

What Our Icons Mean

- HF** Heart Friendly
- GF** Gluten Free
No gluten detected to the industry standard of 5 ppm
- 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



All TLC Meals Customers receive **FREE 3 COURSE BIRTHDAY MEAL**

Tender Loving Cuisine will send you a Birthday Card, once you receive your card simply phone us to redeem the offer with your next order.



Member Organisations **SAVE 5% ON EVERY ORDER**

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.



New Customer Special Offer **2 FREE meals of your choice!** **You can save over \$30!**

Order a minimum of 5 delicious and nutritious TLC meals and receive an additional 2 FREE meals of your choice!

Conditions: No further discounts apply. Offer limited to one per household. Subsequent orders are a minimum 7 meal delivery. Offer not applicable to Government subsidised packages.



Do you have a Home Care Package?

HCP funding covers preparation and delivery of meals - **you pay only a small co-payment towards ingredients.**

Depending on your preferred meal selection, your co-pay starts from \$3.10 to a maximum \$5.35 for our premium specialty selection and to suit your budget, plenty to choose from in between!

Co-pay for delicious desserts \$1.50 - \$1.70, soups \$1.60, snacks and sides \$2.10.


All prices for HCP clients include a 5% discount for Seniors!


Speak with your Case Manager or they can contact us direct. We can quickly have you enjoying nutritious, delicious Award Winning TLC meals.

AROMATIC BRAISED LAMB | \$16.90 1808kJ | 434Cal HF GF
 Tender diced lamb delicately spiced with cinnamon, ginger and paprika, with potato bake, beans and sweet potato. D LS

BEEF GOULASH | \$16.90 1416kJ | 339Cal HF GF DF
 Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes. D LS

BEEF IN RED WINE CASSEROLE | \$16.90 1384kJ | 332Cal HF GF
 Tender diced beef casseroled in red wine, served with sweet potato mash, beans, peas and broccoli. D LS

BEEF LASAGNE | \$16.90 1554kJ | 373Cal HF D SC
 Layers of fresh pasta with a traditional Bolognese sauce, cheese, peas, carrots and cauliflower. 

BEEF MEATLOAF WITH GRAVY | \$16.90 1336kJ | 320Cal HF D
 Tasty and lean, our beef meatloaf is served with a mustard infused gravy, carrots, peas and sweet potato mash. SC 

BEEF PATTY WITH TOMATO RELISH | \$16.90 SC
 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 | \$16.90 2296kJ | 551Cal
 Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.

BEEF RAVIOLI WITH BOLOGNESE SAUCE | \$16.90 HF D
 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 | \$16.90 D
 1996kJ | 479Cal
 Tasty beef tortellini with a creamy sauce of mushrooms and bacon, served with green beans and carrot rounds.

CORNED SILVERSIDE - WHITE SAUCE | \$18.15 HF
 1070kJ | 257Cal GF
 Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.

COTTAGE BEEF PIE | \$16.90 1568kJ | 376Cal D LS
 Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots.

CURRIED SAUSAGES | \$16.90 1841kJ | 441Cal GF
 Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

GRILLED STEAK & MUSHROOM SAUCE | \$18.70 HF GF
 1621kJ | 389Cal
 Succulent beef in a mushroom sauce with potato mash, sweet potato, beans, peas and broccoli. D LS


GRILLED STEAK WITH DIANE SAUCE | \$18.70 HF GF
 1648kJ | 395Cal
 Moist, tender beef steak topped with tasty Diane sauce with potato wedges, green beans, carrots and peas. D LS

GRILLED STEAK WITH POTATO BAKE | \$18.70 HF GF
 1512kJ | 363Cal
 Tender beef steak complemented with mild seeded mustard gravy, served with potato bake, carrot rounds, green beans and cauliflower.

HAM STEAK & PINEAPPLE | \$16.90 1307kJ | 314Cal GF
 Moist ham steak lightly grilled, topped with pineapple, served with mushy peas, potato mash, carrots and gravy.

HOMESTYLE RISsoles WITH ONION GRAVY | \$16.90 HF D
 1466kJ | 352Cal SC
 Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato.

LAMB CASSEROLE | \$16.90 1244kJ | 298Cal HF GF DF
 Flavoursome homestyle casserole served with steamed potatoes, peas, beans, broccoli and carrots. D LS

LAMB & VEGETABLE CURRY | \$16.90 1794kJ | 430Cal HF GF
 Slow cooked diced lamb, warming Indian spices, served with rice, broccoli and sweet potato. DF D 

Courtesy phone list.
 It's easy to forget when to place your order. You can request to be on our VIP courtesy call list.

MINI MEATBALLS WITH MUSHROOM SAUCE | \$16.90

2412kJ | 578Cal

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

PORK A L'ORANGE | \$18.70 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 | \$18.70 2028kJ | 486Cal

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



PORK & VEGETABLE CURRY | \$16.90 1764kJ | 423Cal

Mild and flavoursome diced pork curry served with carrots and coconut rice.



ROAST BEEF WITH RICH BROWN GRAVY | \$18.15

1272kJ | 305Cal

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



ROAST LAMB WITH MINT JELLY | \$18.70

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 | \$18.15

1316kJ | 316Cal

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



SAUSAGES IN ONION GRAVY | \$16.90 2124kJ | 509Cal

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



SHEPHERDS PIE | \$16.90 1117kJ | 268Cal

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



SPAGHETTI WITH BEEF & TOMATO | \$16.90

1528kJ | 366Cal

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



STEAK & KIDNEY PIE | \$16.90 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 | \$16.90 2232kJ | 535Cal

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

SWEET & SOUR PORK | \$16.90 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 | \$16.90 1472kJ | 353Cal

With a hint of ginger, this tempting meatloaf is complemented by a plum infused gravy, served with mixed baked vegetables.



♥ *Shepherds Pie*

Can we help?

When you place your order, please let us know if you need help to bring the delivery box inside. We can make a note for the courier and if you are home, they will bring the box inside for you.

BUTTER CHICKEN | \$16.90 1689kJ | 405 Cal

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



CHICKEN & APRICOT CASSEROLE | \$16.90

1412kJ | 339Cal

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



CHICKEN CASSEROLE | \$16.90 1501kJ | 360Cal

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



CHICKEN CURRY - MILD | \$16.90 1669kJ | 400 Cal

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



CHICKEN IN SWEET & SOUR SAUCE | \$16.90 1760kJ | 422Cal

Appetizing diced chicken sauteed with pineapple, in a traditional sweet and sour sauce, white rice, peas and beans.



CHICKEN PARMIGIANA | \$16.90 1764kJ | 423 Cal

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



CHICKEN SCHNITZEL | \$16.90 1814kJ | 435Cal

Tasty crumbed chicken served with seasonal baked vegetables and gravy.



CHICKEN WITH MOREL MUSHROOM SAUCE | \$16.90

1648kJ | 395Cal

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



CREAMY CHICKEN & MUSHROOM PIE | \$16.90 1932kJ | 463Cal

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

HAWAIIAN CHICKEN | \$16.90 2292kJ | 550Cal

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

PINEAPPLE CHICKEN | \$16.90 1388kJ | 333Cal

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



ROAST CHICKEN WITH GRAVY | \$18.15

1688kJ | 405Cal

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



ROAST TURKEY WITH CRANBERRY SAUCE | \$18.15

1382kJ | 331Cal

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



SATAY CHICKEN WITH NOODLES | \$16.90 2668kJ | 640Cal

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



TURKEY MEATLOAF | \$16.90 1443kJ | 346Cal

A moist and satisfying turkey meatloaf, a hint of sweetness in the gravy, accompanied by baked veg.



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.

♥ SEAFOOD

CRUMBED FISH WITH SEASONED WEDGES | \$16.90

DF

2893kJ | 694Cal

Lightly crumbed, flash-fried fish fillet, seasoned potato wedges, fruit chutney, carrots and beans.



LEMON FISH WITH WEDGES | \$16.90

1356kJ | 325Cal

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



LIGHTLY BATTERED FISH FILLET | \$16.90

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 | \$16.90

1607kJ | 385Cal

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



SALMON & VEGETABLE PIE | \$16.90

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 | \$18.15

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 | \$16.90

1672kJ | 401Cal

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



♥ VEGETARIAN

CHEESE & SPINACH PIE | \$16.90

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.

V

LENTIL PATTIES WITH MILD VEG CURRY | \$16.90

2152kJ | 516Cal

Delicious and packed with protein, served with a mild and tasty vegetable curry and white rice.

GF
V
SC

SATAY VEGETABLES WITH ZUCCHINI PATTY | \$16.90

2466kJ | 591Cal

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

V
GF
DF

SPINACH & RICOTTA CANNELLONI | \$16.90

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 WITH THAI GREEN CURRY | \$16.90

1648kJ | 395Cal

A lightly spiced tofu and vegetable curry accompanied by brown rice.



NEW

VEGETABLE FRITTATA | \$16.90

1408kJ | 338Cal

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



VEGETABLE LASAGNE | \$16.90

1315kJ | 315Cal

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



VEGETABLE MOUSSAKA | \$16.90

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.



♥ Tasmanian Salmon with Florentine Sauce



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

APPLE & RHUBARB CRUMBLE | \$5.90 1726kJ | 414Cal

Stewed apple and rhubarb pieces with a delectable crumble topping.



APRICOT FRUIT PIE WITH CUSTARD | \$5.30 1181kJ | 283Cal

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



BAKED CHEESECAKE | \$5.30 1068kJ | 256Cal

Deliciously smooth cheesecake on a light sponge base.



BLACK FOREST WITH CREAM | \$5.90 1339kJ | 321Cal

Chocolate sponge, fresh cream, cherries, topped with chocolate shavings.



BREAD & BUTTER PUDDING WITH CUSTARD | \$5.30

1089kJ | 261Cal

Enjoy traditional moist pudding with creamy custard and sultanas.



CARROT CAKE | \$5.30 2173kJ | 521Cal

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



CHOCOLATE FUDGE CAKE WITH CUSTARD | \$5.30

1786kJ | 428Cal

Smooth creamy custard complements this moist chocolate fudge cake.



CHOCOLATE MOUSSE | \$5.30 505kJ | 121Cal

A high protein, smooth and creamy gluten free chocolate dessert.



LAMINGTON PACK | \$5.90 1220kJ | 291Cal (per serve)

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



LEMON DRIZZLE CAKE WITH CUSTARD | \$5.30

1092kJ | 262Cal

Best served warm, our vanilla cake is topped with a tangy lemon drizzle accompanied by custard.



MANGO MOUSSE | \$5.30 483kJ | 116Cal

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



ORANGE & ALMOND CAKE | \$5.30 1733kJ | 415Cal

A moist gluten free cake bursting with the flavours of orange and almonds.



PEACH CRUMBLE | \$5.90 1696kJ | 407Cal

Stewed peaches topped with a delectable crumble.



PEAR & RASPBERRY CAKE | \$5.30 1530kJ | 367Cal

A combination of pears and raspberries make this a delicious gluten free treat.



RED VELVET CHEESECAKE | \$5.30 1309kJ | 314Cal

Deliciously moist chocolate cake topped with rich cream cheese.



STICKY DATE WITH CUSTARD | \$5.30 1285kJ | 308Cal

Creamy custard with moist sticky date pudding.



STRAWBERRY CREAM GATEAU | \$5.90 1196kJ | 287Cal

Sponge with strawberries and fresh cream topped with white chocolate shavings.



TIRAMISU | \$5.90 1086kJ | 260Cal

Sponge with coffee infused fresh cream, topped with chocolate shavings.



Desserts with this symbol can be heated, please refer to the heating instructions on page 11.



♥ Sticky Date with Custard

♥ SNACKS & SIDES

BACON, POTATO & LEEK QUICHE | \$7.30 1834kJ | 440Cal

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

HAM, TOMATO & LEEK QUICHE | \$7.30 1596kJ | 383Cal

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

PUMPKIN, POTATO & SPINACH FRITTATA | \$7.30 GF SC

1102kJ | 264Cal

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

SPANAKOPITA | \$7.30 1789kJ | 429Cal

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

BAKED VEGETABLE PACK | \$7.30 660kJ | 158Cal GF DF

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

CHEESE & BACON PASTA | \$7.30 2750kJ | 659Cal SC

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

POTATO BAKE | \$7.30 918kJ | 220Cal GF SC

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 | \$7.30 1050kJ | 252Cal DF SC

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

I'm not sure if you realise how many people you have helped and will continue to do so in the future. The elderly, the incapacitated and the lonely people in our society, to give them their dignity and the freedom to live independently. I think you have a wonderful team of professional and kindred spirited people, or as I call them (your tribe). I have found with the TLC team, nothing was too hard or not do able.

Inez and Paul, Port Stephens NSW

♥ SOUPS

CHICKEN & CORN SOUP | \$5.60 741kJ | 178Cal GF SC

Thick, creamy corn soup with tasty chicken pieces.

CREAMY BROCCOLI & CAULIFLOWER SOUP | \$5.60 408kJ | 98Cal GF DF NEW

Smooth, satisfying, rich and creamy with a hint of dill.

CREAMY PUMPKIN SOUP | \$5.60 513kJ | 123Cal GF V

Delicious pumpkin soup thick and creamy and always satisfying.

HEARTY VEGETABLE SOUP | \$5.60 300kJ | 72Cal GF DF

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

LENTIL & VEGETABLE SOUP | \$5.60 312kJ | 75Cal GF DF

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

PEA & HAM SOUP | \$5.60 756kJ | 181Cal GF DF

Delicious pea soup speckled with ham pieces.

RICH BEEF & VEGETABLE SOUP | \$5.60 435kJ | 104Cal LS SC

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



♥ Creamy Pumpkin Soup

