

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 Offers available on your first delivery of meals.



HOME CARE PACKAGES



DESSERT MENU



NDIS REGISTERED SUPPLIER



SNACK & SIDES MENU

HACCP Certified
NDIS Commission
Reg ID: 4-3LLO-1345



NSW Food Authority
Licence 24521

AWARD
WINNING

HEALTHIER HOMESTYLE MEALS

Available to anyone in the Community!

Also providing meals in Home Care Packages
and to NDIS Participants



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

Call **1800 801 200**

or order online www.tlc.org.au



Menu 2019/20

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

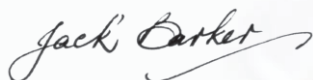
For over 24 years, Tender Loving Cuisine has been serving the community with award winning home-style meals.

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 developed and 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 will place your meals in the freezer for you.

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 health 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 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.



Beef In Red Wine Casserole

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)
- SD** Speciality Dinners
(\$1 surcharge applies)
- V** Vegetarian
(may contain dairy/egg products)
- S** Texture Soft
- MM** Texture Minced Moist
- P** Texture Pureed



Introductory Discounts for NEW CUSTOMERS

Enjoy great value with your first delivery of meals

Choose either of these great offers for your first delivery of Tender Loving Cuisine.

5 delicious and nutritious meals from just \$55.
Save over \$2 per meal!

or if you need a little more TLC ...

Double the delight with 10 nourishing meals from \$105. **Save over \$25!**


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: Selection of Speciality Dinners (SD) will include an additional \$1 cost per selection. No further discounts apply. Offer is limited to one per household. Offer not applicable to Aged Care Packages or NDIS Plans.

CHOOSE
5 MEALS
FROM JUST
\$55.00

CHOOSE
10 MEALS
FROM JUST
\$105.00



 Pork Steak in Plum Sauce

MEAT

BEEF GOULASH 1416kJ | 339Cal

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



BEEF IN RED WINE CASSEROLE 1384kJ | 332Cal

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



BEEF LASAGNE 1739kJ | 417Cal

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



BEEF MOUSSAKA 1018kJ | 244Cal

Satisfying, gluten free layers of potato, eggplant and prime beef mince served with roast pumpkin, green beans and cauliflower.



BEEF POLPETTE WITH DIANE SAUCE

2296kJ | 551Cal

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



BEEF RAVIOLI WITH BOLOGNESE SAUCE

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

1996kJ | 479Cal

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



BONELESS BEEF RIBLETS 1832kJ | 439Cal

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

CARAMELISED ONION BURGER 1677kJ | 402Cal

Generous prime Angus beef patty with caramelised onion filling topped with tomato relish served with mushy peas, sweet potato and potato wedges.



CORNED SILVERSIDE - WHITE SAUCE 1070kJ | 257Cal

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



COTTAGE BEEF PIE 1568kJ | 376Cal

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



CURRIED SAUSAGES 1841kJ | 441Cal

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



GRILLED STEAK & MUSHROOM SAUCE

1621kJ | 389Cal

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



GRILLED STEAK WITH POTATO BAKE 1512kJ | 363Cal

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



HAM STEAK & PINEAPPLE 1307kJ | 314Cal

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



HOMESTYLE RISsoles WITH ONION GRAVY

1466kJ | 352Cal

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



INDIAN STYLE LAMB CURRY - MILD

1708kJ | 410Cal

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



LAMB CASSEROLE 1244kJ | 298Cal

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



LAMB PATTIES WITH BUBBLE & SQUEAK

1520kJ | 365Cal

Tasty lamb patties in a gravy flavoured with a mild mustard, served with bubble and squeak mash, peas, beans and broccoli.



NO CONTRACTS WHEN YOU ORDER FROM TLC

LAMB STEAK WITH ROSEMARY 1524kJ | 365Cal

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

**PEPPER STEAK - MILD** 1273kJ | 305Cal

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

**PORK A L'ORANGE** 1400kJ | 336Cal

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 | 305Cal

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 | 486Cal

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

**RED CURRANT LAMB WITH POTATO BAKE**

1572kJ | 377Cal

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 | 305Cal

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

**ROAST LAMB WITH MINT JELLY** 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**

1316kJ | 316Cal

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

**SAUSAGES IN ONION GRAVY** 2124kJ | 509Cal

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

**SHEPHERDS PIE** 1117kJ | 268Cal

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

**SLOW COOKED PERSIAN LAMB** 1634kJ | 392Cal

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

**SPAGHETTI WITH BEEF & TOMATO**

1528kJ | 366Cal

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

**STEAK & KIDNEY PIE** 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** 2232kJ | 535Cal

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

**TRADITIONAL MEATLOAF & GRAVY**

1484kJ | 356Cal

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



Beef Ravioli with Bolognese Sauce



POULTRY

ASIAN CHICKEN 1648kJ | 395Cal

Tender sliced chicken with delicate flavours of 5 spice, lemon and ginger sauce. Enjoy with carrots, beans, white rice dotted with peas, corn and capsicum.



BUTTER CHICKEN 1626kJ | 390Cal

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



CHICKEN & APRICOT CASSEROLE 1412kJ | 339Cal

1412kJ | 339Cal

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



CHICKEN CASSEROLE 1501kJ | 360Cal

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



CHICKEN CURRY - MILD 1669kJ | 400Cal

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



CHICKEN PARMIGIANA 1764kJ | 423Cal

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



CHICKEN SATAY (Nut Free) 2160kJ | 518Cal

Aromatic nut free Satay sauce complements sliced chicken, served with white rice, beans, carrots and diced corn.



Chicken Curry Mild



CHICKEN SCHNITZEL 1814kJ | 435Cal

Tasty crumbed chicken served with seasonal baked vegetables and gravy.

CHICKEN STROGANOFF 1338kJ | 321Cal

Tender diced chicken with mushroom in a creamy stroganoff sauce, potato and parsnip mash, carrots, peas, beans and broccoli.



CHICKEN TAGINE 1704kJ | 409Cal

Subtle Moroccan spices flavor tender chicken pieces. Complemented by cous cous with sultanas, sweet potato and beans.



CHICKEN WITH MOREL MUSHROOM SAUCE 1648kJ | 395Cal

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



PINEAPPLE CHICKEN 1388kJ | 333Cal

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



ROAST CHICKEN WITH GRAVY 1688kJ | 405Cal

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



ROAST TURKEY WITH CRANBERRY SAUCE 1382kJ | 331Cal

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



TURKEY RISsoles 1049kJ | 252Cal

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 | 335Cal

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 | 476Cal

D S

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

LEMON FISH WITH WEDGES 1448kJ | 347Cal

HF GF

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

S

SALMON FISH CAKES WITH SAUCE

HF DF D

1607kJ | 385Cal

S MM

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

SALMON & VEGETABLE PIE 1732kJ | 415Cal

HF 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.

NEW

SRI LANKAN FISH CURRY 1287kJ | 309Cal

HF GF DF LS

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

NEW

TASMANIAN SALMON WITH FLORENTINE SAUCE

HF GF

1607kJ | 385Cal

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.

 Tasmanian Salmon
with Florentine Sauce

**FALAFELS WITH MIXED VEGETABLE TAGINE**

HF GF

1968kJ | 472Cal

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 | 386Cal

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 | 341Cal

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 | 338Cal

HF GF D

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

S V

VEGETABLE LASAGNE 1312kJ | 315Cal

HF D

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

LS 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

1659kJ | 398Cal

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.

NEW

I particularly like the variety of vegetables especially the greens, also they are not overcooked. A great variety of meals to choose from. The staff are friendly, courteous and helpful. Our delivery man is very jovial and friendly and I can depend on him at the same time on day of delivery.

Noeleen (Taree NSW)

DESSERTS

APPLE & APRICOT CRUMBLE 1537kJ | 369Cal LS

Stewed apple and apricot pieces with a tempting crumble topping.

APPLE & RHUBARB CRUMBLE 1593kJ | 382Cal LS

Stewed apple and rhubarb pieces with a delectable crumble topping.

APPLE CRUMBLE 1726kJ | 414Cal LS

Stewed apple pieces with a delicious crumble topping.

APRICOT FRUIT PIE WITH CUSTARD 1180kJ | 283Cal LS

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

BAKED CHEESECAKE 1068kJ | 256Cal S

Deliciously smooth cheesecake on a light sponge base.

BANANA CUSTARD 569kJ | 136Cal GF LS P

Gluten free, nutrient-dense creamy banana custard.

BREAD & BUTTER PUDDING WITH CUSTARD LS S

1089kJ | 261Cal


Enjoy traditional moist pudding with creamy custard.

CARROT CAKE 2219kJ | 532Cal

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

CHOCOLATE ECLAIRS 524kJ | 125Cal (per serve) GF LS S

Two deliciously light, gluten free choux pastry fingers topped with chocolate ganache.

 Bread and Butter Pudding with Custard

CHOCOLATE FUDGE CAKE WITH CUSTARD S

1786kJ | 428Cal

Smooth creamy custard complements this moist chocolate fudge cake.

CHOCOLATE MOUSSE 1159kJ | 278Cal GF LS P

Irresistibly rich gluten free mousse.

COFFEE CREAM CAKE 1993kJ | 478Cal GF S

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

LAMINGTON PACK 1220kJ | 291Cal (per serve)

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

LEMON DELICIOUS PUDDING 928kJ | 223Cal LS P

Light in texture with a delicate lemon flavour.

LEMON MERINGUE TART 882kJ | 212Cal GF S

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

MANGO MOUSSE 483kJ | 116Cal GF LS P

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

ORANGE & ALMOND CAKE 1007kJ | 242Cal GF DF

A rich, dense and deliciously moist gluten free cake. LS S

PAVLOVA WITH CREAM AND PEACH 870kJ | 209Cal GF LS

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

STICKY DATE WITH CUSTARD 1285kJ | 308Cal S

Creamy custard with moist sticky date pudding.

VANILLA CAKE WITH JAM & CREAM 1197kJ | 287Cal GF

Light and airy gluten free cake with a classic jam and cream filling. **NEW** LS S

TLC GIFT VOUCHERS MAKE A GREAT GIFT IDEA FOR FAMILY AND FRIENDS



SNACKS & SIDES

BACON, POTATO & LEEK QUICHE 1834kJ | 440Cal

NEW

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

HAM, TOMATO & LEEK QUICHE 1596kJ | 383Cal

NEW

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

PUMPKIN, POTATO & SPINACH FRITTATA

GF V

1102kJ | 264Cal

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

SPANAKOPITA 1789kJ | 429Cal

NEW

V

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

BAKED VEGETABLE PACK 660kJ | 158Cal

GF DF

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

S V

CHEESE & BACON PASTA 2750kJ | 659Cal

NEW

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

POTATO BAKE 918kJ | 220Cal

GF S

In the mood for good old fashioned comfort food?

You can't go past this generous serve of tempting gluten free potato bake.

V

SPECIAL FRIED RICE 2343kJ | 562Cal

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

Just to let you know how very happy I am with the Tender Loving Cuisine meals that I've ordered. I like the fact they are very nourishing, healthy and portion controlled, with such a variety of food to choose from.

I would be very happy to recommend Tender Loving Cuisine to anyone seeking a food delivery service.

Many Thanks Maggie (North Turramurra NSW)

SOUPS

CHICKEN & CORN SOUP 741kJ | 178Cal

GF

Thick, creamy corn soup with tasty chicken pieces.

CREAM OF MUSHROOM SOUP 528kJ | 127Cal

GF S

This mouthwatering mushroom soup is smooth, rich and satisfying.

MM V

CREAMY PUMPKIN SOUP 513kJ | 123Cal

GF LS S

Delicious pumpkin soup thick and creamy and always satisfying.

MM V

HEARTY VEGETABLE SOUP 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.

S

LENTIL & VEGETABLE SOUP 312kJ | 75Cal

GF DF V

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

PEA & HAM SOUP 756kJ | 181Cal

GF DF

Delicious pea soup speckled with ham pieces.

S MM

RICH BEEF & VEGETABLE SOUP 810kJ | 194Cal

DF S

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



R Rich Beef & 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 1318kJ | 316Cal

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

LS H

CHICKEN CAJUN CASSEROLE 1339kJ | 321Cal

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

GF DF D

LS H

CHICKEN CHASSEUR 1274kJ | 306Cal

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

GF DF D

LS H

HICKORY BBQ BEEF 1472kJ | 353Cal

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

GF D

LS H

LAMB & ALMOND CURRY 1624kJ | 389Cal

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

GF D

LS H

POTATO SPINACH OAT CAKES 1460kJ | 350Cal

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

D H

QUICHE LORRAINE 1962kJ | 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 1624kJ | 389Cal

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

GF D

LS H

SATAY LAMB 1958kJ | 470Cal

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

GF LS H

SPINACH & DICED LAMB LASAGNE

1857kJ | 445Cal

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.

D LS H

SWEET VEGETABLE CURRY 1306kJ | 313Cal

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

GF DF D

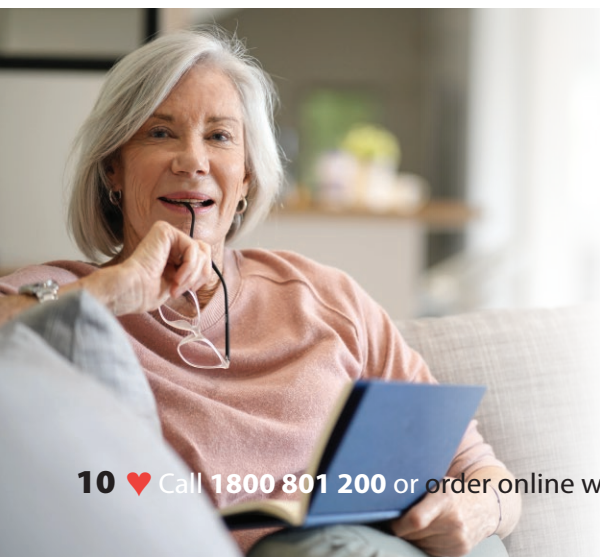
LS V H

TURKEY PROVENCAL 1519kJ | 364Cal

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

GF DF D

LS H



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 extra

PREMIUM RANGE			
NON MEMBERS		MEMBERS	
7 meals	\$97.65 \$13.95 ea	7 meals SAVE 5%	\$92.75 \$13.25 ea
10 meals SAVE 3%	\$135.30 \$13.53ea	10 meals SAVE 8%	\$128.30 \$12.83 ea
14 meals SAVE 5%	\$185.50 \$13.25ea	14 meals SAVE 10%	\$175.84 \$12.56 ea
20 meals SAVE 8%	\$256.60 \$12.83 ea	20 meals SAVE 13%	\$242.80 \$12.14 ea
\$\$ SAVER RANGE			
NON MEMBERS		MEMBERS	
MEALS	\$8.40 ea	SAVE 5%	\$7.98 ea
TLC EXTRAS			
EXTRAS	NON MEMBERS	MEMBERS	
Snacks & Sides each	\$5.95	\$5.65	
Desserts each	\$4.25	\$4.04	
Soups each	\$4.50	\$4.28	

- ♥ 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, Cash, Cheque, Direct Debit (no cash payments available in VIC, QLD and ACT)

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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Free call: **1800 801 200** Free fax: 1800 801 222
Email: clientservices@tlc.org.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. We encourage similar organisations to contact us to discuss the opportunity for their members to also receive these exclusive discounts.

Do you have a 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.

Are you an NDIS participant?

Tender Loving Cuisine is a Registered Provider with the NDIS in NSW, ACT, VIC and QLD. NDIS Commission Reg ID: 4-3LLO-1345. Assistance with preparation and delivery of meals comes under the Core Support area in an NDIS plan. You or your Support Coordinator are welcome to contact us to make further enquiries or to set up the meal service. Our couriers can assist to unpack 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 24 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.

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