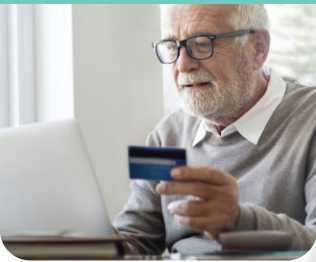


Tender Loving Cuisine offers 76 nutritionally balanced meal choices, many of which are Heart Friendly, Diabetes Friendly and Gluten Free.

New customers enjoy great value with our Introductory Offer available on your first delivery of meals.

CHSP + HOME CARE PACKAGES



NDIS REGISTERED PROVIDER



GLUTEN FREE



HEART + DIABETES FRIENDLY



DESSERT MENU



SNACK & SIDES MENU



NDIS Commission
Reg ID: 4-3LLO-1345
Provider Number:
4050028371



NSW Food Authority
Licence 24521
HACCP Certified

Award Winning
HEALTHIER HOMESTYLE MEALS

AUSTRALIAN MADE + OWNED

Delivered to anyone in the Community!

Also providing meals in Home Care Packages, CHSP and to NDIS Participants



Menu 2021/22

TLC deliver to over 3,200 suburbs across NSW, ACT, VIC and QLD

Call 1800 801 200
or order online www.tlcm meals.com.au

Tender Loving Cuisine setting the standard in quality home delivered meals...

Tender Loving Cuisine has just celebrated its 26th year of serving the community with award winning home-style meals.

The Tender Loving Cuisine menu includes 76 meals, as well as soups, snacks, side dishes and desserts that have been prepared by our chefs using the freshest ingredients.

Tender Loving Cuisine has a trusted reputation with health professionals with all meals nutritionally reviewed. The menu includes a wide selection of gluten-free, dairy-free and low salt options. Many meals are also heart friendly and approved as Diabetes friendly by Diabetes NSW.

Tender Loving Cuisine offers delivery right to your doorstep and if you need assistance our caring couriers can help unpack your delivery.

So when you need a break from cooking ... enjoy a little TLC!



Jack Barker
CEO – Tender Loving Cuisine

Selecting the right meals for you

To ensure your dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.

Tender Loving Cuisine has enjoyed a strong association with Diabetes NSW for 18 years. Meals that display the “D” icon have been evaluated and approved as “diabetes friendly”.

Heart Friendly meals that display the ‘HF’ icon meet strict standards for saturated fat, sodium, energy, protein and fibre or vegetable content.

Low Salt meals meet the guidelines for medically low salt.










To assist those who may require meals that are softer in texture and easier to swallow, menu items have been evaluated by a Certified Practising Speech Pathologist to comply with the National Diet and Fluid Terminology.

Are you an NDIS Participant or have a CHSP or Home Care Package?

You may be eligible for assistance with the cost of delivered meals. Call us to find out more, we're here to help you.



What Our Icons Mean

-  Heart Friendly
-  Gluten Free
-  Diabetes Friendly
-  Dairy Free
(free from milk or dairy products)
-  Low Salt
(less than 120mg per 100g for Sodium)
-  Speciality Dinners
(\$1.03 surcharge applies)
-  Vegetarian
(may contain dairy/egg products)
-  Texture Soft
-  Halal Certified

We would love to celebrate your **BIRTHDAY** with a **FREE 3 COURSE MEAL!**

Once you receive your Birthday Card phone us to redeem the offer with your next order.



♡ Welcome to TLC meals ♡

INTRODUCTORY OFFER FOR NEW CLIENTS

Enjoy great value with your first delivery of meals!

Order a minimum of 5 delicious and nutritious TLC meals and receive an additional 2 FREE meals of your choice!

You can save over \$30 !

We are proud to offer the Tender Loving Cuisine Quality Guarantee of a 100% refund on our introductory meal offer if you are not entirely satisfied.

Conditions: No further discounts apply. Offer limited to one per household. Selection of specialty dinners (SD) will include additional cost per selection except for the 2 free meals. Subsequent orders are a minimum 7 meal delivery. Offer not applicable to CHSP.



 Tasmanian Salmon with Florentine Sauce

TLC can assist you with complimentary Nutrition advice!

Our friendly, qualified Nutritionists can help you to make the best selections that will taste good, support your health, well-being and independence. Our Nutritionists are happy to have a phone chat with you, or someone you nominate to discuss your dietary needs.

Or you can email foodservices@tlcmeals.com.au



BEEF CURRY 1460kJ | 348Cal

Thai inspired beef curry served with coconut rice dotted with corn spears, carrots and broccoli.

GF DF

BEEF GOULASH 1416kJ | 339Cal

Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes.

HF GF DF
D LS S

BEEF PATTY WITH TOMATO RELISH 1880kJ | 450Cal **NEW**

Generous prime beef patty topped with a tomato based relish, served with potato wedges, mushy peas and carrot rounds.

BEEF IN RED WINE CASSEROLE 1384kJ | 332Cal

Tender diced beef casserole in red wine, served with sweet potato mash, beans, peas and broccoli.

HF GF
D LS

BEEF LASAGNE 1739kJ | 416Cal

Layers of fresh pasta with a traditional bolognese sauce, tasty cheese, peas, carrots and cauliflower.

HF D S

BEEF POLPETTE WITH DIANE SAUCE

2296kJ | 549Cal

Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.

BEEF RAVIOLI WITH BOLOGNESE SAUCE

1544kJ | 369Cal

A generous serve of traditional ravioli with tasty beef and tomato sauce served with carrot batons and beans.

HF D

BEEF TORTELLINI WITH BOSCAIOLA SAUCE

1996kJ | 478Cal

Tasty beef tortellini with a creamy sauce of mushrooms and bacon, served with green beans and carrot rounds.

D

BONELESS BEEF RIBLETS 1832kJ | 438Cal

Tasty boneless minced beef riblets in savoury BBQ sauce, with potato and sweet potato wedges, red kidney beans and chick peas.

CHILLI BEEF & BEANS – SPICY 1520kJ | 363Cal

For those who like a little spice, this Mexican inspired dish is complemented by potato wedges, carrots, corn and beans.

HF GF
DF D

CORNED SILVERSIDE - WHITE SAUCE 1070kJ | 256Cal

Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.

HF SD
GF

COTTAGE BEEF PIE 1568kJ | 375Cal

Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots.

D LS

CURRIED SAUSAGES 1841kJ | 440Cal

Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

GF

GRILLED STEAK & MUSHROOM SAUCE

1621kJ | 388Cal

Succulent beef in a mushroom sauce with potato mash, sweet potato, beans, peas and broccoli.

HF SD GF
D LS

GRILLED STEAK WITH POTATO BAKE 1512kJ | 361Cal

Tender beef steak complemented with a mild seeded mustard gravy, served with potato bake, carrot rounds, green beans and cauliflower.

HF
SD GF

HAM STEAK & PINEAPPLE 1307kJ | 312Cal

Moist ham steak lightly grilled, topped with pineapple, served with mushy peas, potato mash, carrots and gravy.

GF

HOMESTYLE RISSOLES WITH ONION GRAVY

1466kJ | 350Cal

Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato.

HF D

INDIAN STYLE LAMB CURRY – MILD

1708kJ | 408Cal

Tender pieces of lamb in a delicious Indian spiced sauce with rice, broccoli and sweet potato.

HF GF DF
D LS

LAMB CASSEROLE 1244kJ | 297Cal

Flavoursome homestyle casserole served with steamed potatoes, peas, beans, broccoli and carrots.

HF GF DF
D LS

NO CONTRACTS WHEN YOU ORDER FROM TLC

LAMB STEAK WITH ROSEMARY 1524kJ | 364Cal

Tender lamb steak with rosemary flavoured gravy, spinach and potato mash, sweet potato and corn.

**PEPPER STEAK - MILD** 1273kJ | 304Cal

Tender pepper steak served with potato and sweet potato mash, juicy beans, carrots and cauliflower.

**PERSIAN LAMB** 1829kJ | 437Cal

Tender casseroled lamb delicately spiced with cinnamon and paprika served with lentil and onion rice, sweet potato and beans.

**PORK A L'ORANGE** 1400kJ | 335Cal

Delicious pork steak is complemented by an orange infused gravy, accompanied by potato bake, peas, carrot batons and green beans.

**PORK MEATLOAF WITH ORANGE GLAZE**

1271kJ | 304Cal

Mildly flavoured with ginger and shallots, pork meatloaf is topped with orange scented gravy, served with mixed baked vegetables.

**PORK STEAK IN PLUM SAUCE** 2028kJ | 484Cal

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.

**RED CURRANT LAMB WITH POTATO BAKE**

1572kJ | 376Cal

Tender lamb steak with a flavoursome red currant infused gravy served with delicious potato bake, green beans, peas and carrot rounds.

**ROAST BEEF WITH RICH BROWN GRAVY**

1272kJ | 304Cal

Tender slices of beef served with roast potatoes, roast carrots, beans, peas and gravy.

**ROAST LAMB WITH MINT JELLY** 1756kJ | 420Cal

Lean slices of lamb, home-style brown gravy infused with mint jelly, roast potatoes, roast pumpkin and peas.

**ROAST PORK WITH APPLE SAUCE**

1316kJ | 315Cal

Tender oven roasted pork slices with gravy, apple sauce, roast potatoes, roast pumpkin and broccoli.

**SAUSAGES IN ONION GRAVY** 2124kJ | 508Cal

Tasty skinless sausages in home-style onion gravy, creamy potato mash, peas and carrots.

**SHEPHERDS PIE** 1117kJ | 267Cal

Prime minced beef flavoured with tomato, creamy potato mash, beans and sweet potato.

**SPAGHETTI WITH BEEF & TOMATO** 1528kJ | 365Cal

Traditional spaghetti in a rich homemade Neapolitan sauce with prime beef, carrots, peas and cauliflower.

**STEAK & KIDNEY PIE** 1813kJ | 433Cal

Prime pieces of beef with tender kidneys, topped with a pastry lid, creamy potato mash, peas and sweet potato.

**STEAK PIE WITH MUSHROOM GRAVY** 2232kJ | 534Cal

A traditional style meat pie with gravy, creamy potato and pumpkin mash, carrots and peas.

**SWEET & SOUR PORK** 1900kJ | 451Cal

Tender diced pork sautéed with pineapple in a traditional sweet and sour sauce served with white rice, broccoli and carrots.

**TRADITIONAL MEATLOAF & GRAVY**

1484kJ | 355Cal

A lean beef mince favourite with carrots, beans and creamy potato mash sprinkled with herbs.



Spaghetti with Beef + Tomato

BUTTER CHICKEN 1689kJ | 403Cal

Delicious and mild, butter chicken is served with an aromatic vegetable korma and fluffy white rice.



CHICKEN & APRICOT CASSEROLE 1412kJ | 338Cal

This tender chicken casserole is complemented by the sweetness of apricot and served with baked vegetables.



CHICKEN CASSEROLE 1501kJ | 359Cal

Traditional hearty casserole with chicken pieces, served with creamy potato mash, peas and sweet potato.



CHICKEN CURRY - MILD 1669kJ | 399Cal

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, broccoli and carrots.



CHICKEN PARMIGIANA 1764kJ | 422Cal

Chicken topped with tomato sauce and mozzarella cheese, served with potato spinach mash, sweet potato and corn.



CHICKEN SCHNITZEL 1814kJ | 433Cal

Tasty crumbed chicken served with seasonal baked vegetables and gravy.

Are you an NDIS Participant or have a CHSP or Home Care Package?

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 Chicken with Morel Mushroom Sauce

CHICKEN WITH MOREL MUSHROOM SAUCE 1648kJ | 394Cal

Sliced tender chicken, delicately flavoured with Morel mushroom sauce, served with potato bake, carrots, peas and sweet potato.



CREAMY CHICKEN & MUSHROOM PIE 1930kJ | 461Cal

Topped with puff pastry, enjoy tender chicken pieces in a creamy mushroom sauce with potato bake, carrots and peas.



MOROCCAN CHICKEN 1980kJ | 473Cal

Subtle Moroccan spices flavour tender chicken pieces, complemented by lentil and onion rice, sweet potato and beans.



PINEAPPLE CHICKEN 1388kJ | 332Cal

Succulent chicken sautéed with pineapple pieces served with special rice, broccoli and carrots.



PORTUGUESE STYLE CHICKEN CASSEROLE 2120kJ | 507Cal

Tender diced chicken in a Portuguese inspired tomato based sauce with tasty Cajun wedges and peas.



ROAST CHICKEN WITH GRAVY 1688kJ | 404Cal

Juicy, boneless chicken thigh fillet (skinless) with roast potatoes, roast sweet potatoes, peas and gravy.



ROAST TURKEY WITH CRANBERRY SAUCE 1382kJ | 330Cal

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.



TURKEY RISSOLES 1049kJ | 251Cal

Flavoursome and moist turkey rissoles are served with a delicious mix of baked vegetables and gravy.



Customers receive a **FREE 3 COURSE MEAL** of their choice to celebrate their birthday each year! Redeemable with a minimum 7 meal order.

BARRAMUNDI 1397kJ | 334Cal

HF D LS

Lightly battered barramundi fillet, fluffy pumpkin and potato mash, peas, beans and broccoli.

CRUMBED FISH WITH SEASONED WEDGES

HF GF DF

1983kJ | 474Cal

D S

Lightly crumbed fish with tasty potato wedges, fruit chutney, carrots and beans.

LEMON FISH WITH WEDGES 1448kJ | 346Cal

HF GF

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli.

LS S

SALMON FISH CAKES WITH SAUCE

HF DF D

1607kJ | 384Cal

S

Tasty fish cakes topped with homemade tomato sauce, lightly seasoned potato wedges, peas and carrots.

SALMON & VEGETABLE PIE 1732kJ | 414Cal

D LS

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges.

SRI LANKAN FISH CURRY 1287kJ | 307Cal

HF GF

A warming fish curry with aromatic spices is served with coconut rice, carrots, beans and broccoli.

DF LS

TASMANIAN SALMON WITH FLORENTINE SAUCE

HF GF

1607kJ | 384Cal

D LS

Salmon topped with a white sauce flavoured with a touch of onion and spinach, white rice enriched with peas and shallots, tender carrots and beans.

HF GF D LS

Sri Lankan Fish Curry

**FALAFELS WITH MIXED VEGETABLE TAGINE**

HF GF

1968kJ | 470Cal

DF V

Ground chickpeas and spices create delicious falafels accompanied by a vegetable tagine, tasty lentil and onion rice, green beans and cauliflower.

FRITTERS – VEGETABLE 1611kJ | 385Cal

HF GF

Enjoy these fritters as a tasty meal or a lunch time treat.

D V

Served with diced potato, beans, carrots and a mushroom ragout.

SPINACH & RICOTTA CANNELLONI 1424kJ | 340Cal

HF D

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.

LS V

VEGETABLE FRITTATA 1408kJ | 337Cal

HF GF D

A deliciously moist frittata served with roasted seasonal vegetables and gravy.

S V

VEGETABLE LASAGNE 1315kJ | 314Cal

HF D

Roasted Mediterranean vegetables between layers of fresh pasta, served with carrots, broccoli and cauliflower.

V

VEGETABLE MOUSSAKA 936kJ | 224Cal

HF GF

Delicious gluten free layers of potato and eggplant topped with a tasty béchamel sauce served with roast pumpkin, roast sweet potato, green beans and cauliflower.

D V

ZUCCHINI PATTY WITH VEGETABLE KORMA

HF GF

1620kJ | 386Cal

D V

The patty combines zucchini, chickpeas and lentils and is complemented by our mild, mixed vegetable korma curry and florets of broccoli and cauliflower.

My daughter Elizabeth called to see me this morning and couldn't believe how well I look. It is due to the good TLC meals I consume each day a varied choice and just the lovely amount of very good food available. The staff are so helpful, my sincere thanks to all concerned producing and delivering tasty enjoyable food. Sincere best wishes to all the TLC team helping me keep well and happy. Yvonne, Davistown NSW

DESSERTS

APPLE & APRICOT CRUMBLE 1540kJ | 367Cal

LS

Stewed apple and apricot pieces with a tempting crumble topping.

APPLE & RHUBARB CRUMBLE 1590kJ | 381Cal

LS

Stewed apple and rhubarb pieces with a delectable crumble topping.

APPLE CRUMBLE 1730kJ | 412Cal

LS

Stewed apple pieces with a delicious crumble topping.

APRICOT FRUIT PIE WITH CUSTARD 1180kJ | 282Cal

LS

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment.

BAKED CHEESECAKE 1070kJ | 255Cal

S

Deliciously smooth cheesecake on a light sponge base.

BANANA CUSTARD 569kJ | 136Cal

GF LS

Gluten free, nutrient-dense creamy banana custard.

S

BREAD & BUTTER PUDDING WITH CUSTARD

LS S

1090kJ | 260Cal

Enjoy traditional moist pudding with creamy custard.

CARROT CAKE 2220kJ | 530Cal

Fresh grated carrot, pineapple, sultanas with a delicious cream cheese and walnut icing.

CHOCOLATE FUDGE CAKE WITH CUSTARD

S

1790kJ | 427Cal

Smooth creamy custard complements this moist chocolate fudge cake.

CHOCOLATE PANNA COTTA 1380kJ | 329Cal

GF LS S

Decadently rich, gluten free panna cotta, caramel centre, resting on a light chocolate sponge.

NEW

COFFEE CREAM CAKE 1990kJ | 476Cal

GF S

Deliciously light layers of gluten free coffee cake with French butter cream.

HAZELNUT MOUSSE 1310kJ | 313Cal

GF LS S

Rich, creamy gluten free hazelnut mousse, crowned with irresistible chocolate ganache.

NEW

LAMINGTON PACK 1220kJ | 291Cal (per serve)

Lamingtons with a light cream filling, **two per pack!**

JAM & CREAM SPONGE 1200kJ | 286Cal

GF LS

A generous, gluten free sponge with jam and fresh cream.

NEW

LEMON MERINGUE TART 882kJ | 211Cal

GF S

Fluffy meringue on top of delicious lemon curd in a gluten free pastry case.

MANGO MOUSSE 483kJ | 115Cal

GF LS

Smooth fruit flavour, gluten free, rich in protein and calcium.

S

PAVLOVA WITH CREAM AND PEACH 745kJ | 178Cal

GF LS

Gluten free pavlova topped with peach and a generous serve of fresh cream.

PROFITEROLE 1050kJ | 250Cal

GF LS S

A large gluten free profiterole with a delicious crème Anglaise filling, topped with a rich chocolate ganache.

STICKY DATE WITH CUSTARD 1280kJ | 307Cal

S

Creamy custard with moist sticky date pudding.

TRIFLE 1750kJ | 417Cal

GF LS S

Layered Aussie peaches, cream, jelly, custard and gluten free sponge.

S

Sticky Date
with Custard



BACON, POTATO & LEEK QUICHE 1830kJ | 438Cal

Such a tasty combination. Enjoy this quiche any time during the day.

HAM, TOMATO & LEEK QUICHE 1600kJ | 381Cal

Perfect for lunch or add salad or vegetables for a complete meal.

PUMPKIN, POTATO & SPINACH FRITTATA

1100kJ | 263Cal

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.

SPANAKOPITA 1790kJ | 427Cal

A delicious, traditional Greek savoury spinach and feta cheese pie.

BAKED VEGETABLE PACK 660kJ | 158Cal

Seasonal vegetables ideal for a light snack or an addition to a shared meal.

CHEESE & BACON PASTA 2750kJ | 657Cal

Full of flavour, enjoy our penne pasta with cheese and bacon as a side dish or light meal.

POTATO BAKE 918kJ | 219Cal

In the mood for good old fashioned comfort food? You can't go past this generous serve of tempting gluten free potato bake.

SPECIAL FRIED RICE 2343kJ | 560Cal

A generous serve of flavoursome Basmati fried rice with vegetables and bacon pieces.

Thank you TLC for helping me look after mum, we had difficulty getting mum to eat regularly, but since starting TLC she is eating well, the meals are easy for her to heat and them being all in the one container ensures she is having a good variety of meat and veggies. They look and taste great and mum loves the soups and desserts. One of her favourites is the Barramundi and she loves the Chocolate Eclairs. The district nurse and doctor are happy with the nutrition and weight gain. Thank you again. Maggie (North Turramurra NSW)

CHICKEN & CORN SOUP 741kJ | 177Cal

Thick, creamy corn soup with tasty chicken pieces.

CREAMY PUMPKIN SOUP 513kJ | 123Cal

Delicious pumpkin soup thick and creamy and always satisfying.

HEARTY VEGETABLE SOUP 300kJ | 72Cal

Tempting home style broth simmered with ham hock, vegetable pieces such as potato, carrots, red kidney beans, pumpkin, zucchini and spinach.

LENTIL & VEGETABLE SOUP 312kJ | 75Cal

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup.

PEA & HAM SOUP 756kJ | 181Cal

Delicious pea soup speckled with ham pieces.

POTATO & LEEK SOUP 387kJ | 93Cal

This old fashioned favourite is smooth, rich and creamy.

RICH BEEF & VEGETABLE SOUP 810kJ | 194Cal

Hearty beef, vegetable and pasta pieces in a tasty broth.

GF DF V

Lentil & Vegetable soup



\$\$ SAVER MEALS

Tender Loving Cuisine \$\$ Saver range offers economically priced selections.
 \$\$ Saver meals can be included in the minimum 7 meal delivery.

\$\$ Saver meals with H icon are Halal Certified

BEEF DIANE 1870kJ | 447Cal

Delicious lean beef cooked in a creamy mushroom sauce, served with pasta, peas and corn.



CHICKEN CAJUN CASSEROLE 1340kJ | 321Cal

Chicken mildly spiced with paprika, served with herb-infused rice and tender green beans.



CHICKEN CHASSEUR 1280kJ | 305Cal

Appetising chicken casserole in a tomato and mushroom sauce with seasoned potatoes, carrots and peas.



HICKORY BBQ BEEF 1470kJ | 351Cal

Lightly spiced, Southern style BBQ flavoured beef casserole with creamy potato mash, juicy carrots and peas.



LAMB & ALMOND CURRY 1720kJ | 411Cal

A satisfying curry with tender lean diced lamb leg in mild turmeric curry gravy, fluffy rice with sweet raisins, beans, carrots and corn.



POTATO SPINACH OAT CAKES 1510kJ | 360Cal

A moist potato and spinach oatcake, traditional baked beans, beef sausage, corn and capsicum mix, a tasty dollop of tomato relish on the side.



QUICHE LORRAINE 1960kJ | 468Cal

Quiche Lorraine can be enjoyed for breakfast, lunch or dinner and is accompanied by a beef sausage, diced potato, tasty corn cake with tomato relish on the side.

RED CURRY CHICKEN 1630kJ | 390Cal

This Thai-style chicken casserole has an authentic spicy red curry and coconut cream sauce, served with fluffy rice, sweet raisins and carrots.



SATAY LAMB 2100kJ | 501Cal

Aromatic Malaysian style lamb satay is a favourite with a creamy coconut sauce served with fluffy rice and sweet raisins, beans, corn and carrot.



SPINACH & DICED LAMB LASAGNE

1910kJ | 457Cal

Spinach and diced lamb between layers of fresh egg pasta sheets topped with a cheddar cheese crust and served with diced potatoes in a creamy sauce and seasoned carrots.



SWEET VEGETABLE CURRY 1280kJ | 306Cal

A mildly spiced Indian curry will prove to be a vegetarian favourite. Served with cauliflower speckled with mustard seeds and rice with tomatoes.



TURKEY PROVENCE 1520kJ | 363Cal

Diced turkey cooked in a mild tomato based sauce, served with herb flavoured rice and sweet tender green peas.



I just wanted to say how impressed I am with both the service, delivery and quality of your food. I received my first delivery yesterday and the lady who delivered it was an absolute credit to your organisation, very friendly and helpful. Already impressed, I had my first meal yesterday evening - moussaka - and it was absolutely delicious. Having tried other similar products from other companies, the quality and taste of your meals surpasses anything I have had before in a ready meal. I cannot recommend your customer service and the quality of your food highly enough. And I will now be a regular customer without a doubt.

Lynda (Cranbourne Victoria)



♥ Dinners are prepared so you can heat and serve in approximately 6 minutes in a microwave (based on 800w power) or 30 minutes in a conventional oven, preheated to 180°C.

♥ All meals are snap frozen with heating instructions included. They keep in the freezer for up to 12 months.

♥ Straight from the freezer to the microwave or oven without piercing holes in the lid – no need to defrost.

Meals can be heated in either a microwave or oven but as appliances can vary, please use these times as an approximate guide only.

Remove meal from freezer and place in microwave or middle shelf of convection oven. For Oven heating – pre heat to 180°C.

Fan forced ovens may need to be reduced to 170°C.

No need to lift or pierce the lid.

After heating, but before removing the lid, feel the bottom of the meal container – it should feel hot all the way across.

If you feel some cold spots, microwave for another 30-60 seconds, then check again.

For oven heating, return the container to the oven for another 5-10 minutes then check again. Some meals may take slightly longer to heat through if they are denser (such as Beef Lasagne).

After heating, if you have any difficulty removing the meal lid, use the point of a knife to pierce and cut around the inside edge of the lid.

Meal containers are BPA free and recyclable.

TLC DINNERS & \$\$ SAVER RANGE

PLEASE USE THESE TIMES AS AN APPROXIMATE GUIDE ONLY

Oven heating: pre heat to 180°C. Fan forced ovens may need to be reduced to 170°C.

No need to lift or pierce the lid.

	MICROWAVE 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 180°C
Approx from frozen:	6 minutes High	5 minutes High	4 minutes High	30 minutes

EXCEPTIONS:

Premium Range: Some meals may require slightly less heating such as Chicken Schnitzel, Crumbed Fish, Vegetable Fritters. Reduce microwave times by approximately 30-60 seconds or oven times by approximately 5 minutes.

\$\$ Saver Range: Quiche Lorraine should be heated for approximately 60 seconds less in the microwave and 5 minutes less in the oven.

SOUPS & SIDE DISHES

Heating may vary depending on selection. Thicker soups may require slightly longer heating.

Approx from frozen:	4-4:30 minutes High	3-4 minutes High	2-3 minutes High	15-25 minutes
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SNACKS

Recommend defrost before heating. Remove packaging. Microwave on paper towel or plate. Oven heat on baking paper or tray in pre heated oven. If microwaving quiche, remove foil tray. If using microwave, stand for 2 minutes after heating. **Guide only:** Microwave brands and heating times may vary.

Frittata, Quiches and Spanakopita: Approximate heating

	MICROWAVE 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 150°C (Fan forced 140°C)
From frozen	5 minutes High	4 minutes High	3:30 minutes High	50 to 60 minutes
From defrosted	3 minutes High	2:30 minutes High	2 minutes High	30 to 35 minutes

DESSERTS: Remove from freezer, allow to thaw on bench if being consumed within the hour, otherwise defrost in fridge. **DO NOT HEAT.**

ONLY Fruit Crumbles, Sticky Date Pudding with Custard, Apricot Fruit Pie with Custard, Bread & Butter Pudding with Custard and Chocolate Fudge Cake with Custard can be heated.

Crumbles: Remove cover – can be microwaved or oven heated.

Sticky Date Pudding, Bread & Butter Pudding, Apricot Fruit Pie and Chocolate Fudge Cake:

Microwave: Lift lid slightly before heating.

Oven: remove from container, place in oven safe bowl.

From frozen	100 seconds	80 seconds	60 seconds	10 - 15 minutes
From room temp	40 seconds	30 seconds	20 seconds	5 minutes

OUR PRICES

Members 5% discount applies to Seniors Card, Diabetes and Coeliac Members

Minimum Order is 7 Meals
Speciality Dinners (SD) \$1.03 Extra

PREMIUM RANGE			
NON MEMBERS		MEMBERS	
7 meals	\$102.20 \$14.60 ea	7 meals SAVE 5%	\$97.09 \$13.87 ea
10 meals SAVE 3%	\$141.62 \$14.16 ea	10 meals SAVE 8%	\$134.54 \$13.45 ea
14 meals SAVE 5%	\$194.18 \$13.87 ea	14 meals SAVE 10%	\$184.47 \$13.18 ea
20 meals SAVE 8%	\$268.64 \$13.43 ea	20 meals SAVE 13%	\$255.21 \$12.76 ea
\$\$ SAVER RANGE			
NON MEMBERS		MEMBERS	
MEALS	\$9.27 ea	SAVE 5%	\$8.81ea
TLC EXTRAS			
EXTRAS	NON MEMBERS	MEMBERS	
Snacks & Sides each	\$6.18	\$5.87	
Desserts each	\$4.53	\$4.30	
Soups each	\$4.74	\$4.50	

- ♥ Orders can be a mixture of Premium and \$\$ Saver Range
- ♥ Meals with the SD icon (Speciality Dinner) have a superior protein component
- ♥ Prices are subject to change without notice
- ♥ Quantity discounts apply to dinners only
- ♥ Payment by Visa, MasterCard (Credit or Debit Card), Amex, Direct Debit

Disclaimer: The nutritional information contained in this Menu is correct at the time of publication; however, subsequent random testing throughout the year may require updates that produce a small variation.



Tender Loving Cuisine Australia Pty Ltd ABN 71 618 966 920
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Freecall: **1800 801 200**
Email: clientservices@tlcmeals.com.au

Member Organisations

Tender Loving Cuisine assists the community by partnering with like-minded organisations such as Seniors Card, Diabetes Australia and Coeliac Australia to give benefits to their members.

Do you have a CHSP or Home Care Package?

Clients with any level of a Home Care Package who require assistance with nutrition can discuss the option of delivered meals with their Service Provider. If you or your Case Manager have questions, contact Tender Loving Cuisine regarding the supply and payment of delivered meals within a Home Care Package.

Split payments as per the Government guidelines are available.

If you have a CHSP please visit My Aged Care or discuss with your Aged Care Assessment Service (ACAS) or Regional Assessment Services (RAS). Feel free to also discuss with our friendly team.

Are you an NDIS participant?

TLC meals is a Registered Provider with the NDIS in NSW, ACT, VIC and QLD. Provider No: 4050228371.

Assistance with the cost of preparation and delivery of meals comes under Core Supports in an NDIS plan.

Please note that from 1st July 2020, the NDIS Price Guide requires that the Delivered Meals line item must show as a 'Stated/Quote required Support' in your Plan. Delivered meals must be reasonable and necessary, discussed at your Planning meeting and identified as part of a goal. The Support can only be used if it is a Stated Item in the Plan.

You or your Support Coordinator are welcome to contact us to make further enquiries. Our couriers can assist to unpack the delivery where required.

Our purpose is to assist clients to maintain their independent lifestyle. Good nutrition, great taste, strict dietary controls and dedicated customer service is at the heart of what we do. With 26 years' experience and Industry Recognition, TLC sets the standard in quality and reliability.



TLC deliver to over 3,200 suburbs in the following areas

Sydney, Newcastle, Central Coast, North Coast, Canberra, Illawarra, Southern Highlands, Melbourne, Geelong, Mornington, Bendigo, Brisbane, Sunshine Coast, Gold Coast, Tweed Coast, Toowoomba.

Call 1800 801 200
or order online www.tlcmeals.com.au