



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
\$6.30



4 Puréed
meal code: **451**

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



Butter Chicken
w/ pumpkin, potato,
cauliflower & gravy
\$6.14



4 Puréed
meal code: **445**

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



Roast Pork
w/ potato, peas, pumpkin
& gravy
\$6.14



4 Puréed
meal code: **455**

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



Roast Chicken
w/ sweet potato, peas,
carrots & gravy
\$6.14



4 Puréed
meal code: **453**

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



**Edamame & Sweet
Potato**
w/ pumpkin, cauliflower,
potato mash & a curry sauce
\$6.14



4 Puréed
meal code: **447**

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



**Vegetable Cottage
Pie**
w/ carrots, peas,
pumpkin & gravy
\$6.14



4 Puréed
meal code: **457**

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



Beef Diane
w/ peas, potato, cauliflower
& a Diane sauce
\$6.30



4 Puréed
meal code: **443**

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



Fish Bonne Femme
w/ sweet potato, peas,
broccoli & a bonne
femme sauce
\$6.14



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
\$2.48

V WN



Meal code
436

Dark Chocolate
Mousse Purée
\$2.48

V WN



Meal code
435

English Toffee Purée
\$2.64

V GF



Meal code
437

Mango Cheesecake
Purée
\$2.81

GF WN



Meal code
476

Apple & Strawberry
Purée
\$1.32

V VG WN



Meal code
475

Apple & Peach Purée
\$1.32

V VG WN



Soups



Meal code
441

Spiced Sweet Potato
& Lentil Soup
\$2.81

H V WN



Meal code
439

Carrot & Cumin
Soup
\$2.81

GF H V WN



Meal code
440

Creamy Pumpkin
Soup
\$2.81

GF H V WN



Side



Meal code
458

Gravy Tub
\$1.65

DF H GF WN



DAIRY FREE
DF

GLUTEN FREE
GF

HALAL
H

VEGAN
VG

VEGETARIAN
V

MADE WITHOUT NUTS
WN

TO ORDER

TLCMEALS.COM.AU

1800 801 200 clientservices@tlcmeals.com.au

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. Please refer to the table below for pricing.

Main Meals

Minced & Moist Code	Puréed Code	Meal Name	SAH Subsidy	SAH Co-Pay
442	443	Beef Diane	\$14.70	\$6.30
444	445	Butter Chicken	\$14.32	\$6.14
446	447	Edamame & Sweet Potato	\$14.32	\$6.14
448	449	Fish Bonne Femme	\$14.32	\$6.14
450	451	Hickory Style BBQ Beef	\$14.70	\$6.30
452	453	Roast Chicken	\$14.32	\$6.14
454	455	Roast Pork	\$14.32	\$6.14
456	457	Vegetable Cottage Pie	\$14.32	\$6.14

Soups

Meal Code	Meal Name	SAH Subsidy	SAH Co-Pay
439	Carrot & Cumin Soup	\$6.55	\$2.81
440	Creamy Pumpkin Soup	\$6.55	\$2.81
441	Spiced Sweet Potato & Lentil Soup	\$6.55	\$2.81

Side

Meal Code	Meal Name	SAH Subsidy	SAH Co-Pay
458	Gravy Tub	\$3.85	\$1.65

Desserts

Meal Code	Meal Name	SAH Subsidy	SAH Co-Pay
475	Apple & Peach Purée	\$3.08	\$1.32
476	Apple & Strawberry Purée	\$3.08	\$1.32
436	Dark Chocolate Mousse Purée	\$5.78	\$2.48
435	English Toffee Purée	\$6.16	\$2.64
437	Mango Cheesecake Purée	\$6.55	\$2.81
438	White Chocolate Mousse Purée	\$5.78	\$2.48

Connect with us

☎ 1800 801 200

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