



**Kinela**

**Texture  
modified  
meals menu**

# Healthy, tasty and ready-made.

Developed by a team of dietitians and prepared by chefs, Kinela's texture modified meals are IDDSI\* compliant for 'minced and moist' and 'pureed' textures — without compromising on flavour, health or convenience.



Designed to improve nutrition and health



Paired companion meals



12 tasty meals for variety



Delivered to your door



Ready-made for your convenience



Personalised meal plan

\*The International Dysphagia Diet Standardisation Initiative (IDDSI) tests are intended to confirm the flow or texture of a particular food/drink product at the time of testing, to ensure they adhere to the labeled texture level (0-7).

## All Kinela texture modified meals come in two textures

5

Minced and moist (level 5)

4

Pureed (level 4)

Please consult with your health practitioner, or Kinela allied health coach, to understand which IDDSI texture level is safest for you.

# The benefits

Every Kinela meal (regardless of texture) has been developed to support better health. We take the guess-work out of healthy eating so that you can feel confident that you're taking good care of yourself with every meal.



Nutritionally balanced and portioned



Less than 600mg of sodium per meal



At least 1.5 serves of vegetables per meal



Less than 5g of sugar per 100g



At least 4g of fibre per meal



Ingredients from 3 of the 5 food groups in every meal



No added saturated fat

## Companion meals

Did you know that every item on Kinela's modified menu is also available as a solid meal?

Kinela offers discounted meals to those in your circle of care, so that you can experience mealtimes (and better health) together.



# Texture modified menu

\$2 per meal

## Chicken



**Chicken & creamy mushroom sauce**  
w/ risoni, peas, orange veg mix (carrot, sweet potato & pumpkin)

Minced & moist meal code:  
**MM-5011**  
Pureed meal code:  
**P-5012**



**Roast chicken & gravy**  
w/ sweet potato & potato mix, carrot & green veg mix (beans, peas & broccoli)

Minced & moist meal code:  
**MM-5009**  
Pureed meal code:  
**P-5010**



**Chicken parmigiana**  
w/ potato, carrot & green veg mix (beans, peas & broccoli)

Minced & moist meal code:  
**MM-5017**  
Pureed meal code:  
**P-5018**



**Homestyle chicken rissole**  
w/ peas, potato & carrot

Minced & moist meal code:  
**MM-5025**  
Pureed meal code:  
**P-5026**



## Beef



**Roast beef & onion gravy**  
w/ potato, pumpkin & green veg mix (beans, peas & broccoli)

Minced & moist meal code:  
**MM-5001**  
Pureed meal code:  
**P-5002**



**Beef & mushroom gravy**  
w/ potato, carrots & beans

Minced & moist meal code:  
**MM-5005**  
Pureed meal code:  
**P-5006**



## Pork



**Roast pork & gravy with apple sauce**  
w/ potato, sweet potato & beans

Minced & moist meal code:  
**MM-5013**  
Pureed meal code:  
**P-5014**



**Tuscan pork meatballs & risoni**  
w/ sweet potato & green veg mix (beans, peas & broccoli)

Minced & moist meal code:  
**MM-5015**  
Pureed meal code:  
**P-5016**



Please consult with your health practitioner to understand which IDDSI texture level is safest for you.

Order today ☎ 1300 448 100



Vegetarian



Made without dairy



Made without wheat



Minced & Moist



Pureed

# Texture modified menu

\$2 per meal

## Lamb



**Roast lamb & rosemary gravy**  
w/ peas, carrot & potato

Minced & moist meal code:

**MM-5007**

Pureed meal code:

**P-5008**



**Lamb shepherd's pie**  
w/ cheesy cauliflower & green veg mix (beans, peas & broccoli)

Minced & moist meal code:

**MM-5023**

Pureed meal code:

**P-5024**



## Seafood



**Salmon pasta**  
w/ peas & carrot

Minced & moist meal code:

**MM-5019**

Pureed meal code:

**P-5020**



## Vegetarian



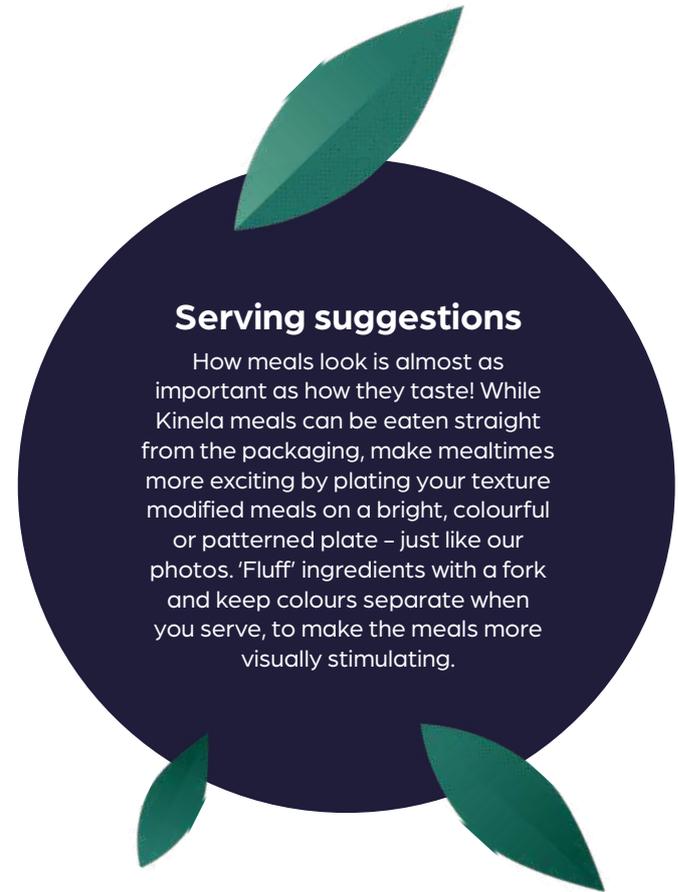
**Mac & cheese**  
w/ pumpkin & peas

Minced & moist meal code:

**MM-5021**

Pureed meal code:

**P-5022**



### Serving suggestions

How meals look is almost as important as how they taste! While Kinela meals can be eaten straight from the packaging, make mealtimes more exciting by plating your texture modified meals on a bright, colourful or patterned plate – just like our photos. 'Fluff' ingredients with a fork and keep colours separate when you serve, to make the meals more visually stimulating.

**Order today**  1300 448 100



Made without  
dairy



Made without  
wheat



5 Minced &  
Moist



4 Pureed

# The complete package

Good nutrition is just the beginning. Kinela also provides expert allied health support to help you build your skills, confidence, independence and health—no waitlists or travel required.



## Speech therapists

Get support with safe swallowing and build your confidence around mealtimes with a Kinela speech therapist.



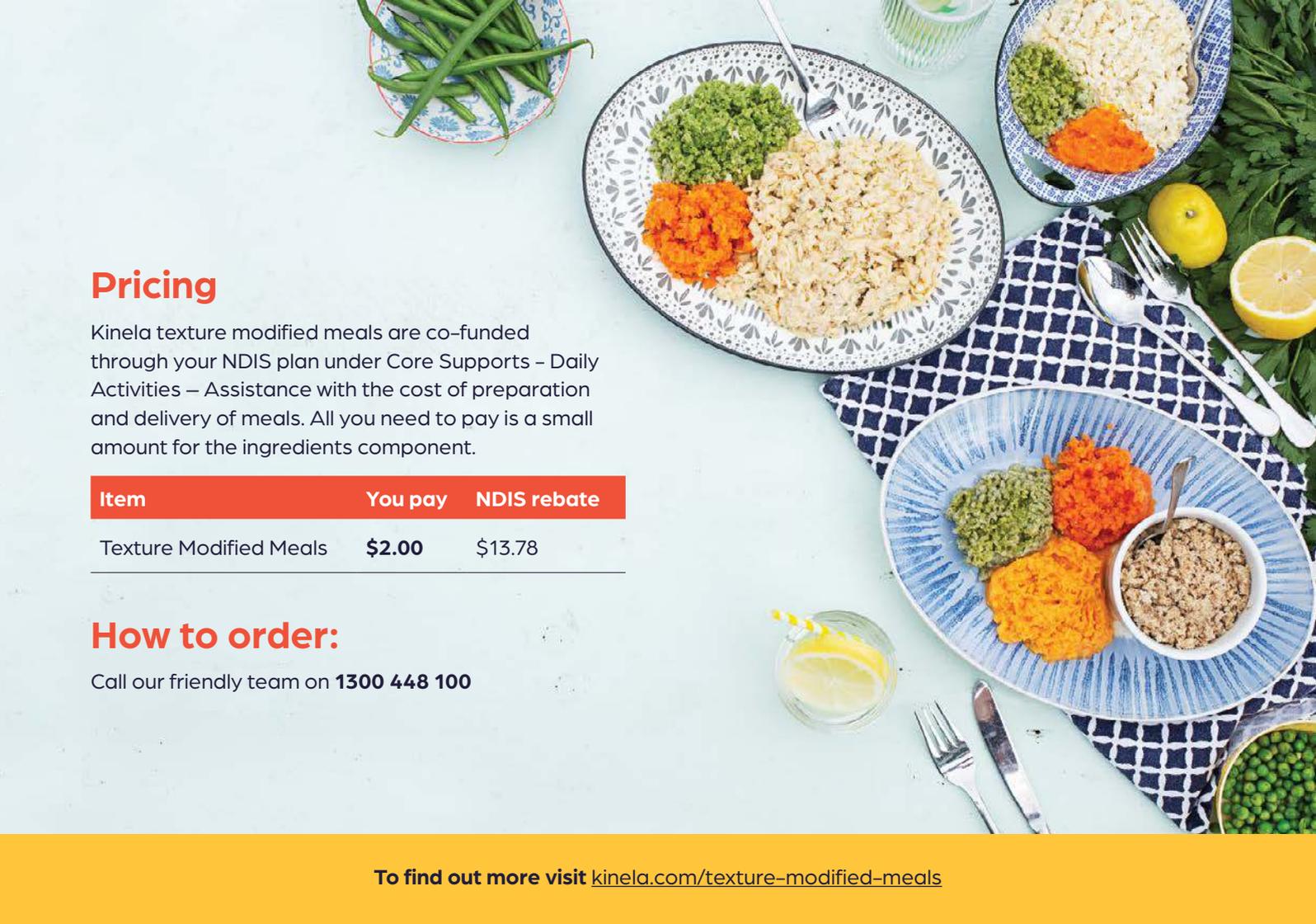
## Dietitians

Boost your general health and wellbeing, and build your confidence with food and nutrition, with a Kinela dietitian.

Call our friendly team to discover how we can support you.

1300 448 100





## Pricing

Kinela texture modified meals are co-funded through your NDIS plan under Core Supports – Daily Activities – Assistance with the cost of preparation and delivery of meals. All you need to pay is a small amount for the ingredients component.

Item	You pay	NDIS rebate
Texture Modified Meals	<b>\$2.00</b>	\$13.78

## How to order:

Call our friendly team on **1300 448 100**

To find out more visit [kinela.com/texture-modified-meals](https://kinela.com/texture-modified-meals)

# Kinela

**Better health  
belongs to everyone.**

Not already with Kinela? Start today!

[Click here](#)

or call: 1300 448 100



## Connect with us

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 kinela.com

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We're proud to be a Certified B Corporation, a for-purpose company that makes social responsibility our business. We also do our best to give back by pledging 1% of our company equity, employee time and products to charity.

