

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



## Award Winning HEALTHIER HOMESTYLE MEALS

*You'll love the homemade taste of TLC meals!*

Home Care Packages | CDC | NDIS | Approved Meal Supplier



*Menu 2016/17*

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](http://www.tlc.org.au)

# ABOUT US

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

For over 20 years, Tender Loving Cuisine has been serving the community with award winning, home-style meals.

The Tender Loving Cuisine menu includes over 75 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*

**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 16 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.



*Butter Chicken*

**Call 1800 801 200** or order online [www.tlc.org.au](http://www.tlc.org.au)

*What Our Icons Mean*

- HF** Heart Friendly
- GF** Gluten Free  
(no gluten detected to 5 parts per million)
- 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

NSW Food Authority Licence 24521  
HACCP Certified – all meals are fully certified under  
the HACCP International Food Safety System



# 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 for just \$55.  
**Save over \$2 per meal!**

*or if you need a little more TLC ...*

Double the delight with 10 nourishing meals for \$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.

CHOOSE  
**5 MEALS**  
FOR JUST  
**\$55.00**

CHOOSE  
**10 MEALS**  
FOR JUST  
**\$105.00**



**Roast Lamb with Mint Jelly**

**Conditions:** Introductory offers include Regular size meals only. Selection of Speciality Dinners (SD) will include an additional \$1 cost per selection. No further discounts apply. Offer is limited to one per household

# MEAT

## BEEF GOULASH 1282kJ | 307Cal

HF GF DF d LS S

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

## BEEF LASAGNE 1739kJ | 417Cal

d S

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

## BEEF MOUSSAKA 969kJ | 232Cal

GF

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

## BEEF IN RED WINE CASSEROLE

HF GF d LS

1334kJ | 320Cal

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

## 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 1728kJ | 414Cal

d

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

HF GF DF d LS

1560kJ | 374Cal

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 WITH WHITE SAUCE

SD GF

1205kJ | 289Cal

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

## COTTAGE BEEF PIE 1547kJ | 371Cal

d LS

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

## CURRIED SAUSAGES 1463kJ | 351Cal

GF

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

## GRILLED STEAK & MUSHROOM SAUCE 1621kJ | 389Cal

HF SD GF d LS

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

## GRILLED STEAK WITH POTATO BAKE

HF SD GF

1512kJ | 363Cal

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

NEW

## HAM STEAK & PINEAPPLE 1208kJ | 290Cal

GF

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

## HOMESTYLE RISSOLES WITH ONION GRAVY

HF d

REG: 1476kJ | 354Cal LGE: 1783kJ | 428Cal

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

## INDIAN STYLE LAMB CURRY – MILD

HF GF DF d LS

1646kJ | 395Cal

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

## LAMB CASSEROLE 1408kJ | 338Cal

HF GF DF d LS

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

## LAMB & MINT BURGER 1573kJ | 377Cal

d

With a delicious apple and mint filling this satisfying lamb patty is served with seasonal baked vegetables, beans and gravy.

## LAMB PATTIES WITH BUBBLE & SQUEAK

d S

1520kJ | 365Cal

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

## LAMB STEAK WITH ROSEMARY

HF SD GF d LS

1368kJ | 328Cal

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

♥ Call 1800 801 200 or order online [www.tlc.org.au](http://www.tlc.org.au)

**MOROCCAN LAMB** 1314kJ | 315Cal

DF d

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

**PASTA BAKE** 1497kJ | 359Cal

GF d

Warming Gluten Free beef pasta bake with delicious béchamel sauce served with roast carrots, broccoli, peas and green beans.

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

HF SD GF d LS

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

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

HF SD GF d LS

Delicious pork steak is complemented by an orange infused gravy, accompanied by potato bake, peas, carrot batons and green beans.

NEW

**PORK MEATLOAF WITH ORANGE GLAZE**

GF d

1271kJ | 305Cal

Moist and mildly flavoured with ginger and shallots, pork meatloaf is topped with orange scented gravy, served with mixed baked vegetables.

**PORK STEAK IN PLUM SAUCE**

HF SD d LS S

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

HF SD GF d

NEW

Tender lamb steak with a flavoursome red currant infused gravy served with delicious potato bake, green beans, peas and carrot rounds.

Beef in Red Wine Casserole

**ROAST BEEF WITH RICH BROWN GRAVY**

SD GF LS S

REG: 1080kJ | 259Cal LGE: 1268kJ | 304Cal

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

**ROAST LAMB WITH MINT JELLY**

HF SD GF d LS S

REG: 1613kJ | 387Cal LGE: 1907kJ | 457Cal

Lean slices of lamb, home-style brown gravy infused with mint jelly, roast potatoes, roast pumpkin and peas.

**ROAST PORK WITH APPLE SAUCE**

SD GF LS

REG: 1220kJ | 293Cal LGE: 1491kJ | 358Cal

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

**SAUSAGES IN ONION GRAVY**

GF S

REG: 1653kJ | 396Cal LGE: 2141kJ | 514Cal

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

**SHEPHERDS PIE** 1156kJ | 277Cal

HF GF d LS S MM

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

**SPAGHETTI WITH BEEF & TOMATO**

HF d

1533kJ | 368Cal

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

**STEAK & KIDNEY PIE** 1813kJ | 435Cal

d

Prime pieces of beef with tender kidneys, topped with a pastry lid, creamy potato mash, peas and sweet potato.

**STEAK PIE WITH MUSHROOM GRAVY**

S

2176kJ | 522Cal

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

**TRADITIONAL MEATLOAF & GRAVY**

HF d S

REG: 1314kJ | 315Cal LGE: 1440kJ | 345Cal

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

NO CONTRACTS WHEN YOU ORDER FROM TLC

# POULTRY

## APRICOT CHICKEN 1531kJ | 367Cal

GF DF d LS

Tender chicken in a vegetable casserole with apricot, chat potatoes, peas, corn and red capsicum.

## BUTTER CHICKEN 1820kJ | 437Cal

HF GF d

Delicious and mild, Butter Chicken is served with an aromatic vegetable korma and fluffy white rice.

## CHICKEN CASSEROLE 1425kJ | 342Cal

HF GF d LS S

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

## CHICKEN CURRY - MILD 1778kJ | 426Cal

HF GF DF d LS

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

## CHICKEN PARMIGIANA

HF GF d LS

REG: 1555kJ | 373Cal LGE: 1856kJ | 445Cal

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

## CHICKEN SCHNITZEL 1482kJ | 355Cal

Tasty chicken fillets lightly crumbed, served with seasonal 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)**



◀ Pineapple Chicken

## CHICKEN STROGANOFF 1512kJ | 363Cal

HF d

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

## MANGO CHICKEN CURRY

1737kJ | 416Cal

HF GF DF d LS

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

## MEDITERRANEAN CHICKEN

1402kJ | 336Cal

GF d LS

Tender chicken, topped with tomato, oregano and olives, potato mash with a hint of garlic, beans and sweet potato.

## PINEAPPLE CHICKEN

1560kJ | 374Cal

HF GF DF d LS S

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

## ROAST CHICKEN WITH GRAVY

REG: 1463kJ | 351Cal LGE: 1935kJ | 464Cal

HF SD GF d LS

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

## ROAST TURKEY WITH CRANBERRY SAUCE

REG: 1239kJ | 297Cal LGE: 1386kJ | 332Cal

SD GF S

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

## SWEET & SOUR CHICKEN 1474kJ | 354Cal

DF d LS

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 1288kJ | 309Cal

HF GF d S MM

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.

♥ Call 1800 801 200 or order online [www.tlc.org.au](http://www.tlc.org.au)

**BARRAMUNDI** 1397kJ | 335Cal

HF d LS

Lightly battered Barramundi fillet, fluffy pumpkin and potato mash, peas, beans and broccoli.

**CRUMBED FISH WITH SEASONED WEDGES** 1995kJ | 478Cal

GF DF d S

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

**FISHERMAN'S PIE** 1127kJ | 270Cal

HF GF d LS

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

**LEMON FISH WITH WEDGES**

HF GF d LS S

1352kJ | 324Cal

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

**SALMON FISH CAKES WITH SAUCE**

HF DF d S MM

1393kJ | 334Cal

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

**SWEET & SOUR FISH** 1458kJ | 350Cal

HF DF d LS

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

**TASMANIAN SALMON WITH FLORENTINE SAUCE** 2002kJ | 480Cal

HF GF 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.

**FRITTERS – VEGETABLE** 1611kJ | 386Cal

HF GF d V

Enjoy these fritters as a tasty meal or a lunch time treat. Served with diced potato, beans, carrots and a mushroom ragout.

**LENTIL PATTIES WITH VEGETABLE KORMA** 1956kJ | 469Cal

GF d LS V

Protein packed lentil patties, delicious mixed vegetables in a mild Indian korma sauce, white rice and broccoli.

**MOROCCAN VEGETABLE TAGINE**

DF LS V

581kJ | 139Cal

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

**SPINACH & RICOTTA CANNELLONI**

d LS V

1357kJ | 325Cal

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.

**VEGETABLE FRITTATA** 1355kJ | 325Cal

GF d S V

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

**VEGETABLE LASAGNE** 1184kJ | 284Cal

d LS V

Roasted Mediterranean vegetables between layers of fresh pasta, topped with homemade tomato sauce and cheese, served with carrots, broccoli and cauliflower.

**VEGETABLE MOUSSAKA** 954kJ | 229Cal

GF V

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.

## FINALIST



Salmon Fishcakes

*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 - Premium

### CARROT CAKE 1895kJ | 454Cal

Deliciously moist and gluten free, combining almond meal, grated carrot, pineapple, topped with rich cream cheese.

GF S

### CHOCOLATE ECLAIRS 524kJ | 125Cal (per serve)

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

GF LS S

### CHOCOLATE ORANGE CRÈME GATEAU

2039kJ | 489Cal

Gluten free choc orange ganache cake, topped with a generous swirl of delicious choc orange crème.

GF S

### COFFEE CREAM CAKE 1827kJ | 438Cal

Deliciously light layers of Gluten Free coffee cake with French butter cream.

GF S

### LEMON CHEESECAKE 1908kJ | 458Cal

This cheesecake favourite comes with a lemon twist and a scrumptious gluten free base.

GF

### LEMON MERINGUE TART 1147kJ | 275Cal

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

GF S

### ORANGE & ALMOND CAKE 1007kJ | 242Cal

A rich, dense and deliciously moist gluten free cake.

GF DF S LS

### SPONGE WITH BANANA DELIGHT

956kJ | 229Cal

Delicate Gluten free Sponge with smooth banana meringue topping.

GF DF LS

*Bread & Butter  
Pudding with Custard*



## DESSERTS - Standard

### APPLE & APRICOT CRUMBLE 1537kJ | 369Cal

Stewed apple, apricot pieces, with a tempting crumble top.

LS

### APPLE & RHUBARB CRUMBLE 1593kJ | 382Cal

Apple and rhubarb pieces with a delectable crumble topping.

LS

### APPLE CRUMBLE 1726kJ | 414Cal

Stewed apple pieces with a delicious crumble top.

LS

### BAKED CHEESECAKE 1180kJ | 282Cal

Deliciously smooth cheesecake on a light sponge base.

S

### BANANA CUSTARD 569kJ | 136Cal

Gluten free, nutrient-dense creamy banana custard.

GF LS P

### BREAD & BUTTER PUDDING WITH CUSTARD

1089kJ | 261Cal

Enjoy traditional moist pudding with creamy custard.

LS S

### CHOCOLATE FUDGE CAKE WITH CUSTARD

1786kJ | 428Cal

Smooth creamy custard complements this moist chocolate fudge cake.

S

### CHOCOLATE MOUSSE 1159kJ | 278Cal

Irresistibly rich gluten free mousse.

GF LS P

### CRÈME CARAMEL 568kJ | 136Cal

Creamy gluten free custard with delicious caramel sauce.

GF LS S

### LAMINGTON PACK 991kJ | 237Cal (per serve)

Lamingtons with a light cream filling, two per pack!

LS P

### LEMON DELICIOUS PUDDING 928kJ | 223Cal

Light in texture with a delicate lemon flavour.

GF LS P

### MANGO MOUSSE 483kJ | 116Cal

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

S MM

### STICKY DATE WITH CUSTARD 1333kJ | 320Cal

Creamy custard complements moist sticky date pudding.

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

♥ Call 1800 801 200 or order online [www.tlc.org.au](http://www.tlc.org.au)

## CHICKEN & MUSHROOM PUFF PASTRY TRIANGLE 1908kJ | 458Cal

A plentiful filling of tasty chicken and mushroom.

## HAM, CORN & LEEK FRITTATA 1372kJ | 329Cal

A generous portion of savoury, Gluten Free frittata enriched with eggs, ham and corn.

## PUMPKIN, POTATO & SPINACH FRITTATA 1280kJ | 307Cal

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

## SPINACH & CHEESE PUFF PASTRY TRIANGLE 1804kJ | 433Cal

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.

*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.

## **BEEF DIANE** 1483kJ | 356Cal

d LS H

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

## **CHICKEN CAJUN CASSEROLE**

GF DF d LS H

1225kJ | 294Cal

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

## **CHICKEN CHASSEUR** 1062kJ | 255Cal

GF DF LS H

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

## **HICKORY BBQ BEEF** 1057kJ | 254Cal

GF DF d LS H

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

## **LAMB & ALMOND CURRY** 1360kJ | 326Cal

GF d LS H

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** 1472kJ | 353Cal

d

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

*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** 1771kJ | 425Cal

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** 1329kJ | 319Cal

GF DF d LS H

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** 1588kJ | 381Cal

GF DF d LS H

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**

d LS H

1462kJ | 351Cal

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** 1137kJ | 273Cal

GF DF d LS H

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** 1461kJ | 350Cal

GF DF d LS H

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

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

Spinach & Diced Lamb Lasagne



♥ Call 1800 801 200 or order online [www.tlc.org.au](http://www.tlc.org.au)

# HEATING INSTRUCTIONS

♥ 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 punching 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

	MICROWAVE 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 180°C
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 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 180°C
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, 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 and Chocolate Fudge Cake:**

**Microwave:** Lift lid slightly before heating.

**Oven:** remove from container, place in oven safe bowl.

	MICROWAVE 800w	MICROWAVE 1000w	MICROWAVE 1200w	PRE HEAT OVEN 180°C
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

## MEMBER PRICES

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

**The more you order the more you save**

### MEMBERS PREMIUM RANGE

7 meals \$87.45 | \$12.49 per meal

SAVE <b>8%</b> 10 MEALS \$121.18   \$12.12ea	SAVE <b>10%</b> 14 MEALS \$166.16   \$11.87ea	SAVE <b>13%</b> 20 MEALS \$229.86   \$11.49ea
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### NON MEMBERS PREMIUM RANGE

7 meals \$92.05 | \$13.15 per meal

SAVE <b>3%</b> 10 MEALS \$127.56   \$12.76 ea	SAVE <b>5%</b> 14 MEALS \$174.90   \$12.49 ea	SAVE <b>8%</b> 20 MEALS \$241.96   \$12.10 ea
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Speciality Dinners (SD) \$1 extra

### TLC EXTRAS

	SNACKS & SIDES	PREMIUM DESSERTS	STANDARD DESSERTS	SOUPS
MEMBERS	\$5.65	\$3.75	\$3.28	\$4.28
NON MEMBERS	\$5.95	\$3.95	\$3.45	\$4.50

### \$\$ SAVER RANGE

MEMBERS \$7.98 ea      NON MEMBERS \$8.40 ea

- ♥ Orders can be a mixture of Premium and \$\$ Saver Range
- ♥ Nine selections are available in large size at an additional cost
- ♥ 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)



Tender Loving Cuisine NSW, ACT, VIC, QLD  
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GPO Box 5105, Sydney NSW 2001  
Freecall: **1800 801 200** or **02 9713 5355**  
Freefax: 1800 801 222 or 02 9713 5230  
Email: [clientservices@tlc.org.au](mailto:clientservices@tlc.org.au)

# PARTNERS

## 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.

## Home Care Packages – Approved Meal Supplier

*Do you have an NDIS or CDC Home Care Package?*

Clients at any level of a Home Care Package (who meet the eligibility criteria in regard to assistance with nutrition) can discuss their delivered meal needs with their Service Provider.

Additionally, you or your Case Manager are welcome to contact Tender Loving Cuisine with any queries regarding the supply and payment of delivered meals within a Home Care Package. Split payments as per the Government guidelines are available.



**Tender Loving Cuisine delivers 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.

*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.*

**Free Delivery**

**Call 1800 801 200**

or order online [www.tlc.org.au](http://www.tlc.org.au)