



Economy Range



Economy meals \$7.95 each – less with discounts!

Minimum order is 7 meals which can be a mixture of Economy and TLC premium range. But . . . the more you buy, the more discount you receive.

Senior Card Holders receive a further 5% discount.

BEST IN NSW ... HOME-DELIVERY MEAL SERVICES

SUNDAY TELEGRAPH BY Nicola Conville

BEEF DIANE 360g 1634kJ | 393cal

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



CHICKEN CAJUN CASSEROLE 360g 1288kJ | 309cal

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



CHICKEN CHASSEUR 360g 1258kJ | 302cal

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



HICKORY BBQ BEEF 360g 1100kJ | 264cal

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



LAMB & ALMOND CURRY 360g 1500kJ | 360cal

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 350g 1663kJ | 400cal

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



TLC – WINNER

NSW Seniors Achievement Awards – Health & Wellbeing



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QUICHE LORRAINE 320g 1950kJ | 470cal

Quiche Lorraine can be enjoyed for breakfast, lunch or dinner and is accompanied by a beef sausage, diced potato and tasty corn cake with tomato relish on the side.

RED CURRY CHICKEN 360g 1474kJ | 355cal

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 360g 1752kJ | 421cal

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 380g 1668kJ | 400cal

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 370g 1312kJ | 316cal

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 340g 1450kJ | 348cal

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



Dinner Icon Guide

- GF** **Gluten Free Meals** – Laboratory tested to guarantee dinners have no gluten detected to 5 parts per million (industry standard).
- DF** **Dairy Free Meals** – Ingredients contained in these dinners are free from milk or dairy products.
- D** **Meals** – Healthier option for blood glucose management.
- LS** **Low Salt Meals** – Meets guidelines for low salt dinners – not exceeding 120mg per 100g for sodium.
- V** **Vegetarian Meals** – May contain dairy/egg products.
- H** **Halal Accredited.**

Economy meals are available in the following regions:

NSW

- ❖ Sydney
- ❖ Central Coast
- ❖ South Coast
- ❖ Newcastle
- ❖ North Coast
- ❖ Southern Highlands

QLD

- ❖ Gold Coast
- ❖ Tweed Coast



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