



Our purpose is to assist clients to maintain their independent lifestyle. Good nutrition, great taste, dietary controls and dedicated customer service is at the heart of what we do. With over 28 years' experience TLC Meals sets the standard in quality and reliability.

Registered Provider
of Delivered Meals
NDIS, HCP, CHSP



NSW Food Authority
Licence 24521
HACCP Certified



HOME CARE PACKAGES



DESSERT MENU



NDIS REGISTERED SUPPLIER



SNACK & SIDES MENU



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

NDIS Menu 2023-2024

◆ Quality ◆ Taste ◆ Nutrition ◆ Reliability ◆ Service

Call 1800 801 200

or email ndis@tlcmeals.com.au

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

Tender Loving Cuisine offers over 100 menu items including 75 nutritionally balanced meal choices, many of which are Heart Friendly, Diabetes Friendly and Gluten Free.

Serving the community for over 28 years

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

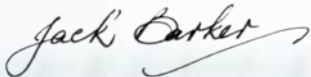
For over 28 years, Tender Loving Cuisine has been serving the community with award winning home-style meals.

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. Our meals are cooked fresh and snap frozen.

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 are happy to help.

So when you need a break from cooking ... enjoy a little TLC!



Jack Barker
CEO – Tender Loving Cuisine



Proud Partner



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.

TLC meals is a Registered Provider with the NDIS in NSW, ACT, VIC and QLD.
Provider No: 4050028371



♥ Tasmanian Salmon with Florentine Sauce

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
- SD** Specialty Dinner
(surcharge applies)

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.



How do I know if I am eligible for Home Delivered Meals in my plan?

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. Preparation and delivery of meals must be mentioned in your plan.

If shown in flexible Core Supports TLC Meals or your Plan Manager can make an agreed booking.

You or your Support Coordinator are welcome to contact us to make further enquiries.

If your Plan shows delivered meals as a **'Quote Required – Stated Support'**, please contact us to provide a Quote for NDIA Approval (NDIA approval is required prior to placing orders).

Our couriers can assist to bring the box inside please advise us if this is required.

We're here to assist you to reach your nutrition goal and live your best life.

TLC can assist you with complimentary Nutrition advice!

Our friendly, qualified Nutritionists can help you to make the best selections that will taste good and support your health, well-being and independence goals.

Our Nutritionists are happy to have a phone chat with you, or someone you nominate to discuss your dietary needs. Or you can email ndis@tlcmeals.com.au



How does my co-payment work?

This depends on how your Plan is set up.

If you are Agency or Plan Managed:

The Participant is responsible for the co-payment (for ingredients), which you pay directly to TLC Meals at the time of placing your order. We charge the preparation and delivery cost directly to NDIS or your Plan Manager.

If you are Self Managed: You make the full payment to us when the order is placed, and we provide a detailed tax receipt to make your claim to NDIS for the Preparation and Delivery costs.

How do I start?

Just phone our friendly TLC team on **1800 801 200 (option 2)** to discuss your requirements or you can give consent to your Support Coordinator, LAC, family member, carer or friend to contact us. Alternatively you can email your enquiry to ndis@tlcmeals.com.au

AROMATIC BRAISED LAMB 1808kJ | 434Cal

Tender diced lamb delicately spiced with cinnamon, ginger and paprika, with potato bake, beans and sweet potato.


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 PATTY WITH TOMATO RELISH

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 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.


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 DIANE SAUCE 1648kJ | 395Cal

Moist, tender beef steak topped with tasty Diane sauce with potato wedges, green beans, carrots and peas.


GRILLED STEAK WITH POTATO BAKE 1512kJ | 363Cal

Tender beef steak complemented with 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.



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.

MINI MEATBALLS WITH MUSHROOM SAUCE 2412kJ | 578Cal

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

NEPALESE PORK & VEGETABLE CURRY 2288kJ | 549Cal

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


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 STEAK IN PLUM SAUCE 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

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.


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.

SWEET & SOUR PORK 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 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 1484kJ | 356Cal

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



♥ *Mini Meatballs with Mushroom Sauce*



Customers receive a FREE 3 COURSE MEAL of their choice to celebrate their birthday each year! Redeemable with a minimum 7 meal order.

BUTTER CHICKEN 1689kJ | 405Cal

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



CHICKEN & APRICOT CASSEROLE

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 SCHNITZEL 1814kJ | 435Cal

Tasty crumbed chicken served with seasonal baked vegetables and gravy.



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.



CREAMY CHICKEN & MUSHROOM PIE 1932kJ | 463Cal

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

HAWAIIAN CHICKEN 2292kJ | 550Cal

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



PINEAPPLE CHICKEN 1388kJ | 333Cal

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



PRAMOD'S CHICKEN CURRY 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

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.



SATAY CHICKEN WITH NOODLES 2668kJ | 640Cal

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

TURKEY RISsoles 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.

CRUMBED FISH WITH SEASONED WEDGES

1983kJ | 476Cal

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



LEMON FISH WITH WEDGES 1356kJ | 325Cal

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



LIGHTLY BATTERED FISH FILLET

1326kJ | 318Cal

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



SALMON FISH CAKES WITH SAUCE 1607kJ | 385Cal

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



SALMON & VEGETABLE PIE 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.



TASMANIAN SALMON WITH FLORENTINE SAUCE 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.



THAI GREEN FISH CURRY - MILD 1672kJ | 401Cal

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



CHEESE & SPINACH PIE 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.



LENTIL PATTIES WITH VEGETABLE KORMA

2152kJ | 516Cal

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



SATAY VEGETABLES WITH ZUCCHINI PATTY

2466kJ | 591Cal

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



SPINACH & RICOTTA CANNELLONI 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.



TOFU & VEGETABLE SATAY WITH RICE

1948kJ | 467Cal

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



VEGETABLE FRITTATA 1408kJ | 338Cal

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



VEGETABLE LASAGNE 1315kJ | 315Cal

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



VEGETABLE MOUSSAKA 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.



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



♥ Satay Vegetables with Zucchini Patty

APPLE CUSTARD CAKE 1292kJ | 310Cal

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

GF LS
SC

APPLE & RHUBARB CRUMBLE 1593kJ | 382Cal

Stewed apple and rhubarb pieces with a delectable crumble topping.

LS

APRICOT FRUIT PIE WITH CUSTARD 1180kJ | 283Cal

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

LS
SC

BAKED CHEESECAKE 1068kJ | 256Cal

Deliciously smooth cheesecake on a light sponge base.

SC

BANANA RASPBERRY PARFAIT 829kJ | 199Cal

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

GF LS
SC

BREAD & BUTTER PUDDING WITH CUSTARD

1089kJ | 261Cal

Enjoy traditional moist pudding with creamy custard.

LS
SC

CARROT CAKE 2226kJ | 534Cal

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

SC

CHOCOLATE FUDGE CAKE WITH CUSTARD

1786kJ | 428Cal

Smooth creamy custard complements this moist chocolate fudge cake.

SC

CHOCOLATE PANNA COTTA 1378kJ | 330Cal

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

GF LS SC

COFFEE CREAM CAKE 1993kJ | 478Cal

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

GF SC

HAZELNUT MOUSSE 1309kJ | 314Cal

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

GF LS SC

JAM & CREAM SPONGE 1197kJ | 287Cal

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

GF LS SC

LAMINGTON PACK 1220kJ | 291Cal (per serve)

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

SC

LEMON CURD 1612kJ | 387Cal

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

GF LS
SC

MANGO MOUSSE 483kJ | 116Cal

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

GF LS
SC

PAVLOVA WITH CREAM AND PEACH 742kJ | 178Cal

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

GF LS
SC

RED VELVET CHEESECAKE 1309kJ | 314Cal

Deliciously moist chocolate cake topped with rich cream cheese.

SC

STICKY DATE WITH CUSTARD 1285kJ | 308Cal

Creamy custard with moist sticky date pudding.

SC

TRIFLE 1616kJ | 388Cal

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

GF LS SC



♥ Sticky Date with Custard

BACON, POTATO & LEEK QUICHE 1834kJ | 440Cal

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

HAM, TOMATO & LEEK QUICHE 1596kJ | 383Cal

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

PUMPKIN, POTATO & SPINACH FRITTATA

1102kJ | 264Cal

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

SPANAKOPITA 1789kJ | 429Cal

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

BAKED VEGETABLE PACK 660kJ | 158Cal

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

CHEESE & BACON PASTA 2750kJ | 659Cal

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

POTATO BAKE 918kJ | 220Cal

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 1050kJ | 252Cal

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 Turrumurra NSW)

CHICKEN & CORN SOUP 741kJ | 178Cal

Thick, creamy corn soup with tasty chicken pieces.

CREAMY PUMPKIN SOUP 513kJ | 123Cal

Delicious pumpkin soup thick and creamy and always satisfying.

HEARTY VEGETABLE SOUP 300kJ | 72Cal

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

LENTIL & VEGETABLE SOUP 312kJ | 75Cal

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

PEA & HAM SOUP 756kJ | 181Cal

Delicious pea soup speckled with ham pieces.

POTATO & LEEK SOUP 387kJ | 93Cal

This old fashioned favourite is smooth, rich and creamy.

RICH BEEF & VEGETABLE SOUP 810kJ | 194Cal

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 2016kJ | 483Cal

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



CHICKEN CAJUN CASSEROLE 1343kJ | 322Cal

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



CHICKEN CHASSEUR 1278kJ | 306Cal

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



HICKORY BBQ BEEF 1631kJ | 391Cal

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



LAMB & ALMOND CURRY 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 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 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 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 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

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 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 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 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

- Minimum delivery is 7 x TLC main meals.
If (for example) you require only 5 meals per week, we can deliver 10 per fortnight.
- Majority of suburbs are weekly delivery, some areas are fortnightly delivery.
- The NDIS support Item is 'assistance with the cost of preparation and delivery of meals' under Core Supports. If it shows as a Quote Required Stated Support a quote must be submitted and approved by the NDIA. Line Item Ref: 01_022_0120_1_1. A Service Booking has to be available prior to Tender Loving Cuisine supplying meals.
- However, if preparation and delivery of meals is shown in flexible Core Supports then an agreed booking can be made by TLC Meals or the Plan Manager. Line Item Ref: 01_023_0120_1_1
- The Participant is responsible for the ingredient cost as this is not covered under the support item. The ingredient co-payment is paid directly to Tender Loving Cuisine Australia Pty Ltd (preferred payment by debit or credit card) at the time of placing the order. A direct debit can be set up by completing the necessary paperwork prior to placing an order.

The table on the right shows the costs to the Participant and to the NDIS Plan.
To reduce your costs, you can mix and match Premium and \$\$\$saver meals.

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.



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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.

Our Award Winning TLC Meals are available to everyone

TLC Meals are available to everyone in the community, but the prices below are for NDIS Participants only. If you are a private client or have a CHSP or Home Care Package please contact us for pricing information.

NDIS PRICE LIST - COST PER ITEM

	COST TO NDIS PLAN (PREP & DELIVERY)	PARTICIPANT CO-PAY (INGREDIENTS)
Premium Non Speciality dinners	\$11.00	\$2.75
Premium Speciality dinners	\$12.00	\$3.00
\$\$\$Saver meals	\$8.80	\$2.20

TLC EXTRAS

Soups	\$4.20	\$1.05
Snacks & Sides	\$5.60	\$1.40
Desserts	\$4.20	\$1.05

- Orders can be a mixture of Premium and \$\$ Saver Range
- Meals with the SD Icon (Speciality Dinner) have a superior protein component and a surcharge is applicable. There are 12 SD meals on the menu.
- Prices shown are correct at the time of publication and are subject to change without notice.
- Preferred Payment by Visa, MasterCard, Amex or Debit Card

Need a quote?

Contact us by phone or email ndis@tlcmeals.com.au with the following information. **We will respond quickly!**

- Participant's Name and NDIS number
- Participant's DOB and Suburb/Postcode
- Number of Meals (or details of quote required)
- Frequency (i.e. weekly, fortnightly etc)
- Length of Quote (i.e. 1 year, 2 years etc)