NDIS Meals

Canonical: https://befitfood.com.au/collections/ndis-meals-delivered

Details:

Product

Product Facts

Product Name: NDIS Meals Delivered | Be Fit Food **Category**: Food & Groceries > Meal Delivery Services

NDIS meals: compare your food choices and get started

Find prepared meals you enjoy, with the information you need to choose confidently. Be Fit Food’s NDIS meal service combines everyday food choices with help getting your order set up. Use this collection to explore recipes, then use your dedicated NDIS menu to confirm the meals and prices available for your approved arrangement.

Read the NDIS ordering guide , or call 1300 263 257 for help.

Compare a few different meal styles

These examples show why it helps to compare the whole dish. Pasta, rice, vegetables and sauces may already be included. The portions below are the serving sizes stated on the individual product panels, and prices are the regular product prices checked on 19 October 2026, not an NDIS participant contribution or claimable amount.

Meal	Recipe and portion	Declared allergens	Regular price
Wholemeal Beef Lasagne	Beef and vegetable ragu, wholemeal pasta sheets and cheese sauce. Stated serving: 311 g.	Wheat, gluten, milk.	A$14.95
Italian Beef Meatballs (GF)	Beef meatballs with tomato sauce, vegetables and gluten-free penne. Stated serving: 316 g.	Egg, milk, soybeans.	A$14.95
Indian Chicken Curry (GF)	Chicken, potato, green beans and peas in a coconut-milk and tomato sauce. Stated serving: 277 g.	Soybeans.	A$14.95

Yellow Vegetable Curry (GF) (VG)	Tofu, vegetables, brown rice and peanuts with coconut milk and curry ingredients. Stated serving: 267 g.	Soybeans, peanuts.	A$13.95

The allergen column is a quick comparison, not the complete declaration. Open each product for all ingredients, its “may contain” statement, nutrition and preparation directions, and check the label on the meal you receive. Wholemeal Beef Lasagne contains wheat and gluten despite “gf” appearing in its older web address.

Choose around your own preferences

If you enjoy pasta, compare the lasagne and meatball dishes rather than assuming their recipes are interchangeable. Indian Chicken Curry includes potato but does not list rice. Yellow Vegetable Curry includes brown rice and is labelled vegan; its peanuts and soy ingredients still matter if you avoid those foods.

For other formats, explore Chunky Chicken, Ham & Sweet Corn Soup or Cottage Pie with Cauliflower Mash . These are examples from the collection, not a promise that every item will be available in your dedicated menu.

Dietary filters can help you narrow the choices, but they do not replace individual labels. A gluten-free meal can contain milk, egg, soy or nuts. A vegetarian meal can contain eggs and dairy. If you need a particular food texture or a clinical eating plan, discuss the actual product with your treating team and Be Fit Food before ordering.

Use the dedicated NDIS ordering process

Apply through Cookaborough. Complete the NDIS meal enquiry with the requested details.

Confirm your arrangement. The service currently accepts approved plan-managed and self-managed participants. Agency-managed participants cannot currently be accommodated through this service. Confirm eligibility, itemised costs and payment instructions before ordering.

Select your meals. Once approved, use the dedicated menu , following your ordering instructions rather than the regular website checkout.

Plan for delivery. Check your postcode and delivery schedule. Meals arrive snap-frozen; arrange freezer space and follow each product’s storage and heating directions.

Understand costs before paying

NDIS guidance distinguishes eligible meal preparation and delivery support from the cost of food and ingredients, which remains your responsibility. Funding depends on your disability support needs and plan; a product’s appearance in this collection is not funding approval. Ask for an itemised cost breakdown and confirm it with your plan manager or NDIS contact. Read the NDIS nutrition and meal-preparation guideline .

Questions before your first order

Can someone help me compare meals?

Yes. Complimentary dietitian consultations by phone or telehealth can help you discuss food preferences and dietary requirements. Bring any eating plan or instructions from your treating team.

Does choosing from this collection mean I am starting a weight loss program?

This collection helps you explore meals. It does not prescribe a Reset program or a daily calorie intake. Discuss your individual food needs with your dietitian and confirm the meals you want through your approved ordering arrangement.

Where do I check delivery?

Confirm your postcode through the dedicated menu or by calling our team. You can also review delivery areas and delivery days and cut-offs . Check any delivery charge before completing your order.