



Registered
NDIS
Provider



**Delicious, home-style meals
delivered with kindness
for over 30 years**

Quality ♥ Taste ♥ Nutrition ♥ Reliability ♥ Service



Spring
2026

**Registered NDIS
provider for
prepared meals**

TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 [TLCMEALS.COM.AU](https://www.tlcmeals.com.au)



About us

For over 30 years, Tender Loving Cuisine has been helping Australians enjoy the simple pleasure of good food.

Our chefs prepare comforting, home-style meals inspired by the dishes people know and love: hearty favourites, familiar flavours, and satisfying recipes that feel just like something you would cook at home. From savoury classics to sweet treats, every dish is made with care using quality ingredients, then snap-frozen to lock in flavour and nutrition.

TLC is about more than just the food. It is about the care behind everything we do. From the friendly team who help you place your order to the delivery drivers who bring meals to your door and freezer, we are here to make enjoying good food simple and reassuring.

Bringing the care to *cuisine*

Food prepared with care

- ♥ Hearty, familiar flavours people enjoy
- ♥ A wide range of savoury and sweet meals
- ♥ Balanced, high-quality meals
- ♥ Many dietary needs catered for, including gluten-free, dairy-free and Halal-certified options

Service you can rely on

- ♥ Australian-based team of friendly experts
- ♥ Trusted to deliver: established for over 30 years
- ♥ TLC is an associated provider for Support at Home (SAH), a registered provider for the National Disability Insurance Scheme (NDIS), and also works with the Commonwealth Home Support Program (CHSP). Our team can also provide guidance with paperwork and administration.
- ♥ Nutritionist available for complimentary dietary advice
- ♥ Weekly courtesy calls to place orders if required

Delivered with kindness

- ♥ Friendly, courteous delivery drivers
- ♥ Daytime deliveries
- ♥ Help unpacking meals into your freezer, if required
- ♥ A complimentary, 3-course birthday meal every year



Support with the cost of meals

If you receive government-funded support, you may be able to get help with the cost of your meals. **The prices shown in this menu are the co-payment (out-of-pocket) costs for customers receiving NDIS funding.** This means that you pay for the cost of ingredients and your NDIS funding pays for the meal preparation and delivery. The subsidy and co-payment amounts are shown at the back of the menu. Tender Loving Cuisine also works with programs such as:

- Commonwealth Home Support Program (CHSP)
- Support at Home (SAH)

If you are unsure whether your funding covers meals, speak with your Support Coordinator, Local Area Coordinator or Plan Manager or contact our team for help.

Choosing your meals



This menu covers a wide range of comforting, home-style meals, sandwiches, desserts and snacks, so you can enjoy the foods you know and love. Helpful icons appear next to each meal to guide your choice. These show options suitable for specific dietary needs such as gluten-free, dairy-free, good source of protein, good, or excellent, source of fibre.



Our kitchen takes care to keep allergens out of certain meals, but please be aware that 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.

Images are for illustrative purposes only. Prices are subject to change.

New! Breakfasts



459

Apple & Cinnamon Porridge
with granola
\$1.60

H V



460

Banana Bread & Ricotta Cream
\$1.50

SC V



461

Blueberry Pancakes
with blueberry compote and vanilla cream
\$1.60

SC V



462

Breakfast Frittata
with bacon and a red onion jam
\$1.60

GF SP



463

Classic Brunch Bowl
with eggs, beans, potato bites and tomato chutney
\$1.60

SC H V



464

Sausages Baked with Tomato & Beans
topped with cheese
\$1.80

SC SP

Soups & Sandwiches



433

Spiced Carrot & Lentil Soup
\$1.05

SC H V SF C



378

Egg & Chive Sandwich
\$1.93

SC V SP



434

Italian Vegetable Soup
\$1.05

SC H V GF



384

Roast Beef, Cheese & Relish Sandwich
\$1.93

SC SP



432

Creamy Pumpkin Soup
\$1.05

SC H V GF



383

Roast Chicken & Avocado Sandwich
\$1.93

SP

Small Meals



293

Bacon, Potato & Leek Quiche
\$1.40



302

Ham, Tomato & Leek Quiche
\$1.40

SC



469

Pumpkin & Spinach Pasta Bake
with a cheese topping
\$1.90

H V



244

Pumpkin, Potato & Feta Frittata
\$1.40

SC V GF



292

Spanakopita
\$1.40

V SP

Chicken



391

Butter Chicken
with rice, broccoli, and
spiced potato and eggplant
\$2.75

SC H GF EF SP C



426

Chicken & Leek Pie
with potato and parsnip
mash, carrots and green
beans
\$2.92

EF SP



431

Chicken Parmigiana
with wedges and green
beans
\$2.75

H EF SP



397

Chicken Pesto Pasta
with pumpkin and
sundried tomatoes
\$2.92

H SF SP



430

Chicken Schnitzel
with mash, carrots, peas
and gravy
\$2.75

H SF SP



399

Home-Style Chicken Casserole
with mashed potato,
sweetcorn and peas
\$2.75

SC GF SF SP

Chicken

418



Roast Chicken & Gravy

with potato mash, roast pumpkin and green beans

\$3.00



415



Satay Chicken Noodles

with red capsicum and green beans, topped with fried shallots

\$2.75



CONTAINS NUTS

403



Thai Green Chicken Curry

with steamed rice, peas and beans

\$2.92



Pork & Lamb

393



Pork Steak & Plum Sauce

with nasi goreng rice

\$3.00



419



Roast Pork & Apple Sauce

with roast potatoes, gravy and creamed cabbage

\$3.00



395



Sweet & Sour Pork

with steamed rice, carrots and broccoli

\$2.75



423



Aromatic Braised Lamb

with potato mash, green beans and carrots

\$2.75



407



Mediterranean Lamb

with grilled vegetables and couscous

\$2.92



422



Roast Lamb & Mint Gravy

with roast potatoes, carrots, green beans and peas

\$3.00



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Beef



413



Beef Casserole
with corn, peas and
potato gems
\$2.75



392



Beef Cottage Pie
with a creamy mash top
and a side of broccoli
\$2.75



404



**Beef Tortellini
& Boscaiola Sauce**
topped with mushrooms
\$2.75



401



**Classic Beef
Stroganoff**
with fettuccine and
broccoli
\$2.92



390



Beef Lasagne
with steamed broccoli
\$2.75



396



**Beef Massaman
Curry**
with steamed rice, peas
and carrots
\$2.75



427



**Corned Silverside
& White Sauce**
with creamy mash, peas
and cauliflower
\$3.00



414



Curried Sausages
with potato and pumpkin
mash and roasted
vegetables
\$2.75



394



**Beef Meatballs
& Diane Sauce**
with spinach and
parmesan mash, beans
and roasted tomatoes
\$2.75



417



**Beef Rissoles
& Onion Gravy**
with creamy potato mash,
peas, carrot and cabbage
\$2.75



421



**Grilled Steak
& Mushroom Sauce**
with creamy mashed
potato and peas
\$3.00



420



**Roast Beef
& Mustard Gravy**
with roasted potatoes,
carrots and peas
\$3.00



Beef

424



Sausages & Onion Gravy

with creamy potato mash, peas and carrots

\$2.75



425



Slow-Cooked Beef Pie

with a root vegetable medley

\$2.75



389



Spaghetti Bolognese

topped with cheese

\$2.75



479



Meatloaf & Gravy

with mash, carrots and peas

\$3.14



New

Vegetarian

398



Baked Mac & Cheese

\$2.75



409



Cheese & Spinach Pie

with eggplant and olives in a Napoletana sauce

\$2.75



402



Rigatoni Mushroom Bolognese

topped with cheese

\$2.92



388



Spinach & Ricotta Cannelloni

with a Napoletana sauce and broccoli

\$2.75



406



Japanese Vegetable Curry

with basmati rice and edamame beans

\$2.92



428



Pumpkin Ricotta Lasagne

with capsicum, zucchini and red onion

\$2.92



408



Vegetable Moussaka

with roasted vegetables and beans, topped with cheese

\$2.75



410



Vegetarian Frittata

topped with pumpkin and feta

\$2.75



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Seafood

412



Battered Fish Fillets
with potato mash, mushy
peas and carrots
\$2.75

SC H SF SP

411



**Fish Pie, Potato
Mash Topping**
with carrots and mushy
peas
\$2.92

SC GF SF SP

400



**Lemon Fish
& Wedges**
with carrots and broccoli
\$2.75

H GF SF SP

405



**Prawn & Chicken
Fried Rice**
topped with fried shallots
\$2.92

H DF SP

416



**Salmon & Florentine
Sauce**
with seasoned rice, peas
and carrots
\$3.00

SC H GF SP

429



Salmon Fish Cakes
with a lemon caper sauce
and a side of peas and
beans
\$2.92

SC H EF SP

New!

Sides

458



Gravy Tub
\$1.00

SC H DF V GF

468



**Rosemary Vegetable
Roast**
with pumpkin, potato,
carrot and red onion
\$1.70

SC H DF VG GF

467



**Roasted Chat
Potatoes**
lightly seasoned
\$1.70

SC H DF VG GF

465



**Green Vegetable
Medley**
with green beans, peas
and broccoli
\$1.70

SC H DF VG GF SF

466



**Mini Cauliflower
& Cheese**
with a cheese topping
\$1.80

H V

470



Roasted Carrots
with a curry dipping sauce
\$1.70

SC H VG SF

Desserts

SOFT CHEW
SC

HALAL
H

VEGETARIAN
V

GLUTEN FREE
GF



34

Apple & Rhubarb Crumble
\$1.05

V



277

Apricot Fruit Pie with Custard
\$1.05

V



238

Chocolate Fudge Cake with Custard
\$1.05

SC V



365

Chocolate Mousse
\$1.05

SC H V GF



231

Baked Cheesecake
\$1.05

SC V



370

Black Forest Cake with Cream
\$1.05

SC V



39

Lamingtons with a Light Cream Filling
\$1.05

SC



369

Lemon Drizzle Cake with Custard
\$1.05

SC V



230

Bread & Butter Pudding with Custard
\$1.05

V



273

Carrot Cake
\$1.05

V



128

Mango Mousse
\$1.05

SC H V GF



358

Orange & Almond Cake
\$1.05

V

Desserts



373

Peach Crumble
\$1.05

SC V



360

**Pear & Raspberry
Cake**
\$1.05

V GF



331

**Red Velvet
Cheesecake**
\$1.05

SC H V



219

**Sticky Date Pudding
with Custard**
\$1.05

V



371

**Strawberry Cream
Gateau**
\$1.05

SC V



372

Tiramisu
\$1.05

SC V

GOOD SOURCE OF FIBRE
SF

HALAL
H

VEGAN
VG

GLUTEN FREE
GF

SOFT CHEW
SC

VEGETARIAN
V



471

New

**Apple Cinnamon
Muffin**
\$1.20

SC V



472

New

Banana Oat Muffin
\$1.20

SC V



473

New

**Orange & Poppy
Seed Muffin**
\$1.20

V

Juices



381

**Apple &
Mango Juice**
with apple,
mango and
mint
\$1.43

SC VG SF



382

**Kickstarter
Smoothie**
with apple, orange,
pineapple, banana,
blueberry,
passionfruit and
purple carrot
\$1.43

VG SF SC



379

**Cloudy Apple
Juice**
\$1.43

SC VG

Snacks

386



CONTAINS NUTS

Dark Chocolate Almonds

\$0.76

V

GF

SF

387



Choc Dipped Strawberries

\$0.76

V

GF

380



Tasty Cheese & Water Crackers

\$1.03

V

385



CONTAINS NUTS

Power Mix

A mix of fruit, nut and choc

\$0.76

V

GF

477



New

Diced Fruit Salad Cup

in juice

\$0.80

SC

H

VG

478



New

Diced Peaches Cup

in juice

\$0.80

SC

H

VG

Product list

Breakfast

Meal Code	Meal Name	Subsidy	Co-pay
459	Apple & Cinnamon Porridge	\$6.40	\$1.60
460	Banana Bread & Ricotta Cream	\$6.00	\$1.50
461	Blueberry Pancakes	\$6.40	\$1.60
462	Breakfast Frittata	\$6.40	\$1.60
463	Classic Brunch Bowl	\$6.40	\$1.60
464	Sausages Baked with Tomato & Beans	\$7.20	\$1.80

Soups & Sandwiches

Meal Code	Meal Name	Subsidy	Co-pay
433	Spiced Carrot & Lentil Soup	\$4.20	\$1.05
432	Creamy Pumpkin Soup	\$4.20	\$1.05
434	Italian Vegetable Soup	\$4.20	\$1.05
378	Egg & Chive Sandwich	\$7.72	\$1.93
384	Roast Beef, Cheese & Relish Sandwich	\$7.72	\$1.93
383	Roast Chicken & Avocado Sandwich	\$7.72	\$1.93

Small Meals

Meal Code	Meal Name	Subsidy	Co-pay
293	Bacon, Potato & Leek Quiche	\$5.60	\$1.40
302	Ham, Tomato & Leek Quiche	\$5.60	\$1.40
469	Pumpkin & Spinach Pasta Bake	\$7.60	\$1.90
244	Pumpkin, Potato & Feta Frittata	\$5.60	\$1.40
292	Spanakopita	\$5.60	\$1.40

Chicken Meals

Meal Code	Meal Name	Subsidy	Co-pay
391	Butter Chicken	\$11.00	\$2.75
431	Chicken Parmigiana	\$11.00	\$2.75
397	Chicken Pesto Pasta	\$11.68	\$2.92
430	Chicken Schnitzel	\$11.00	\$2.75
426	Chicken & Leek Pie	\$11.68	\$2.92
399	Home-Style Chicken Casserole	\$11.00	\$2.75
418	Roast Chicken & Gravy	\$12.00	\$3.00
415	Satay Chicken Noodles	\$11.00	\$2.75
403	Thai Green Chicken Curry	\$11.68	\$2.92

Pork & Lamb Meals

Meal Code	Meal Name	Subsidy	Co-pay
423	Aromatic Braised Lamb	\$11.00	\$2.75
407	Mediterranean Lamb	\$11.68	\$2.92
422	Roast Lamb & Mint Gravy	\$12.00	\$3.00
393	Pork Steak & Plum Sauce	\$12.00	\$3.00
419	Roast Pork & Apple Sauce	\$12.00	\$3.00
395	Sweet & Sour Pork	\$11.00	\$2.75

Beef Meals

Meal Code	Meal Name	Subsidy	Co-pay
413	Beef Casserole	\$11.00	\$2.75
392	Beef Cottage Pie	\$11.00	\$2.75
390	Beef Lasagne	\$11.00	\$2.75
396	Beef Massaman Curry	\$11.00	\$2.75
394	Beef Meatballs & Diane Sauce	\$11.00	\$2.75
417	Beef Risssoles & Onion Gravy	\$11.00	\$2.75
404	Beef Tortellini & Boscaiola Sauce	\$11.00	\$2.75
401	Classic Beef Stroganoff	\$11.68	\$2.92
427	Corned Silverside & White Sauce	\$12.00	\$3.00
414	Curried Sausages	\$11.00	\$2.75

Beef Meals

Meal Code	Meal Name	Subsidy	Co-pay
421	Grilled Steak & Mushroom Sauce	\$12.00	\$3.00
420	Roast Beef & Mustard Gravy	\$12.00	\$3.00
424	Sausages & Onion Gravy	\$11.00	\$2.75
425	Slow-Cooked Beef Pie	\$11.00	\$2.75
389	Spaghetti Bolognese	\$11.00	\$2.75
479	Meatloaf & Gravy	\$12.54	\$3.14

Seafood Meals

Meal Code	Meal Name	Subsidy	Co-pay
412	Battered Fish Fillets	\$11.00	\$2.75
411	Fish Pie, Potato Mash Topping	\$11.68	\$2.92
400	Lemon Fish & Wedges	\$11.00	\$2.75
405	Prawn & Chicken Fried Rice	\$11.68	\$2.92
416	Salmon & Florentine Sauce	\$12.00	\$3.00
429	Salmon Fish Cakes	\$11.68	\$2.92

Vegetarian Meals

Meal Code	Meal Name	Subsidy	Co-pay
398	Baked Mac & Cheese	\$11.00	\$2.75
409	Cheese & Spinach Pie	\$11.00	\$2.75
406	Japanese Vegetable Curry	\$11.68	\$2.92
428	Pumpkin Ricotta Lasagne	\$11.68	\$2.92
402	Rigatoni Mushroom Bolognese	\$11.68	\$2.92
388	Spinach & Ricotta Cannelloni	\$11.00	\$2.75
408	Vegetable Moussaka	\$11.00	\$2.75
410	Vegetarian Frittata	\$11.00	\$2.75

Sides

Meal Code	Meal Name	Subsidy	Co-pay
458	Gravy Tub	\$4.00	\$1.00
466	Mini Cauliflower & Cheese	\$7.20	\$1.80
470	Roasted Carrots	\$6.80	\$1.70
467	Roasted Chat Potatoes	\$6.80	\$1.70
465	Green Vegetable Medley	\$6.80	\$1.70
468	Rosemary Vegetable Roast	\$6.80	\$1.70

Desserts

Meal Code	Meal Name	Subsidy	Co-pay
34	Apple & Rhubarb Crumble	\$4.20	\$1.05
277	Apricot Fruit Pie with Custard	\$4.20	\$1.05
231	Baked Cheesecake	\$4.20	\$1.05
370	Black Forest Cake with Cream	\$4.20	\$1.05
230	Bread & Butter Pudding with Custard	\$4.20	\$1.05
273	Carrot Cake	\$4.20	\$1.05
238	Chocolate Fudge Cake with Custard	\$4.20	\$1.05
365	Chocolate Mousse	\$4.20	\$1.05
39	Lamingtons with a Light Cream Filling	\$4.20	\$1.05
369	Lemon Drizzle Cake with Custard	\$4.20	\$1.05
128	Mango Mousse	\$4.20	\$1.05
358	Orange & Almond Cake	\$4.20	\$1.05
373	Peach Crumble	\$4.20	\$1.05
360	Pear & Raspberry Cake	\$4.20	\$1.05
331	Red Velvet Cheesecake	\$4.20	\$1.05
219	Sticky Date Pudding with Custard	\$4.20	\$1.05
371	Strawberry Cream Gateau	\$4.20	\$1.05
372	Tiramisu	\$4.20	\$1.05

Meal Code	Meal Name	Subsidy	Co-pay
471	Apple Cinnamon Muffin	\$4.80	\$1.20
472	Banana Oat Muffin	\$4.80	\$1.20
473	Orange & Poppy Seed Muffin	\$4.80	\$1.20

Juices

Meal Code	Meal Name	Subsidy	Co-pay
381	Apple & Mango Juice	\$5.72	\$1.43
382	Kickstarter Smoothie	\$5.72	\$1.43
379	Cloudy Apple Juice	\$5.72	\$1.43

Snacks

Meal Code	Meal Name	Subsidy	Co-pay
386	Dark Chocolate Almonds	\$3.04	\$0.76
387	Choc Dipped Strawberries	\$3.04	\$0.76
380	Tasty Cheese & Water Crackers	\$4.12	\$1.03
385	Power Mix	\$3.04	\$0.76
477	Diced Fruit Salad Cup	\$3.20	\$0.80
478	Diced Peaches Cup	\$3.20	\$0.80



Heating Instructions

MAIN MEALS

- ✓ **PLEASE CHECK** the individual label for each meal as the heating time will vary.
- ✓ **ALWAYS** peel back the film lid slightly to ensure steam can escape during heating.
- ✓ **NO DEFROSTING REQUIRED:** Cook straight from frozen for the best results.
- ✓ **STORAGE:** Keep meals frozen at all times. Consume by the use-by date.
- ✓ **THE “FEEL” TEST:** Before removing the lid, feel the bottom of the container. It should be hot all the way across. If you detect cold spots, continue heating in small increments.
- ✓ **PLEASE NOTE** that because appliances vary, the times stated on the label should be used as a guide only.
- ✓ **ALWAYS ENSURE** your meal is heated thoroughly before consuming.
- ✓ **SAFETY FIRST:** Always use oven mitts when removing containers from the oven or microwave, as the trays will be hot.

All product labels include the appropriate heating instructions unless detailed opposite.

SMALL MEALS: QUICHES, SPANAKOPITA AND FRITTATA

Thaw before heating.



MICROWAVE (1000W):

Remove plastic wrapper and foil. Heat for 3 minutes.



OVEN (Preheat to 160°C):

Remove plastic wrapper. Heat for 10 minutes (oven times may vary).

HOT DESSERTS (PUDDING, PIE, FUDGE CAKE):



MICROWAVE (1000W): Lift lid slightly. Heat 80s (from frozen) / 30s (from room temp).



OVEN (Preheat to 150°C): Remove from container, place in oven-safe bowl. Heat 10–15 mins (from frozen) / 5 mins (from room temp).

CRUMBLES & LEMON DRIZZLE:

Remove cover.



Microwave (800W) only.

Crumble: 2 mins (from frozen) / 1 min (from thawed).

Lemon Drizzle: 1 min (from frozen) / 30s (from thawed).



COLD DESSERTS (DO NOT HEAT):

Thaw on bench if being consumed within the hour; otherwise defrost in fridge overnight. Once defrosted please consume within 24 hours.



SANDWICHES & MUFFINS (DO NOT HEAT)

Sandwiches: Defrost in fridge overnight. Consume within 3 days.

Muffins: Defrost in fridge overnight. Consume within 7 days.

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for over 30 years



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Tender Loving Cuisine Australia Pty Ltd ABN 71 618 966 920

Suite 201, 166 Great North Rd, Five Dock NSW 2046

Freecall: 1800 801 200

Email: clientservices@tlcmeals.com.au