



Soft & Easy Menu



Registered
NDIS
Provider



Aged Care
(SAH) Provider

Tasty, nourishing and safe.

When mealtimes need a little extra care, you can trust that every Soft & Easy meal has been carefully prepared to meet IDDSI guidelines, so you, or someone you care for, can eat with confidence.

Our range includes options suitable for IDDSI Level 3 (moderately thick), Level 4 (puréed) and Level 5 (minced and moist) diets, without compromising on flavour or enjoyment. Our texture-modified meals are carefully moulded so they look as good as they taste.

-  Minced and Moist (Level 5)
-  Puréed (Level 4)
-  Moderately Thick (Level 3)

-  A range of tasty meals for variety
-  Home delivered
-  Easily heated in either the oven or microwave
-  Weekly courtesy calls if required
-  No lock-in contracts
-  Moulded for visual appeal

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

The International Dysphagia Diet Standardisation Initiative (IDDSI - iddsi.org) tests are intended to confirm the flow or texture of a particular food/drink product at the time of testing.
Images are for illustrative purposes only. Prices subject to change.

Fresh flavours, every season.

We add new limited-time meals to the menu each season, so there's always something to look forward to. Visit our website or call us to see what's on.

Key:

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While the products have been tested to be gluten and dairy free, food is prepared in areas where food containing allergens may have previously been prepared. This may include: nuts (including peanuts), various seed products (including sesame seeds), sulphites, milk, gluten, soy, egg, fish and crustacean products. There is always a risk of cross-contamination, however slight.



Main Meals



**Hickory Style
BBQ Beef**
w/ pumpkin, potato,
broccoli & BBQ sauce
\$21.00



4 Puréed
meal code: **451**

5 Minced and Moist
meal code: **450**



Butter Chicken
w/ pumpkin, potato,
cauliflower & gravy
\$20.45



4 Puréed
meal code: **445**

5 Minced and Moist
meal code: **444**



Roast Pork
w/ potato, peas, pumpkin
& gravy
\$20.45



4 Puréed
meal code: **455**

5 Minced and Moist
meal code: **454**



Roast Chicken
w/ sweet potato, peas,
carrots & gravy
\$20.45



4 Puréed
meal code: **453**

5 Minced and Moist
meal code: **452**



**Edamame & Sweet
Potato**
w/ pumpkin, cauliflower,
potato mash & a curry sauce
\$20.45



4 Puréed
meal code: **447**

5 Minced and Moist
meal code: **446**



**Vegetable Cottage
Pie**
w/ carrots, peas,
pumpkin & gravy
\$20.45



4 Puréed
meal code: **457**

5 Minced and Moist
meal code: **456**



Beef Diane
w/ peas, potato, cauliflower
& a Diane sauce
\$21.00



4 Puréed
meal code: **443**

5 Minced and Moist
meal code: **442**



Fish Bonne Femme
w/ sweet potato, peas,
broccoli & a bonne
femme sauce
\$20.45



4 Puréed
meal code: **449**

5 Minced and Moist
meal code: **448**

TO ORDER

TLCMEALS.COM.AU

1800 801 200

clientservices@tlcmeals.com.au

Desserts



Meal code
438

White Chocolate Mousse Purée
\$8.25

V WN 4



Meal code
436

Dark Chocolate Mousse Purée
\$8.25

V WN 4



Meal code
435

English Toffee Purée
\$8.80

V GF 4



Meal code
437

Mango Cheesecake Purée
\$9.35

GF WN 4



Meal code
476

Apple & Strawberry Purée
\$4.40

V VG WN 4



Meal code
475

Apple & Peach Purée
\$4.40

V VG WN 4

Soups



Meal code
441

Spiced Sweet Potato & Lentil Soup
\$9.35

H V WN 4



Meal code
439

Carrot & Cumin Soup
\$9.35

GF H V WN 4



Meal code
440

Creamy Pumpkin Soup
\$9.35

GF H V WN 4

Side



Meal code
458

Gravy Tub
\$5.50

DF H GF WN 3

- DAIRY FREE
DF
- GLUTEN FREE
GF
- HALAL
H
- VEGAN
VG
- VEGETARIAN
V
- MADE WITHOUT NUTS
WN

Glossary of meals

Pricing

Soft & Easy texture-modified meals can be paid for in full, or co-funded through an NDIS plan or the Support at Home (SAH) program. Refer to the table below for the full price, including GST & delivery. Please contact our team for subsidised pricing.

Main Meals

Minced & Moist Code	Puréed Code	Meal Name	Price
442	443	Beef Diane	\$21.00
444	445	Butter Chicken	\$20.45
446	447	Edamame & Sweet Potato	\$20.45
448	449	Fish Bonne Femme	\$20.45
450	451	Hickory Style BBQ Beef	\$21.00
452	453	Roast Chicken	\$20.45
454	455	Roast Pork	\$20.45
456	457	Vegetable Cottage Pie	\$20.45

Soups

Meal Code	Meal Name	Price
439	Carrot & Cumin Soup	\$9.35
440	Creamy Pumpkin Soup	\$9.35
441	Spiced Sweet Potato & Lentil Soup	\$9.35

Side

Meal Code	Meal Name	Price
458	Gravy Tub	\$5.50

Desserts

Meal Code	Meal Name	Price
475	Apple & Peach Purée	\$4.40
476	Apple & Strawberry Purée	\$4.40
436	Dark Chocolate Mousse Purée	\$8.25
435	English Toffee Purée	\$8.80
437	Mango Cheesecake Purée	\$9.35
438	White Chocolate Mousse Purée	\$8.25

All prices include GST.

Connect with us

☎ 1800 801 200

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