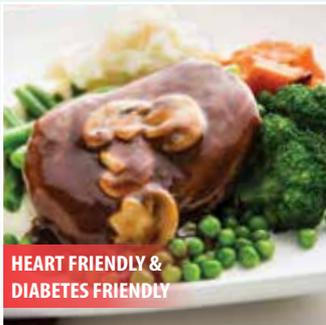


Tender Loving Cuisine offers 68 nutritionally balanced meal choices, many of which are Heart Friendly, Diabetes Friendly and Gluten Free.



HACCP Certified
NDIS Provider
No: 4050028371



NSW Food Authority
Licence 24521

Award Winning HEALTHIER HOMESTYLE MEALS

Home Care Packages ♥ NDIS Approved Meal Supplier



Menu 2018/19

New customers enjoy great value with our Introductory Offers available on your first delivery of meals.

See inside for details

Free Delivery

Call 1800 801 200

or order online www.tlc.org.au

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

For over 23 years, Tender Loving Cuisine has been serving the community with award winning home-style meals.

The Tender Loving Cuisine menu includes over 65 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 reviewed by qualified dietitians. 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 free 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 by independent dietitians and meals are portion controlled to assist with healthy weight management.

Tender Loving Cuisine has enjoyed a strong association with Diabetes NSW for 18 years, and all our meals that display the 'd' icon have been evaluated and approved by Diabetes NSW as 'diabetes friendly'.

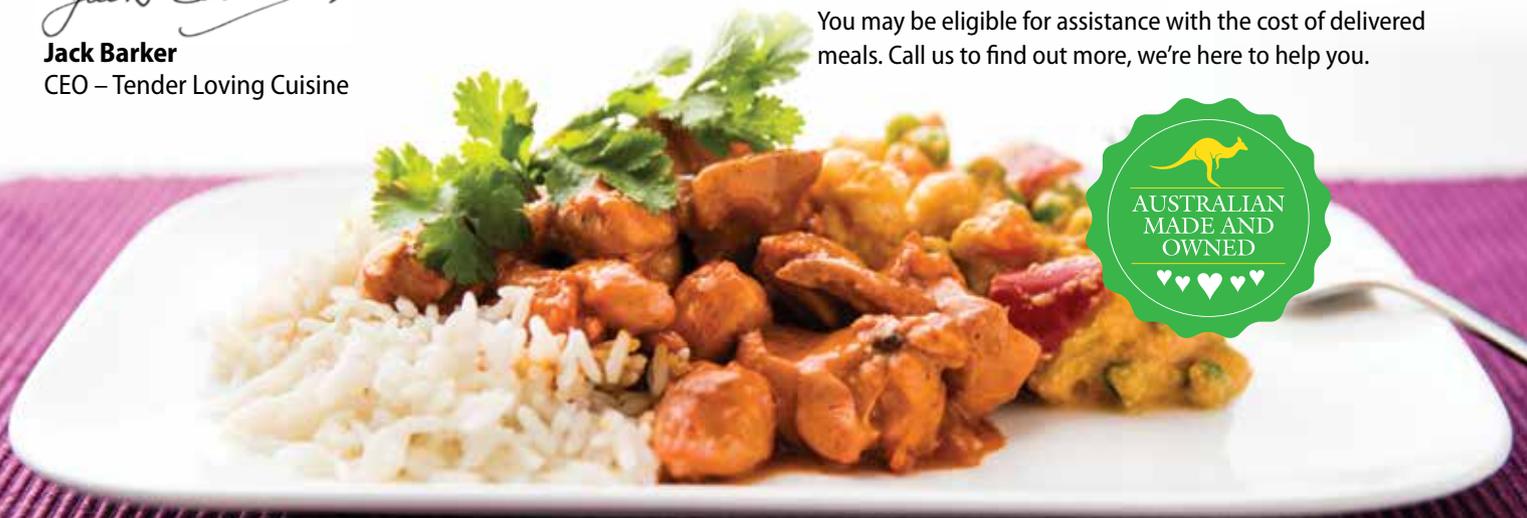
Heart Friendly meals that display the 'HF' icon meet strict standards for saturated fat, trans fat, sodium, energy, protein and fibre or vegetable content.

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.



 Butter Chicken

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

CHOOSE
5 MEALS
FROM JUST
\$55.00

CHOOSE
10 MEALS
FROM JUST
\$105.00

 *Tasmanian Salmon with Florentine 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 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.



NEW

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.



CHILLI CON CARNE - MILD 1636kJ | 392Cal

Fluffy white rice dotted with corn and capsicum accompanies mildly spiced lean beef mince with red kidney beans, served with carrot rounds, green beans and peas.



CORNED SILVERSIDE - WHITE SAUCE 1242kJ | 298Cal

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

1431kJ | 343Cal

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

Flavourful 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.



LAMB STEAK WITH ROSEMARY 1524kJ | 365Cal

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

**MOROCCAN LAMB** 1376kJ | 330Cal

Enjoy Moroccan spices, raisins and prunes in this tender casseroled lamb served with carrots, beans and cous-cous.

**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.



Homestyle Rissoles with Onion Gravy

**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.

**TRADITIONAL MEATLOAF & GRAVY**

1484kJ | 356Cal

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



NO CONTRACTS WHEN YOU ORDER FROM TLC

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

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



CHICKEN CACCIATORE 1743kJ | 418Cal

With a sauce of tomato, oregano and olives this tender sliced chicken is served with potato wedges, baked carrots and green beans.



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.



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



🍍 Pineapple Chicken

CHICKEN SCHNITZEL 1482kJ | 355Cal

Tasty chicken fillets lightly crumbed, 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.



MANGO CHICKEN CURRY 1607kJ | 385Cal

With subtle mango flavour, this mild chicken curry is served with fluffy white rice, beans and broccoli.



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.



SWEET & SOUR CHICKEN 1484kJ | 356Cal

Tender chicken pieces sautéed with carrots, capsicum and pineapple in a traditional sweet and sour sauce served with white rice, beans and cauliflower.



TURKEY RISSOLES 1049kJ | 252Cal

Flavoursome and moist turkey rissoles are served with a delicious mix of baked vegetables and gravy.



We have thoroughly enjoyed the Tender Loving Cuisine meals our daughter has organised to be delivered each week to our home. The meals are nutritious, flavoursome and cost effective with a large variety to choose from and very easy to prepare. They taste like home-prepared meals.

Chris & John Harrison (Vermont South, VIC)

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.

FISHERMAN'S PIE 1140kJ | 273Cal

HF GF

Tasty fish pieces with seasonal vegetables in a creamy sauce with potato mash, broccoli and sweet potato.

D LS

LEMON FISH WITH WEDGES 1176kJ | 282Cal

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.

SWEET & SOUR FISH 1213kJ | 291Cal

HF DF

With subtle sweet and savoury flavours, the fish is served with a mix of capsicum, broccoli, carrots and pineapple and moist coconut rice.

D

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.

FINALIST



Salmon Fishcakes

FALAFELS WITH MIXED VEGETABLE TAGINE

HF GF DF

1659kJ | 398Cal

D LS V

Ground chickpeas and spices create delicious falafels accompanied by a vegetable tagine, tasty lentil and onion rice, green beans and cauliflower.

NEW

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.

MOROCCAN VEGETABLE TAGINE 620kJ | 149Cal

HF DF

A delicious vegetable casserole, flavoured with tomato and mild Moroccan spices, served with cous cous, beans, broccoli and carrot rounds.

LS V

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

Not being a very good cook and living on my own, I found the normal frozen dinners at local supermarkets tasteless and not containing very much food. When a friend told me about TLC I placed a 7 dinner order and much to my surprise and pleasure they were wonderful, especially the vegetables. Presentation was great, but the taste and the amount of ingredients were marvellous. Everything you need for a balanced diet.

Michael Emmerton (Northbridge, 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.

NEW

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 NEW Recipe

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.

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.

JAM AND CREAM SPONGE CAKE 1538kJ | 369Cal GF

A delicate gluten free sponge with traditional jam and cream filling, gently dusted with icing sugar.

LAMINGTON PACK 1220kJ | 291Cal (per serve) LS S

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 1176kJ | 282Cal GF S

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

LEMON SYRUP CAKE 1498kJ | 359Cal NEW GF DF

This light and airy lemon syrup cake has a delicious natural lemon icing.

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.

STICKY DATE WITH CUSTARD 1285kJ | 308Cal S MM

Creamy custard with moist sticky date pudding.



Sticky Date Pudding with Custard



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

CHICKEN & MUSHROOM PUFF PASTRY TRIANGLE

1740kJ | 417Cal

A plentiful filling of tasty chicken and mushroom.

HAM, CORN & CAPSICUM FRITTATA

1277kJ | 306Cal
A generous portion of savoury, gluten free frittata enriched with eggs, ham and corn.

PUMPKIN, POTATO & SPINACH FRITTATA

1102kJ | 264Cal

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

SPINACH & CHEESE PUFF PASTRY TRIANGLE

1665kJ | 399Cal

Generously filled with the goodness of spinach and feta cheese.

BAKED VEGETABLE PACK

660kJ | 158Cal
Seasonal vegetables ideal for a light snack or an addition to a shared 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

2343kJ | 562Cal
A generous serve of flavoursome Basmati fried rice with vegetables and bacon pieces.

VEGETABLE GRATIN

741kJ | 178Cal
A delicious mix of cauliflower, broccoli, carrots, sweet potato and beans in a creamy white sauce with cheese and topped with gremolata.

I just felt I needed to write this note to let you know how happy we are with your TLC meals. My elderly mother and myself have tried your meals. We have been having difficulty in finding meals suitable. At last the variety and tasty meals have made a difference in our lives. Thank you so much.

Beverley Tomlin

CHICKEN & CORN SOUP

741kJ | 178Cal
Thick, creamy corn soup with tasty chicken pieces.

CHICK PEA, TOMATO & CHORIZO SOUP

657kJ | 158Cal
Wholesome and hearty with a mild spice of Chorizo sausage – this soup has real flavour.

CREAM OF MUSHROOM SOUP

528kJ | 127Cal
This mouthwatering mushroom soup is smooth, rich and satisfying.

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.

RICH BEEF & VEGETABLE SOUP

810kJ | 194Cal
Hearty beef, vegetable and pasta pieces in a tasty broth.

 Lentil & Vegetable soup



\$\$ SAVER MEALS

Tender Loving Cuisine \$\$ Saver range offers economically priced selections.
\$\$ Saver meals can be included in the minimum 7 meal delivery.

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

Over the past 25 years, our practice has seen a wide range of patients including many seniors needing guidance with nutrition and advice on maintaining their wellbeing.

A healthy, balanced diet is important at any age but if patients need assistance with home delivered meals I am happy to recommend Tender Loving Cuisine.

They provide a comprehensive range of Health Accredited meals. Patients have expressed their satisfaction not only with the quality, choice and home-style taste of the meals but with the excellent service offered by Tender Loving Cuisine.

Dr Stephanie Butler (Hunters Hill, NSW)
Mindbodywellth, Family Medical Practice

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 PROVENCE 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

\$\$ Saver meals with H icon are Halal Certified

Spinach & Diced Lamb Lasagne



♥ 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.

| | 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

Remove packaging from Pastry Triangles and Frittatas before heating. Best heating results from defrosted state. Microwave on paper towel or plate. Oven heat on baking paper or tray in pre heated 180c degree oven.

Frittatas: Approximate heating

| | | | | |
|----------------|---------------------|---------------------|---------------------|----------------|
| From frozen | 5-5:30 minutes High | 4-4:30 minutes High | 3-3:30 minutes High | 25 -30 minutes |
| From defrosted | 3 minutes High | 2 minutes High | 1 minute High | 10 minutes |

Puff Pastry Triangles: **Allow to defrost completely before heating**

| | | | | |
|-----------|----------------|----------------|---------------|------------|
| Microwave | 3 minutes High | 2 minutes High | 1 minute High | 10 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

MINIMUM ORDER IS 7 MEALS | FREE DELIVERY

OUR PRICES

Additional 5% discount applies to Seniors Card, Diabetes and Coeliac Members

| PREMIUM RANGE | | | | |
|---------------|----------------------|-----------------------|------------------|-----------------------|
| # MEALS | DISCOUNT NON MEMBERS | | DISCOUNT MEMBERS | |
| 7 MEALS | - | \$96.25 \$13.75ea | SAVE 5% | \$91.70 \$13.10ea |
| 10 MEALS | SAVE 3% | \$133.50 \$13.35ea | SAVE 8% | \$127.10 \$12.71ea |
| 14 MEALS | SAVE 5% | \$183.40 \$13.10ea | SAVE 10% | \$174.72 \$12.48ea |
| 20 MEALS | SAVE 8% | \$254.60 \$12.73ea | SAVE 13% | \$242.40 \$12.12ea |

Speciality Dinners (SD) \$1 extra

| TLC EXTRAS | | | |
|-------------|----------------|----------|--------|
| | SNACKS & SIDES | DESSERTS | SOUPS |
| MEMBERS | \$5.65 | \$3.75 | \$4.28 |
| NON MEMBERS | \$5.95 | \$3.95 | \$4.50 |

| \$\$ SAVER RANGE | |
|-------------------|-----------------------|
| MEMBERS \$7.98 ea | NON MEMBERS \$8.40 ea |

- ♥ Orders can be a mixture of Premium and \$\$ Saver Range
- ♥ Meals with the SD icon (Speciality Dinner) have a superior protein component
- ♥ Prices include GST and 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** Freefax: 1800 801 222
Email: clientservices@tlc.org.au

MEMBERS

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. Reg No: 4050028371. 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 23 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, Mid Nth Coast, Canberra, Illawarra, Southern Highlands, Melbourne, Geelong, Mornington, Bendigo, Brisbane, Sunshine Coast, Gold Coast, Tweed Coast, Toowoomba.

Free Delivery

Call 1800 801 200

or order online www.tlc.org.au