters & Tomato Chutney**

- 303. **Pumpkin & Lentil Soup**

- 504. **Roast Beef, Cheese & Relish Sandwich**

501.	Egg & Chive Sandwich
512.	Roast Chicken & Avocado Sandwich
513.	Roast Vegetable & Hommus Sandwich

Breakfast Meals 12

217.	Brekkie Bowl
216.	Bubble & Squeak
215.	Banana Bread Slice
209.	Banana Pancakes & Ricotta Cream
205.	Apple & Berry Granola
201.	Corn Fritters & Tomato Salsa
211.	Sticky Date Porridge
212.	Almond & Blueberry Bircher

Smoothies & Juices 13

464.	Extreme C Smoothie
462.	Apple Mango Juice
459.	Orange Juice
453.	Tropical Fruit Smoothie
454.	Kick Starter Smoothie
451.	Pink Lady Apple Juice

450.	Granny Smith Apple Juice
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Extras 14 - 16

419.	Rosemary & Garlic Roasted Mix
511.	Sweet Salty Nut Mix
415.	Dark Chocolate Almonds
416.	Raspberry Chocolate Almonds
417.	Fruit, Nut & Choc Mix
463.	Double Choc Oat Bite
455.	Coconut & Cranberry Oat Bite
456.	Cacao & Vanilla Superfood Ball
457.	Peanut Butter Superfood Ball
458.	Salted Caramel Superfood Ball
506.	Maple Coconut Almonds
508.	Healthy Fruit & Nut Mix
510.	Apple & Strawberry Puree
613.	Apple & Peach Puree
505.	Tasty Cheese with Water Crackers

618.	Diced Fruit Salad Cup
619.	Diced Peaches Fruit Cup
620.	Banana Cinnamon Muffin
621.	Raspberry Coconut Muffin
710.	Oat & Berry Pikelets
719.	Wholemeal Roll
414.	Chobani Mango Yoghurt Pouch
410.	Chobani Strawberry Yoghurt Pouch
411.	Chobani Blueberry Yoghurt Pouch
412.	Chobani Raspberry Yoghurt Pouch
413.	Chobani Vanilla Yoghurt Pouch

 Dessert	17
641.	Chocolate Pear Pudding & Custard
640.	Pureed Peach with Custard
638.	Citrus Cake
637.	Sticky Date Pudding & Caramel Custard
635.	Blueberry Sponge Pudding & Custard
633.	Raspberry Cake & Custard
631.	Bread & Butter Pudding
630.	Apple & Cinnamon Crumble With Custard
627.	Chocolate Custard
628.	Vanilla Custard

Able Foods Price List		
Item	Co-pay	NDIS/SaH subsidy
Breakfast	\$1.80	\$5.30
Small Lunches & Snacks	\$1.00 – \$2.00	\$4.00 – \$6.80
Main Meals	\$2.00 – \$3.50	\$12.40
Smoothies & Juices	\$0.70 – \$1.50	\$3.70 – \$5.00
Extras	\$0.50 – \$1.50	\$2.00 – \$5.30



Feed your ability

New to Able Foods? Get started today!

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✉️ welcome@ablefoods.com.au



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