

Registered NDIS Provider for
Meal Preparation and Delivery
NDIS provider number: 4050028371



Registered
NDIS
Provider



SQF certified
HACCP Accredited
City of Bayswater Registered

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

Quality ♥ Taste ♥ Nutrition ♥ Reliability ♥ Service



Winter
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
- ♥ Approved provider for SAH, NDIS and CHSP, able to provide clear guidance with the paperwork and admin
- ♥ 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 into fridge or freezer if required
- ♥ A complimentary 3-course birthday meal every year

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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 & excellent source of fibre.

Support with the cost of meals

If you receive government-funded support, you may be able to receive assistance 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 full cost of the meals is shown at the back of the menu. Tender Loving Cuisine also works with programs such as:

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

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.



Beef

413



Beef Casserole

w/ corn, peas & potato gems

\$2.75 1730kJ / 413cal



392



Beef Cottage Pie

w/ creamy mash top & broccoli

\$2.75 1681kJ / 401cal



390



Beef Lasagne

w/ steamed broccoli

\$2.75 2331kJ / 557cal



404



Beef Tortellini & Boscaiola Sauce

topped with mushrooms

\$2.75 2107kJ / 503cal



401



Classic Beef Stroganoff

w/ fettuccine & broccoli

\$2.92 1604kJ / 383cal



427



Corned Silverside & White Sauce

w/ creamy mash, peas & cauliflower

\$3.00 1333kJ / 318cal



396



Beef Massaman Curry

w/ steamed rice, peas & carrots

\$2.75 1722kJ / 412cal



394



Beef Meatballs & Diane Sauce

w/ spinach & parmesan mash, beans & roasted tomatoes

\$2.75 1620kJ / 387cal



417



Beef Rissoles & Onion Gravy

w/ creamy potato mash, peas, carrots & cabbage

\$2.75 1488kJ / 356cal



414



Curried Sausages

w/ potato & pumpkin mash & roasted vegetables

\$2.75 2020kJ / 483cal



421



Grilled Steak & Mushroom Sauce

w/ creamy mashed potato & peas

\$3.00 1340kJ / 320cal



420



Roast Beef & Mustard Gravy

w/ roasted potatoes, carrots & peas

\$3.00 1271kJ / 303cal



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Beef

424



Sausages & Onion Gravy

w/ creamy potato mash, peas & carrots

\$2.75 2114kJ / 505cal



425



Slow-Cooked Beef Pie

w/ root vegetable medley

\$2.75 1995kJ / 476cal



389



Spaghetti Bolognese

topped with cheese

\$2.75 2362kJ / 564cal



Seafood

412



Battered Fish Fillets

w/ potato mash, mushy peas & carrots

\$2.75 1726kJ / 412cal



411



Fish Pie, Potato Mash Topping

w/ carrots & mushy peas

\$2.92 1500kJ / 358cal



400



Lemon Fish & Wedges

w/ carrots & broccoli

\$2.75 1449kJ / 346cal



Lamb

423



Aromatic Braised Lamb

w/ potato mash, green beans & carrots

\$2.75 1002kJ / 240cal



422



Roast Lamb & Mint Gravy

w/ roast potatoes, carrots, green beans & peas

\$3.00 1359kJ / 324cal



407



Mediterranean Lamb

w/ grilled vegetables & couscous

\$2.92 1851kJ / 442cal



405



Prawn & Chicken Fried Rice

topped with fried shallots

\$2.92 1498kJ / 358cal



416



Salmon & Florentine Sauce

w/ seasoned rice, peas & carrots

\$3.00 2160kJ / 516cal



429



Salmon Fish Cakes

w/ lemon caper sauce & a side of peas & beans

\$2.92 1676kJ / 400cal



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Poultry



391



Butter Chicken

w/ rice, broccoli & spiced potato & eggplant

\$2.75 1959kJ / 467cal



426



Chicken & Leek Pie

w/ potato & parsnip mash, carrots & green beans

\$2.92 1994kJ / 476cal



431



Chicken Parmigiana

w/ wedges & green beans

\$2.75 2176kJ / 520cal



418



Roast Chicken & Gravy

w/ potato mash, roast pumpkin & green beans

\$3.00 1105kJ / 264cal



415



Satay Chicken Noodles

topped with fried shallots

\$2.75 2356kJ / 563cal



403



Thai Green Chicken Curry

w/ steamed rice, peas & beans

\$2.92 1615kJ / 395cal



397



Chicken Pesto Pasta

w/ pumpkin & sundried tomatoes

\$2.92 2498kJ / 597cal



430



Chicken Schnitzel

w/ mash, carrots, peas & gravy

\$2.75 1989kJ / 475cal



399



Home-style Chicken Casserole

w/ mashed potato, sweetcorn & peas

\$2.75 1626kJ / 389cal



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Pork

393



Pork Steak & Plum Sauce

w/ nasi goreng rice

\$3.00 2030kJ / 485cal



419



Roast Pork & Apple Sauce

w/ roast potatoes, gravy & creamed cabbage

\$3.00 1474kJ / 352cal



395



Sweet & Sour Pork

w/ steamed rice, carrots & broccoli

\$2.75 1413kJ / 337cal



428



Pumpkin Ricotta Lasagne

w/ capsicum, zucchini & red onion

\$2.92 1894kJ / 453cal



402



Rigatoni Mushroom Bolognese

topped with cheese

\$2.92 1637kJ / 391cal



388



Spinach & Ricotta Cannelloni

w/ Napoletana sauce & broccoli

\$2.75 1830kJ / 437cal



Vegetarian

398



Baked Mac & Cheese

\$2.75 2161kJ / 516cal



409



Cheese & Spinach Pie

w/ eggplant & olives in a Napoletana sauce

\$2.75 2030kJ / 485cal



406



Japanese Vegetable Curry

w/ basmati rice & edamame beans

\$2.92 1964kJ / 469cal



408



Vegetable Moussaka

w/ roasted vegetables & beans, topped with cheese

\$2.75 1689kJ / 404cal



410



Vegetarian Frittata

topped with pumpkin & feta

\$2.75 1717kJ / 410cal



Dietary Advice

If you have any allergies, please double-check the pack before eating. Some of our recipes may be updated from time to time, which may impact ingredients and allergens. If you require advice to support your dietary requirements, please call us to arrange a conversation with our resident nutritionist. It's all part of our service to you.

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Soups



Explore our complete range of gourmet soups at TLCMEALS.COM.AU

Snacks & Sides

378



Egg & Chive Sandwich

\$1.93 1785kJ / 428cal

384



Beef, Cheese & Relish Sandwich

\$1.93 1750kJ / 420cal

383



Chicken & Avocado Sandwich

\$1.93 1720kJ / 413cal

244



Pumpkin, Potato & Feta Frittata

\$1.40
1130kJ / 271cal

292



Spanakopita

\$1.40
1542kJ / 370cal

293



Bacon, Potato & Leek Quiche

\$1.40
1332kJ / 319cal

302



Ham, Tomato & Leek Quiche

\$1.40
1088kJ / 261cal

386



Choc Dipped Almonds

\$0.76
932kJ / 244cal

387



Choc Dipped Strawberries

\$0.76
716kJ / 172cal

380



Cheese & Water Crackers

\$1.03
780kJ / 187cal

385



Gourmet Trail Mix

\$0.76
940kJ / 225cal

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Juices

379



Cloudy Apple Juice

\$1.43
784kJ / 188cal

382



Kickstarter Smoothie

\$1.43
627kJ / 150cal

381



Apple & Mango Juice

\$1.43
620kJ / 149cal

Desserts



34



Apple & Rhubarb Crumble

\$1.05 1726kJ / 414cal

277



Apricot Fruit Pie with Custard

\$1.05 1181kJ / 283cal



231



Baked Cheesecake

\$1.05 1068kJ / 256cal



370



Black Forest Cake with Cream

\$1.05 1339kJ / 321cal



230



Bread & Butter Pudding with Custard

\$1.05 1089kJ / 261cal



273



Carrot Cake

\$1.05 2173kJ / 521cal



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Desserts



238



**Chocolate Fudge
Cake with Custard**

\$1.05 1786kJ / 428cal



365



Chocolate Mousse

\$1.05 505kJ / 121cal



39



**Lamingtons with a
Light Cream Filling**

\$1.05 2432kJ / 583cal



373



Peach Crumble

\$1.05 1696kJ / 407cal

CONTAINS
NUTS

360



**Pear & Raspberry
Cake**

\$1.05 1530kJ / 367cal



331



**Red Velvet
Cheesecake**

\$1.05 1309kJ / 314cal



369



**Lemon Drizzle
Cake with Custard**

\$1.05 1092kJ / 262cal



128



Mango Mousse

\$1.05 483kJ / 116cal



358



**Orange & Almond
Cake**

\$1.05 1733kJ / 415cal



219



**Sticky Date with
Custard**

\$1.05 1285kJ / 308cal



371



**Strawberry Cream
Gateau**

\$1.05 1196kJ / 287cal



372



Tiramisu

\$1.05 1086kJ / 260cal



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Heat & Eat

Pricing and invoicing

For NDIS customers, your plan may cover the cost of meal preparation and delivery, while you pay a small co-payment for ingredients. This co-payment is charged to your debit or credit card when you place your order. Tender Loving Cuisine invoices your plan manager for preparation and delivery on the day of delivery, and they claim this from your plan.

NDIS Participants

NDIS participants may be able to include prepared meal delivery in their care plan. Ask your Support Coordinator to authorise Tender Loving Cuisine meals as part of your approved services. Once we receive the authorisation, our team will contact you to help you place your first order. Our dedicated NDIS teams are here to make the process simple.

Our sugarcane trays are designed to be heated in either the oven or the microwave for your convenience. Please check each individual pack for heating instructions as these can vary from meal to meal.


Please ensure your meal has heated all the way through to 65°C before enjoying it. Our meals stay fresh-frozen in the deep freezer for 12 months, so you have plenty of time to enjoy them!



TO ORDER ☎ 1800 801 200

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Placing your order

 1800 801 200

 ndis@tlcmeals.com.au

Customers using NDIS funding can place their orders by calling our team on **1800 801 200** or emailing ndis@tlcmeals.com.au. If helpful, we can also arrange courtesy reminder calls to help you place your regular orders.



Product list

Beef Meals

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|-----------------------------------|------------|--------------|
| 413 | Beef Casserole | \$13.75 | \$2.75 |
| 392 | Beef Cottage Pie | \$13.75 | \$2.75 |
| 390 | Beef Lasagne | \$13.75 | \$2.75 |
| 396 | Beef Massaman Curry | \$13.75 | \$2.75 |
| 394 | Beef Meatballs & Diane Sauce | \$13.75 | \$2.75 |
| 417 | Beef Rissoles & Onion Gravy | \$13.75 | \$2.75 |
| 404 | Beef Tortellini & Boscaiola Sauce | \$13.75 | \$2.75 |
| 401 | Classic Beef Stroganoff | \$14.60 | \$2.92 |
| 427 | Corned Silverside & White Sauce | \$15.00 | \$3.00 |
| 414 | Curried Sausages | \$13.75 | \$2.75 |
| 421 | Grilled Steak & Mushroom Sauce | \$15.00 | \$3.00 |
| 420 | Roast Beef & Mustard Gravy | \$15.00 | \$3.00 |
| 424 | Sausages & Onion Gravy | \$13.75 | \$2.75 |
| 425 | Slow-Cooked Beef Pie | \$13.75 | \$2.75 |
| 389 | Spaghetti Bolognese | \$13.75 | \$2.75 |

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Lamb Meals

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|-------------------------|------------|--------------|
| 423 | Aromatic Braised Lamb | \$13.75 | \$2.75 |
| 407 | Mediterranean Lamb | \$14.60 | \$2.92 |
| 422 | Roast Lamb & Mint Gravy | \$15.00 | \$3.00 |

Seafood Meals

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|-------------------------------|------------|--------------|
| 412 | Battered Fish Fillets | \$13.75 | \$2.75 |
| 411 | Fish Pie, Potato Mash Topping | \$14.60 | \$2.92 |
| 400 | Lemon Fish & Wedges | \$13.75 | \$2.75 |
| 405 | Prawn & Chicken Fried Rice | \$14.60 | \$2.92 |
| 416 | Salmon & Florentine Sauce | \$15.00 | \$3.00 |
| 429 | Salmon Fish Cakes | \$14.60 | \$2.92 |

Poultry Meals

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|------------------------------|------------|--------------|
| 391 | Butter Chicken | \$13.75 | \$2.75 |
| 431 | Chicken Parmigiana | \$13.75 | \$2.75 |
| 397 | Chicken Pesto Pasta | \$14.60 | \$2.92 |
| 430 | Chicken Schnitzel | \$13.75 | \$2.75 |
| 426 | Chicken & Leek Pie | \$14.60 | \$2.92 |
| 399 | Home-style Chicken Casserole | \$13.75 | \$2.75 |

Poultry Meals Cont.

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|--------------------------|------------|--------------|
| 418 | Roast Chicken & Gravy | \$15.00 | \$3.00 |
| 415 | Satay Chicken Noodles | \$13.75 | \$2.75 |
| 403 | Thai Green Chicken Curry | \$14.60 | \$2.92 |

Pork Meals

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|--------------------------|------------|--------------|
| 393 | Pork Steak & Plum Sauce | \$15.00 | \$3.00 |
| 419 | Roast Pork & Apple Sauce | \$15.00 | \$3.00 |
| 395 | Sweet & Sour Pork | \$13.75 | \$2.75 |

Vegetarian

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|------------------------------|------------|--------------|
| 398 | Baked Mac & Cheese | \$13.75 | \$2.75 |
| 409 | Cheese & Spinach Pie | \$13.75 | \$2.75 |
| 406 | Japanese Vegetable Curry | \$14.60 | \$2.92 |
| 428 | Pumpkin Ricotta Lasagne | \$14.60 | \$2.92 |
| 402 | Rigatoni Mushroom Bolognese | \$14.60 | \$2.92 |
| 388 | Spinach & Ricotta Cannelloni | \$13.75 | \$2.75 |
| 408 | Vegetable Moussaka | \$13.75 | \$2.75 |
| 410 | Vegetarian Frittata | \$13.75 | \$2.75 |

Sandwiches

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|--------------------------------|------------|--------------|
| 378 | Egg & Chive Sandwich | \$9.64 | \$1.93 |
| 384 | Beef, Cheese & Relish Sandwich | \$9.64 | \$1.93 |
| 383 | Chicken & Avocado Sandwich | \$9.64 | \$1.93 |

Sides

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|---------------------------------|------------|--------------|
| 293 | Bacon, Potato & Leek Quiche | \$7.00 | \$1.40 |
| 302 | Ham, Tomato & Leek Quiche | \$7.00 | \$1.40 |
| 244 | Pumpkin, Potato & Feta Frittata | \$7.00 | \$1.40 |
| 292 | Spanakopita | \$7.00 | \$1.40 |

Juices

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|----------------------|------------|--------------|
| 381 | Apple & Mango Juice | \$7.13 | \$1.43 |
| 382 | Kickstarter Smoothie | \$7.13 | \$1.43 |
| 379 | Cloudy Apple Juice | \$7.13 | \$1.43 |

Snacks

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|--------------------------|------------|--------------|
| 387 | Choc Dipped Strawberries | \$3.80 | \$0.76 |
| 386 | Choc Dipped Almonds | \$3.80 | \$0.76 |
| 385 | Gourmet Trail Mix | \$3.80 | \$0.76 |
| 380 | Cheese & Water Crackers | \$5.13 | \$1.03 |

Desserts

| Meal Code | Meal Name | Full Price | Co-Pay Price |
|-----------|---------------------------------------|------------|--------------|
| 34 | Apple & Rhubarb Crumble | \$5.25 | \$1.05 |
| 277 | Apricot Fruit Pie with Custard | \$5.25 | \$1.05 |
| 231 | Baked Cheesecake | \$5.25 | \$1.05 |
| 370 | Black Forest Cake with Cream | \$5.25 | \$1.05 |
| 230 | Bread & Butter Pudding with Custard | \$5.25 | \$1.05 |
| 273 | Carrot Cake | \$5.25 | \$1.05 |
| 238 | Chocolate Fudge Cake with Custard | \$5.25 | \$1.05 |
| 365 | Chocolate Mousse | \$5.25 | \$1.05 |
| 39 | Lamingtons with a Light Cream Filling | \$5.25 | \$1.05 |
| 369 | Lemon Drizzle Cake with Custard | \$5.25 | \$1.05 |
| 128 | Mango Mousse | \$5.25 | \$1.05 |
| 358 | Orange & Almond Cake | \$5.25 | \$1.05 |
| 373 | Peach Crumble | \$5.25 | \$1.05 |
| 360 | Pear & Raspberry Cake | \$5.25 | \$1.05 |
| 331 | Red Velvet Cheesecake | \$5.25 | \$1.05 |
| 219 | Sticky Date with Custard | \$5.25 | \$1.05 |
| 371 | Strawberry Cream Gateau | \$5.25 | \$1.05 |
| 372 | Tiramisu | \$5.25 | \$1.05 |

Soups: Please refer to our website for our current range



Registered
NDIS
Provider



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



**Call 1800 801 200
to place your order**

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: ndis@tlcmeals.com.au