

Tender Loving Cuisine offers 75 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



Registered Provider  
of Delivered Meals  
NDIS, HCP, CHSP



NSW Food Authority  
Licence 24521  
HACCP Certified

AUSTRALIAN MADE + OWNED

Healthier meals, home delivered  
*You'll love the homemade taste*

◆ Quality ◆ Taste ◆ Nutrition ◆ Reliability ◆ Service

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



Menu 2023/24

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

Call 1800 801 200  
or order online [www.tlcmeals.com.au](http://www.tlcmeals.com.au)

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

For over 28 years Tender Loving Cuisine has been serving the community with award winning home-style meals.

The Tender Loving Cuisine menu includes 75 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 are happy to help.

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 and menu items marked as Gluten Free are Lab Tested to ensure suitability for those with coeliac disease or gluten sensitivity. Soft Chew meals have been reviewed by a qualified Speech Pathologist and suggested as more manageable for those with chewing difficulties.

### 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

- HF** Heart Friendly
- GF** Gluten Free
- D** Diabetes Friendly
- DF** Dairy Free  
(free from milk or dairy products)
- LS** Low Salt  
(less than 120mg per 100g for Sodium)
- V** Vegetarian  
(may contain dairy/egg products)
- SC** Soft Chew  
(SC selections may assist to make chewing more manageable for those with chewing concerns)
- H** 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. Subsequent orders are a minimum 7 meal delivery. Offer not applicable to Government subsidised packages.*

### 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](mailto:foodservices@tlcmeals.com.au)



♥ *Tasmanian Salmon with Florentine Sauce*



**AROMATIC BRAISED LAMB | \$16.90** 1808kJ | 434Cal HF GF D  
 Tender diced lamb delicately spiced with cinnamon, ginger and paprika, with potato bake, beans and sweet potato. NEW

**BEEF GOULASH | \$16.90** 1416kJ | 339Cal HF GF DF D LS  
 Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes.

**BEEF IN RED WINE CASSEROLE | \$16.90** 1384kJ | 332Cal HF GF D LS  
 Tender diced beef casseroled in red wine, served with sweet potato mash, beans, peas and broccoli.

**BEEF LASAGNE | \$16.90** 1739kJ | 417Cal HF D SC  
 Layers of fresh pasta with a traditional bolognese sauce, tasty cheese, peas, carrots and cauliflower.

**BEEF PATTY WITH TOMATO RELISH | \$16.90** SC  
 1884kJ | 452Cal  
 Generous prime beef patty topped with a tomato based relish, served with potato wedges, mushy peas and carrot rounds.

**BEEF POLPETTE WITH DIANE SAUCE | \$16.90** 2296kJ | 551Cal  
 Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.

**BEEF RAVIOLI WITH BOLOGNESE SAUCE | \$16.90** HF D  
 1544kJ | 370Cal  
 A generous serve of traditional ravioli with tasty beef and tomato sauce served with carrot batons and beans.

**BEEF TORTELLINI WITH BOSCAIOLA SAUCE | \$16.90** D  
 1996kJ | 479Cal  
 Tasty beef tortellini with a creamy sauce of mushrooms and bacon, served with green beans and carrot rounds.

**CORNED SILVERSIDE - WHITE SAUCE | \$18.15** HF GF  
 1070kJ | 257Cal  
 Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.

**COTTAGE BEEF PIE | \$16.90** 1568kJ | 376Cal D LS  
 Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots.

**CURRIED SAUSAGES | \$16.90** 1841kJ | 441Cal GF  
 Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

**GRILLED STEAK & MUSHROOM SAUCE | \$18.70** HF GF D LS  
 1621kJ | 389Cal  
 Succulent beef in a mushroom sauce with potato mash, sweet potato, beans, peas and broccoli.

**GRILLED STEAK WITH DIANE SAUCE | \$18.70** HF GF D LS  
 1648kJ | 395Cal  
 Moist, tender beef steak topped with tasty Diane sauce with potato wedges, green beans, carrots and peas.

**GRILLED STEAK WITH POTATO BAKE | \$18.70** HF GF  
 1512kJ | 363Cal  
 Tender beef steak complemented with mild seeded mustard gravy, served with potato bake, carrot rounds, green beans and cauliflower.

**HAM STEAK & PINEAPPLE | \$16.90** 1307kJ | 314Cal GF  
 Moist ham steak lightly grilled, topped with pineapple, served with mushy peas, potato mash, carrots and gravy.

**HOMESTYLE RISsoles WITH ONION GRAVY | \$16.90** HF D SC  
 1466kJ | 352Cal  
 Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato.

**INDIAN STYLE LAMB CURRY – MILD | \$16.90** HF GF DF D LS  
 1708kJ | 410Cal  
 Tender pieces of lamb in a delicious Indian spiced sauce with rice, broccoli and sweet potato.

**LAMB CASSEROLE | \$16.90** 1244kJ | 298Cal HF GF DF D LS  
 Flavoursome homestyle casserole served with steamed potatoes, peas, beans, broccoli and carrots.

TENDER LOVING CUISINE MEALS  
 ARE MADE IN AUSTRALIA USING  
 ONLY QUALITY INGREDIENTS

### MINI MEATBALLS WITH MUSHROOM SAUCE | \$16.90

2412kJ | 578Cal

Beef meatballs complemented by a flavoursome mushroom sauce served with potato wedges, carrots, peas and beans.

### NEPALESE PORK & VEGETABLE CURRY | \$16.90

2288kJ | 549Cal

Tender and full of flavour, this warming curry is served with white rice, broccoli and carrots.



### PORK A L'ORANGE | \$18.70

1400kJ | 336Cal

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



### PORK STEAK IN PLUM SAUCE | \$18.70

2028kJ | 486Cal

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



### ROAST BEEF WITH RICH BROWN GRAVY | \$18.15

1272kJ | 305Cal

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



### ROAST LAMB WITH MINT JELLY | \$18.70

1756kJ | 421Cal

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



### ROAST PORK WITH APPLE SAUCE | \$18.15

1316kJ | 316Cal

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



### SAUSAGES IN ONION GRAVY | \$16.90

2124kJ | 509Cal

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



### SHEPHERDS PIE | \$16.90

1117kJ | 268Cal

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



### SPAGHETTI WITH BEEF & TOMATO | \$16.90

1528kJ | 366Cal

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



### STEAK & KIDNEY PIE | \$16.90

1813kJ | 435Cal

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



### STEAK PIE WITH MUSHROOM GRAVY | \$16.90

2232kJ | 535Cal

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

### SWEET & SOUR PORK | \$16.90

1900kJ | 456Cal

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



### TASTY PORK MEATLOAF | \$16.90

1472kJ | 353Cal

With a hint of ginger, this tempting meatloaf is complemented by a plum infused gravy, served with mixed baked vegetables.



### TRADITIONAL MEATLOAF & GRAVY | \$16.90

1484kJ | 356Cal

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



♥ Mini Meatballs with Mushroom Sauce



SENIORS SAVE 5 % ON EVERY ORDER

**BUTTER CHICKEN | \$16.90** 1689kJ | 405Cal

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



**CHICKEN & APRICOT CASSEROLE | \$16.90**

1412kJ | 339Cal

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



**CHICKEN CASSEROLE | \$16.90** 1501kJ | 360Cal

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



**CHICKEN CURRY - MILD | \$16.90** 1669kJ | 400Cal

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



**CHICKEN PARMIGIANA | \$16.90** 1764kJ | 423Cal

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



**CHICKEN SCHNITZEL | \$16.90** 1814kJ | 435Cal

Tasty crumbed chicken served with seasonal baked vegetables and gravy.



**CHICKEN WITH MOREL MUSHROOM SAUCE | \$16.90** HF

1648kJ | 395Cal

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



**CREAMY CHICKEN & MUSHROOM PIE | \$16.90** 1932kJ | 463Cal

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

**HAWAIIAN CHICKEN | \$16.90** 2292kJ | 550Cal

Crumbed chicken topped with homemade tomato sauce, pineapple and mozzarella cheese, with potato wedges, peas and beans.



**PINEAPPLE CHICKEN | \$16.90** 1388kJ | 333Cal

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



**PRAMOD'S CHICKEN CURRY | \$16.90** 1712kJ | 411Cal

Delicious Nepalese inspired tender chicken and vegetable curry is served with sweet potato and a mix of white rice and peas.



**ROAST CHICKEN WITH GRAVY | \$18.15**

1688kJ | 405Cal

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



**ROAST TURKEY WITH CRANBERRY SAUCE | \$18.15**

1382kJ | 331Cal

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



**SATAY CHICKEN WITH NOODLES | \$16.90** 2668kJ | 640Cal

Chicken pieces served with Hokkien noodles, carrots, green beans, corn and capsicum in a delicious satay sauce.

**TURKEY RISSOLES | \$16.90** 1049kJ | 252Cal

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



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

If you have a Government subsidised Package such as an NDIS Plan, a Home Care Package or a Commonwealth Home Support Program, you may be eligible for assistance with the cost of delivered meals. Call us to find out more, we're here to help you.

## ♥ SEAFOOD

### CRUMBED FISH WITH SEASONED WEDGES | \$16.90

1983kJ | 476Cal

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

HF

GF D

DF

### LEMON FISH WITH WEDGES | \$16.90

1356kJ | 325Cal

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

HF GF

D LS

SC

### LIGHTLY BATTERED FISH FILLET | \$16.90

1326kJ | 318Cal

Enjoy flash fried Basa fillet, with a fluffy pumpkin and potato mash and a mix of peas, beans and broccoli.

HF D

NEW

### SALMON FISH CAKES WITH SAUCE | \$16.90

1607kJ | 385Cal

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

HF DF

D SC

### SALMON & VEGETABLE PIE | \$16.90

1732kJ | 415Cal

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.

D LS

### TASMANIAN SALMON WITH FLORENTINE SAUCE | \$18.15

1607kJ | 385Cal

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

### THAI GREEN FISH CURRY - MILD | \$16.90

1672kJ | 401Cal

A warming fish and vegetable curry accompanied by fluffy white rice.

HF D

GF

NEW

♥ Satay Vegetables with Zucchini Patty



## ♥ VEGETARIAN

### CHEESE & SPINACH PIE | \$16.90

2508kJ | 601Cal

With a filling of spinach and cheese, this pie is topped with flaky filo, served with lemon pepper sliced potatoes, green beans, topped with tomato and black olives.

V

### LENTIL PATTIES WITH VEGETABLE KORMA | \$16.90

2152kJ | 516Cal

Delicious and protein packed, these lentil patties are served with a mild vegetable korma curry and white rice.

V

SC

NEW

### SATAY VEGETABLES WITH ZUCCHINI PATTY | \$16.90

2466kJ | 591Cal

Delicious mixed vegetables in a satay sauce topped with a patty combining zucchini, chickpeas and lentils.

V

GF

DF

### SPINACH & RICOTTA CANNELLONI | \$16.90

1424kJ | 341Cal

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.

HF D

LS V

### TOFU & VEGETABLE SATAY WITH RICE | \$16.90

1948kJ | 467Cal

Mixed vegetables and cubed tofu combine with brown rice in a delicious satay sauce.

V

NEW

### VEGETABLE FRITTATA | \$16.90

1408kJ | 338Cal

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

GF

D V

### VEGETABLE LASAGNE | \$16.90

1315kJ | 315Cal

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

HF D

V

### VEGETABLE MOUSSAKA | \$16.90

936kJ | 224Cal

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.

HF GF

D V

*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*

**APPLE CUSTARD CAKE | \$5.90** 1292kJ | 310Cal

You will surely enjoy our gluten free homestyle apple and custard cake.

GF LS SC

**APPLE & RHUBARB CRUMBLE | \$5.90** 1593kJ | 382Cal

Stewed apple and rhubarb pieces with a delectable crumble topping.

LS

**APRICOT FRUIT PIE WITH CUSTARD | \$5.30** 1180kJ | 283Cal

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

LS SC

**BAKED CHEESECAKE | \$5.30** 1068kJ | 256Cal

Deliciously smooth cheesecake on a light sponge base.

SC

**BANANA RASPBERRY PARFAIT | \$5.90**

829kJ | 199Cal

Tempting layers of banana and raspberry, topped with custard and a raspberry swirl.

GF LS SC

**BREAD & BUTTER PUDDING WITH CUSTARD | \$5.30**

1089kJ | 261Cal

Enjoy traditional moist pudding with creamy custard.

LS SC

**CARROT CAKE | \$5.30** 2226kJ | 534Cal

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

SC

**CHOCOLATE FUDGE CAKE WITH CUSTARD | \$5.30**

1786kJ | 428Cal

Smooth creamy custard complements this moist chocolate fudge cake.

SC

**CHOCOLATE PANNA COTTA | \$5.90** 1378kJ | 330Cal

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

GF LS SC

**COFFEE CREAM CAKE | \$5.30** 1993kJ | 478Cal

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

GF SC

**HAZELNUT MOUSSE | \$5.90** 1309kJ | 314Cal

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

GF LS SC

**JAM & CREAM SPONGE | \$5.90** 1197kJ | 287Cal

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

GF LS SC

**LAMINGTON PACK | \$5.90** 1220kJ | 291Cal *(per serve)*

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

SC

**LEMON CURD | \$5.90** 1612kJ | 387Cal

Our delicious, velvety lemon curd sits on top of a thin layer of gluten free sponge.

GF LS SC

**MANGO MOUSSE | \$5.30** 483kJ | 116Cal

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

GF LS SC

**PAVLOVA WITH CREAM AND PEACH | \$5.90**

742kJ | 178Cal

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

GF LS SC

**RED VELVET CHEESECAKE | \$5.30** 1309kJ | 314Cal

Deliciously moist chocolate cake topped with rich cream cheese.

SC

**STICKY DATE WITH CUSTARD | \$5.30** 1285kJ | 308Cal

Creamy custard with moist sticky date pudding.

SC

**TRIFLE | \$5.90** 1616kJ | 388Cal

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

GF LS SC



♥ *Sticky Date with Custard*

## ♥ SNACKS & SIDES

### BACON, POTATO & LEEK QUICHE | \$7.30 1834kJ | 440Cal

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

### HAM, TOMATO & LEEK QUICHE | \$7.30 1596kJ | 383Cal

Perfect for lunch or add salad or vegetables for a

complete meal.

### PUMPKIN, POTATO & SPINACH FRITTATA | \$7.30 GF SC

1102kJ | 264Cal

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

### SPANAKOPITA | \$7.30 1789kJ | 429Cal V

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

### BAKED VEGETABLE PACK | \$7.30 660kJ | 158Cal GF DF

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

### CHEESE & BACON PASTA | \$7.30 2750kJ | 659Cal SC

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

### POTATO BAKE | \$7.30 918kJ | 220Cal GF SC

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 | \$7.30 1050kJ | 252Cal DF SC

A generous serve of flavoursome fried rice with vegetables, egg 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)*

## ♥ SOUPS

### CHICKEN & CORN SOUP | \$5.60 741kJ | 178Cal GF SC

Thick, creamy corn soup with tasty chicken pieces.

### CREAMY PUMPKIN SOUP | \$5.60 513kJ | 123Cal GF

Delicious pumpkin soup thick and creamy and always satisfying.

### HEARTY VEGETABLE SOUP | \$5.60 300kJ | 72Cal GF DF

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

### LENTIL & VEGETABLE SOUP | \$5.60 312kJ | 75Cal GF DF

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

### PEA & HAM SOUP | \$5.60 756kJ | 181Cal GF DF

Delicious pea soup speckled with ham pieces.

### POTATO & LEEK SOUP | \$5.60 387kJ | 93Cal GF DF

This old fashioned favourite is smooth, rich and creamy.

### RICH BEEF & VEGETABLE SOUP | \$5.60 810kJ | 194Cal DF SC

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



♥ Rich Beef & Vegetable Soup



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 | \$10.90 2016kJ | 483Cal

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



## CHICKEN CAJUN CASSEROLE | \$10.90

1343kJ | 322Cal

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



## CHICKEN CHASSEUR | \$10.90 1278kJ | 306Cal

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



## HICKORY BBQ BEEF | \$10.90 1631kJ | 391Cal

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



## LAMB & ALMOND CURRY | \$10.90 1526kJ | 366Cal

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 | \$10.90 1505kJ | 361Cal

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 | \$10.90 1958kJ | 470Cal

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 | \$10.90 1631kJ | 391Cal

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 | \$10.90 1962kJ | 471Cal

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 | \$10.90

1913kJ | 459Cal

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 | \$10.90 1362kJ | 327 Cal

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 | \$10.90 1519kJ | 364Cal

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. 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.

	MICROWAVE 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 180°C
Approx from frozen:	4-4:30 minutes High	3-4 minutes High	2-3 minutes High	15-25 minutes

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

**Crumble:** Remove cover – can be microwaved.

**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

## Member Organisations

### SAVE 5% ON EVERY ORDER

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.

SPECIAL OFFER

## New Customer Special Offer

### 2 FREE meals of your choice!

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!** *(See page 3 for conditions)*

SPECIAL OFFER

## All TLC Meals Customers receive

### FREE 3 COURSE BIRTHDAY MEAL

Tender Loving Cuisine will send you a Birthday Card, once you receive your card simply phone us to redeem the offer with your next order.

SPECIAL OFFER

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

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

- ♥ Orders can be a mixture of Premium and \$\$ Saver Range
- ♥ Prices are subject to change without notice
- ♥ 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  
Suite 201, 166 Great North Rd, Five Dock NSW 2046  
**Freecall: 1800 801 200**  
Email: [clientservices@tlcmeals.com.au](mailto:clientservices@tlcmeals.com.au)

## 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: 4050028371.

Assistance with the cost of preparation and delivery of meals comes under Core Supports in an NDIS plan. Delivered meals must be reasonable and necessary, discussed at your Planning meeting and identified as part of a goal.

If meals show on your Plan as Stated/Quote required please contact us for a quote. You or your Support Coordinator are welcome to contact us to make further enquiries or request an NDIS menu. Email us on [ndis@tlcmeals.com.au](mailto:ndis@tlcmeals.com.au).

If required, our couriers can assist to bring your order inside if you are at home for the delivery.

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 28 years' experience and Industry Recognition, TLC sets the standard in quality and reliability.



**Call 1800 801 200**  
or order online [www.tlcmeals.com.au](http://www.tlcmeals.com.au)