

Sumptuous Frozen Meals

A family-run catering business producing premium frozen meals and bespoke baked goods, including custom cakes, for busy families and working professionals.

About Sumptuous Frozen Meals

We are TC&H, a family-run catering business with two sub-brands: Sumptuous Frozen Meals and Uniquely You Cakes. We produce premium frozen meals and bespoke baked goods, primarily custom cakes, for busy families and working professionals looking for quality, home-style food.

Our motto, Because Ordinary isn't our Recipe, reflects our ambition to continually improve. We want to build a trusted, nationwide brand known for integrity, quality and reliability, while remaining adaptable as our business evolves.

Challenges & Growth

Building a business that can grow beyond its founder brings challenges. We have faced physical strain, financial pressures and the need to better understand mental health and neurodiversity in business. These challenges have also motivated us to become stronger, more resilient and more aware as business owners.

Next steps

Over the next six months, our focus is on raising awareness of our brands through new marketing campaigns, market stalls and collaborations.

We are also exploring a Breast Cancer awareness campaign, upcoming events and new social media collaborations. There is a lot ahead, and Enterprise Oxfordshire Business has helped me see the opportunities available to us.

With the support of my family and the knowledge we have gained, we are excited about what comes next.

Support from Enterprise Oxfordshire Business

The support I have received through Enterprise Oxfordshire Business has been invaluable. Over the past year, I have gained practical insight, guidance and advice from experienced entrepreneurs that has helped me make my business stronger and more effective.

One session that particularly stood out was Understanding Neurodiversity in Leadership with Emma Redman. It completely changed my perspective on neurodiversity and helped me understand how I can create a more welcoming and inclusive environment within my business.

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“You only get one chance at a first impression.” I have heard that being said a lot, and it applies not just to business, but life in general. But I would also like to add my own take on it: “You only get one chance at a first impression, but multiple chances to shape the right impression.” Gaining understanding from the right people can be invaluable even before you make your first step towards cultivating your business.

This is what Enterprise Oxfordshire Business provides for you.

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