



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

Quality ♥ Taste ♥ Nutrition ♥ Reliability ♥ Service



Winter
2026

**Experts in
providing meals
for Support
at Home**



About Us

For over 30 years, Tender Loving Cuisine has been helping older 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

TO ORDER ☎ 1800 801 200

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



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 Support at Home funding.** This means that you pay for the cost of ingredients and your Support at Home 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)
- NDIS

If you are unsure whether your funding covers meals, speak with your care provider or contact our team for help.



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Beef

413



Beef Casserole

w/ corn, peas & potato gems

\$4.83 1730kJ / 413cal



392



Beef Cottage Pie

w/ creamy mash top & broccoli

\$4.83 1681kJ / 401cal



390



Beef Lasagne

w/ steamed broccoli

\$4.83 2331kJ / 557cal



404



Beef Tortellini & Boscaiola Sauce

topped with mushrooms

\$4.83 2107kJ / 503cal



401



Classic Beef Stroganoff

w/ fettuccine & broccoli

\$4.83 1604kJ / 383cal



427



Corned Silverside & White Sauce

w/ creamy mash, peas & cauliflower

\$5.18 1333kJ / 318cal



396



Beef Massaman Curry

w/ steamed rice, peas & carrots

\$4.83 1722kJ / 412cal



394



Beef Meatballs & Diane Sauce

w/ spinach & parmesan mash, beans & roasted tomatoes

\$4.83 1620kJ / 387cal



417



Beef Rissoles & Onion Gravy

w/ creamy potato mash, peas, carrots & cabbage

\$4.83 1488kJ / 356cal



414



Curried Sausages

w/ potato & pumpkin mash & roasted vegetables

\$4.83 2020kJ / 483cal



421



Grilled Steak & Mushroom Sauce

w/ creamy mashed potato & peas

\$5.34 1340kJ / 320cal



420



Roast Beef & Mustard Gravy

w/ roasted potatoes, carrots & peas

\$5.18 1271kJ / 303cal



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Beef

424



Sausages & Onion Gravy

w/ creamy potato mash, peas & carrots

\$4.83 2114kJ / 505cal



425



Slow-Cooked Beef Pie

w/ root vegetable medley

\$4.83 1995kJ / 476cal



389



Spaghetti Bolognese

topped with cheese

\$4.83 2362kJ / 564cal



Seafood

412



Battered Fish Fillets

w/ potato mash, mushy peas & carrots

\$4.83 1726kJ / 412cal



411



Fish Pie, Potato Mash Topping

w/ carrots & mushy peas

\$4.83 1500kJ / 358cal



400



Lemon Fish & Wedges

w/ carrots & broccoli

\$4.83 1449kJ / 346cal



Lamb

423



Aromatic Braised Lamb

w/ potato mash, green beans & carrots

\$4.83 1002kJ / 240cal



422



Roast Lamb & Mint Gravy

w/ roast potatoes, carrots, green beans & peas

\$5.34 1359kJ / 324cal



407



Mediterranean Lamb

w/ grilled vegetables & couscous

\$4.83 1851kJ / 442cal



405



Prawn & Chicken Fried Rice

topped with fried shallots

\$4.83 1498kJ / 358cal



416



Salmon & Florentine Sauce

w/ seasoned rice, peas & carrots

\$5.18 2160kJ / 516cal



429



Salmon Fish Cakes

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

\$4.83 1676kJ / 400cal



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Poultry



391



Butter Chicken

w/ rice, broccoli & spiced potato & eggplant

\$4.83 1959kJ / 467cal



426



Chicken & Leek Pie

w/ potato & parsnip mash, carrots & green beans

\$4.83 1994kJ / 476cal



431



Chicken Parmigiana

w/ wedges & green beans

\$4.83 2176kJ / 520cal



418



Roast Chicken & Gravy

w/ potato mash, roast pumpkin & green beans

\$5.18 1105kJ / 264cal



415



Satay Chicken Noodles

topped with fried shallots

\$4.83 2356kJ / 563cal



403



Thai Green Chicken Curry

w/ steamed rice, peas & beans

\$4.83 1615kJ / 395cal



397



Chicken Pesto Pasta

w/ pumpkin & sundried tomatoes

\$4.83 2498kJ / 597cal



430



Chicken Schnitzel

w/ mash, carrots, peas & gravy

\$4.83 1989kJ / 475cal



399



Home-style Chicken Casserole

w/ mashed potato, sweetcorn & peas

\$4.83 1626kJ / 389cal



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Pork

393



Pork Steak & Plum Sauce

w/ nasi goreng rice

\$5.34 2030kJ / 485cal



419



Roast Pork & Apple Sauce

w/ roast potatoes, gravy & creamed cabbage

\$5.18 1474kJ / 352cal



395



Sweet & Sour Pork

w/ steamed rice, carrots & broccoli

\$4.83 1413kJ / 337cal



428



Pumpkin Ricotta Lasagne

w/ capsicum, zucchini & red onion

\$4.83 1894kJ / 453cal



402



Rigatoni Mushroom Bolognese

topped with cheese

\$4.83 1637kJ / 391cal



388



Spinach & Ricotta Cannelloni

w/ Napoletana sauce & broccoli

\$4.83 1830kJ / 437cal



Vegetarian

398



Baked Mac & Cheese

\$4.83 2161kJ / 516cal



409



Cheese & Spinach Pie

w/ eggplant & olives in a Napoletana sauce

\$4.83 2030kJ / 485cal



406



Japanese Vegetable Curry

w/ basmati rice & edamame beans

\$4.83 1964kJ / 469cal



408



Vegetable Moussaka

w/ roasted vegetables & beans, topped with cheese

\$4.83 1689kJ / 404cal



410



Vegetarian Frittata

topped with pumpkin & feta

\$4.83 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.

TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Soups



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

Snacks & Sides

378



Egg & Chive Sandwich

\$2.90 1785kJ / 428cal

384



Beef, Cheese & Relish Sandwich

\$2.90 1750kJ / 420cal

383



Chicken & Avocado Sandwich

\$2.90 1720kJ / 413cal

244



Pumpkin, Potato & Feta Frittata

\$2.09
1130kJ / 271cal

292



Spanakopita

\$2.09
1542kJ / 370cal

293



Bacon, Potato & Leek Quiche

\$2.09
1332kJ / 319cal

302



Ham, Tomato & Leek Quiche

\$2.09
1088kJ / 261cal

386



Choc Dipped Almonds

\$1.14
932kJ / 244cal

387



Choc Dipped Strawberries

\$1.14
716kJ / 172cal

380



Cheese & Water Crackers

\$1.55
780kJ / 187cal

385



Gourmet Trail Mix

\$1.14
940kJ / 225cal

TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Juices

379



Cloudy Apple Juice

\$2.15
784kJ / 188cal

382



Kickstarter Smoothie

\$2.15
627kJ / 150cal

381



Apple & Mango Juice

\$2.15
620kJ / 149cal

Desserts



34



Apple & Rhubarb Crumble

\$1.70 1726kJ / 414cal

277



Apricot Fruit Pie with Custard

\$1.52 1181kJ / 283cal



231



Baked Cheesecake

\$1.52 1068kJ / 256cal



370



Black Forest Cake with Cream

\$1.70 1339kJ / 321cal



230



Bread & Butter Pudding with Custard

\$1.52 1089kJ / 261cal



273



Carrot Cake

\$1.52 2173kJ / 521cal



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU

Desserts



238



**Chocolate Fudge
Cake with Custard**

\$1.52 1786kJ / 428cal



365



Chocolate Mousse

\$1.52 505kJ / 121cal



39



**Lamingtons with a
Light Cream Filling**

\$1.70 2432kJ / 583cal



373



Peach Crumble

\$1.70 1696kJ / 407cal

CONTAINS
NUTS

360



**Pear & Raspberry
Cake**

\$1.52 1530kJ / 367cal



331



**Red Velvet
Cheesecake**

\$1.52 1309kJ / 314cal



369



**Lemon Drizzle
Cake with Custard**

\$1.52 1092kJ / 262cal



128



Mango Mousse

\$1.52 483kJ / 116cal



358



**Orange & Almond
Cake**

\$1.52 1733kJ / 415cal



219



**Sticky Date with
Custard**

\$1.52 1285kJ / 308cal



371



**Strawberry Cream
Gateau**

\$1.70 1196kJ / 287cal



372



Tiramisu

\$1.70 1086kJ / 260cal



TO ORDER ☎ 1800 801 200

VIEW ONLINE 🌐 TLCMEALS.COM.AU



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!

Pricing and invoicing

For Support at Home customers, your plan usually covers the cost of meal preparation and delivery, while you pay a small co-payment (usually 30%) for ingredients. This co-payment is charged to your debit or credit card when you place your order. Tender Loving Cuisine invoices your care provider or plan manager for preparation and delivery on the day of delivery, and they claim this from your plan. Private customers simply pay the full cost of their meals when ordering.

Support at Home

Support at Home clients may be able to include prepared meal delivery in their care plan. Ask your care provider 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 Support at Home teams are here to make the process simple.

What's the process of getting meals funded through Support at Home?

1 Get approved for Support at Home funding

Apply for Support at Home funding. When discussing your care plan, request that prepared meal services are included in your approved supports.



2 Decide on your care provider

To find a Support at Home care partner, contact My Aged Care on **1800 200 422** to get assessed, then use their online "Find a provider" tool to compare services.



3 Get meal authorisation

Ask your care provider to include TLC meal deliveries in your approved services. Your care provider needs to complete the Meal Service Authority Form and send it to us on your behalf.



4 We'll get in touch


Once we receive the authorisation, TLC will contact you directly to get started and place your first order.



TO ORDER ☎ 1800 801 200

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

Placing your order

 1800 801 200

 clientservices@tlcmeals.com.au

Customers using Support at Home or CHSP funding can place their orders by calling our team on **1800 801 200** or emailing **clientservices@tlcmeals.com.au**. If helpful, we can also arrange courtesy reminder calls to help you place your regular orders. You can cancel, suspend or change your order at any time. Simply let us know when we call.



Product list

Beef Meals

Meal Code	Meal Name	Full Price	Co-Pay Price
413	Beef Casserole	\$16.10	\$4.83
392	Beef Cottage Pie	\$16.10	\$4.83
390	Beef Lasagne	\$16.10	\$4.83
396	Beef Massaman Curry	\$16.10	\$4.83
394	Beef Meatballs & Diane Sauce	\$16.10	\$4.83
417	Beef Rissoles & Onion Gravy	\$16.10	\$4.83
404	Beef Tortellini & Boscaiola Sauce	\$16.10	\$4.83
401	Classic Beef Stroganoff	\$16.10	\$4.83
427	Corned Silverside & White Sauce	\$17.25	\$5.18
414	Curried Sausages	\$16.10	\$4.83
421	Grilled Steak & Mushroom Sauce	\$17.80	\$5.34
420	Roast Beef & Mustard Gravy	\$17.25	\$5.18
424	Sausages & Onion Gravy	\$16.10	\$4.83
425	Slow-Cooked Beef Pie	\$16.10	\$4.83
389	Spaghetti Bolognese	\$16.10	\$4.83

TO ORDER  1800 801 200

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

Lamb Meals

Meal Code	Meal Name	Full Price	Co-Pay Price
423	Aromatic Braised Lamb	\$16.10	\$4.83
407	Mediterranean Lamb	\$16.10	\$4.83
422	Roast Lamb & Mint Gravy	\$17.80	\$5.34

Seafood Meals

Meal Code	Meal Name	Full Price	Co-Pay Price
412	Battered Fish Fillets	\$16.10	\$4.83
411	Fish Pie, Potato Mash Topping	\$16.10	\$4.83
400	Lemon Fish & Wedges	\$16.10	\$4.83
405	Prawn & Chicken Fried Rice	\$16.10	\$4.83
416	Salmon & Florentine Sauce	\$17.25	\$5.18
429	Salmon Fish Cakes	\$16.10	\$4.83

Poultry Meals

Meal Code	Meal Name	Full Price	Co-Pay Price
391	Butter Chicken	\$16.10	\$4.83
431	Chicken Parmigiana	\$16.10	\$4.83
397	Chicken Pesto Pasta	\$16.10	\$4.83
430	Chicken Schnitzel	\$16.10	\$4.83
426	Chicken & Leek Pie	\$16.10	\$4.83
399	Home-style Chicken Casserole	\$16.10	\$4.83

Poultry Meals Cont.

Meal Code	Meal Name	Full Price	Co-Pay Price
418	Roast Chicken & Gravy	\$17.25	\$5.18
415	Satay Chicken Noodles	\$16.10	\$4.83
403	Thai Green Chicken Curry	\$16.10	\$4.83

Pork Meals

Meal Code	Meal Name	Full Price	Co-Pay Price
393	Pork Steak & Plum Sauce	\$17.80	\$5.34
419	Roast Pork & Apple Sauce	\$17.25	\$5.18
395	Sweet & Sour Pork	\$16.10	\$4.83

Vegetarian

Meal Code	Meal Name	Full Price	Co-Pay Price
398	Baked Mac & Cheese	\$16.10	\$4.83
409	Cheese & Spinach Pie	\$16.10	\$4.83
406	Japanese Vegetable Curry	\$16.10	\$4.83
428	Pumpkin Ricotta Lasagne	\$16.10	\$4.83
402	Rigatoni Mushroom Bolognese	\$16.10	\$4.83
388	Spinach & Ricotta Cannelloni	\$16.10	\$4.83
408	Vegetable Moussaka	\$16.10	\$4.83
410	Vegetarian Frittata	\$16.10	\$4.83

Sandwiches

Meal Code	Meal Name	Full Price	Co-Pay Price
378	Egg & Chive Sandwich	\$9.65	\$2.90
384	Beef, Cheese & Relish Sandwich	\$9.65	\$2.90
383	Chicken & Avocado Sandwich	\$9.65	\$2.90

Sides

Meal Code	Meal Name	Full Price	Co-Pay Price
293	Bacon, Potato & Leek Quiche	\$6.95	\$2.09
302	Ham, Tomato & Leek Quiche	\$6.95	\$2.09
244	Pumpkin, Potato & Feta Frittata	\$6.95	\$2.09
292	Spanakopita	\$6.95	\$2.09

Juices

Meal Code	Meal Name	Full Price	Co-Pay Price
381	Apple & Mango Juice	\$7.15	\$2.15
382	Kickstarter Smoothie	\$7.15	\$2.15
379	Cloudy Apple Juice	\$7.15	\$2.15

Snacks

Meal Code	Meal Name	Full Price	Co-Pay Price
387	Choc Dipped Strawberries	\$3.80	\$1.14
386	Choc Dipped Almonds	\$3.80	\$1.14
385	Gourmet Trail Mix	\$3.80	\$1.14
380	Cheese & Water Crackers	\$5.15	\$1.55

Desserts

Meal Code	Meal Name	Full Price	Co-Pay Price
34	Apple & Rhubarb Crumble	\$5.65	\$1.70
277	Apricot Fruit Pie with Custard	\$5.05	\$1.52
231	Baked Cheesecake	\$5.05	\$1.52
370	Black Forest Cake with Cream	\$5.65	\$1.70
230	Bread & Butter Pudding with Custard	\$5.05	\$1.52
273	Carrot Cake	\$5.05	\$1.52
238	Chocolate Fudge Cake with Custard	\$5.05	\$1.52
365	Chocolate Mousse	\$5.05	\$1.52
39	Lamingtons with a Light Cream Filling	\$5.65	\$1.70
369	Lemon Drizzle Cake with Custard	\$5.05	\$1.52
128	Mango Mousse	\$5.05	\$1.52
358	Orange & Almond Cake	\$5.05	\$1.52
373	Peach Crumble	\$5.65	\$1.70
360	Pear & Raspberry Cake	\$5.05	\$1.52
331	Red Velvet Cheesecake	\$5.05	\$1.52
219	Sticky Date with Custard	\$5.05	\$1.52
371	Strawberry Cream Gateau	\$5.65	\$1.70
372	Tiramisu	\$5.65	\$1.70

Soups: Please refer to our website for our current range



**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: clientservices@tlcmeals.com.au