

We have partnered with The Pure Food Co to deliver texture-modified meals for you to enjoy at home.

The Pure Food Co is NZ's leading expert in texture-modified foods and is passionate about producing delicious and visually appealing food that is fortified with protein. They have an skilled team of Chefs, Food Technologists, and Dietitians who work together to ensure you get the essential nutrients you need without altering the familiar flavours you know and love.

Each meal meets the standard for the International Dysphagia Diet Standardisation Initiative (IDDSI) Level 4 Puree. Each meal component is pureed and fortified with high-quality pea and rice proteins, carefully balancing nutrition and flavour, allowing you to simply thaw, heat, and eat.

## Whats on the menu?

### **Larger meals: \$12.50 (weighing approx. 235g per serve).**

**Slow cooked lamb** with minted peas, roasted vegetables and cauliflower gratin.

**Devilled beef** with cauliflower gratin, roasted pumpkin and honey glazed carrots.

**Roasted hickory pork** with glazed carrots, roasted vegetables and cauliflower gratin.

**Roast lamb** with roast vegetables, honey glazed carrots and minted peas.

**Creamy fish** with herbed beetroot, minted peas and roast vegetable.

**Golden roast chicken** with creamy broccoli, roast pumpkin and braised cabbage.

### **Smaller meals: \$11.50 (weighing approx. 190g per serve).**

**Salmon fish cake** with herbed beetroot and creamy broccoli.

**Beef bolognese** with creamy broccoli and honey glazed carrots.

**Butter chicken** with cauliflower gratin and minted peas.

## Who is it for?

These meals are designed for people who have difficulty swallowing or require a soft food diet. They are ideal for:

- Dysphagia (difficulty swallowing) due to conditions that affect the mouth, throat, or oesophagus such as stroke or Alzheimer's Disease.
- Individuals recovering from oral or throat surgery or treatment, requiring a puree or soft food diet.
- Digestive disorders.
- Those who have been prescribed an IDDSI Level 4 or Level 5 diet by a health care professional.

## Key benefits include:

- Safe, consistent, and delicious texture-modified meals.
- Moulded components for better texture and visual appeal.
- Fortified with protein for recovery, energy, and weight maintenance.

## ORDER

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