

MENU

CARE
FOOD
CO



Soft food for every body.

We understand that when swallowing is difficult, every mouthful counts. That's why all our meals are 100% fresh, clean food, free from any added stabilisers, gums, thickeners, or preservatives.

BREAKFAST

Ranch Baked Beans

4.20

Tender beans and creamy gravy makes for the perfect meal at any time of day.

Spiced Apple Porridge

4.40

Rich and creamy porridge mixed with spiced apple.

Pear Porridge

4.40

Flavourful porridge with texture-modified pieces of pear.

Mixed Berry Porridge

4.40

Fresh and fruity berry porridge.

Polenta

3.00

Freshly ground high-quality cornmeal.

LUNCH OR DINNER

Only in meal box #3, including mixing and matching.

Chicken & Barley Stew

11.00

The ultimate comfort food. Paired with zesty sweet potato and pumpkin mash.

Chicken Cacciatore

11.00

The classic Italian hunter's meal. Mixed with sweetcorn and potato purée.

Chicken Teriyaki

11.00

A Japanese staple food. Served with sweet corn and mashed carrot.

Lamb Tagine

11.00

A timeless taste of Morocco. Paired with braised tomato, onion, and mushy peas.

Lamb Shank

11.00

A standout Australian favourite. Served with braised tomato, onion, and mashed potato.

Salmon Primavera

11.00

Enjoy this classic seasonal dish year-round with salmon served atop creamy pasta and fresh spring vegetables.

Beef Bolognese

11.00

A comfort classic inspired by Italian cuisine, paired with mashed potato and carrot.

Beef Bourguignon

11.00

A classic French meal, plated alongside mashed potato and mushy peas.

Sweet & Sour Pork

11.00

A Chinese staple dish, paired with sweetcorn purée and mashed carrot.

Roast Pork & Apple Sauce

11.00

Enjoy a Christmas classic every day, alongside mashed potato and pumpkin.

Turkey & Cranberry Sauce

11.00

A Care Food Co. special, back by popular demand. Paired with creamed spinach and mashed carrot.

Salmon in White Wine

11.00

A timeless combination. Fresh salmon with a bed of light and fruity white wine.



SOUP

Pumpkin Coconut Curry

Smooth, rich, and creamy pumpkin goodness.

4.00

Minestrone

A rich, vegetable filled Italian soup perfect for warming the heart.

4.20

Tomato & Capsicum

A perfect summertime soup that can be enjoyed hot or cold.

4.20

DESSERT

Creamy Rice Pudding

A creamy rice pudding that can be enjoyed for lunch, dinner, or whenever you feel like it!

4.40

Mango Pudding

A refreshing blast of fresh, tropical fruit.

4.40

Smooth Apple

A crisp, sweet, fresh apple suitable for those with swallowing disorders.

4.00

Smooth Pear

A crisp, sweet, fresh pear suitable for those with swallowing disorders.

4.00

MEAL BOXES

Our meal box offerings aim to bring dignity and convenience back to dining for people with dysphagia.

Meal Box One

A small box with two meals. Available in puréed, minced and moist, or soft and bite-sized.

25.00



Meal Box Two

A medium-sized box with four meals. Available in puréed, minced and moist, or soft and bite-sized.

48.00



Meal Box Three

Our largest box with seven meals. Available in puréed, minced and moist, or soft and bite-sized.

77.00



Gluten Free Meal Box

Seven gluten-free meals. Available in puréed, minced and moist, or soft and bite-sized.

77.00



Lactose Free Meal Box

Seven lactose-free meals. Available in puréed, minced and moist, or soft and bite-sized.

77.00



Build Your Own Meal Box

Seven meals of your choice. Available in puréed, minced and moist, or soft and bite-sized.

77.00



Post Bariatric Meal Box

Seven meals suitable for surgical recovery. Available in puréed, minced and moist, or soft and bite-sized.

80.00



Breakfast Box

Seven gluten-free meals. Available in puréed, minced and moist, or soft and bite-sized.

27.00

