

Week Beginning  
15-Aug-22



Monday Delivery								
Monday Chicken - Garlic Roasted		Tuesday Meatballs - Beef, Vietnamese		Wednesday Beef - Bourguignon				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1616.50 kJ	404.13 kJ	Energy	1869.50 kJ	467.38 kJ	Energy	1387.50 kJ	385.42 kJ
Protein	29.75 g	7.44 g	Protein	31.95 g	7.99 g	Protein	30.82 g	8.56 g
Fat, total	17.50 g	4.38 g	Fat, total	29.20 g	7.30 g	Fat, total	15.81 g	4.39 g
-saturated	6.35 g	1.59 g	-saturated	9.55 g	2.39 g	-saturated	6.68 g	1.86 g
Carbohydrate	24.35 g	6.09 g	Carbohydrate	13.65 g	3.41 g	Carbohydrate	12.99 g	3.61 g
-sugars	12.00 g	3.00 g	-sugars	10.45 g	2.61 g	-sugars	8.22 g	2.28 g
Sodium	1427.50 mg	356.88 mg	Sodium	959.50 mg	239.88 mg	Sodium	442.70 mg	122.97 mg
<b>Calories</b>	<b>386.35</b>		<b>Calories</b>	<b>446.82</b>		<b>Calories</b>	<b>331.62</b>	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	2194.50 kJ	404.13 kJ	Energy	2762.5 kJ	467.38 kJ	Energy	1942.5 kJ	385.42 kJ
Protein	47.25 g	7.44 g	Protein	48.85 g	7.99 g	Protein	48.52 g	8.56 g
Fat, total	24.50 g	4.38 g	Fat, total	43.2 g	7.30 g	Fat, total	21.91 g	4.39 g
-saturated	8.15 g	1.59 g	-saturated	15.05 g	2.39 g	-saturated	8.88 g	1.86 g
Carbohydrate	25.45 g	6.09 g	Carbohydrate	17.55 g	3.41 g	Carbohydrate	14.39 g	3.61 g
-sugars	13.00 g	3.00 g	-sugars	12.45 g	2.61 g	-sugars	9.52 g	2.28 g
Sodium	1816.50 mg	356.88 mg	Sodium	1273.5 mg	239.88 mg	Sodium	543.7 mg	122.97 mg
<b>Calories</b>	<b>524.50</b>		<b>Calories</b>	<b>660.25</b>		<b>Calories</b>	<b>464.27</b>	

THURSDAY DELIVERY								
Thursday Chicken - Tandoori		Friday Meatloaf - Meaty		Saturday Fish - Peri Peri Grilled		Sunday Lamb - Creamy Hungarian		
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1120.00 kJ	280.00 kJ	Energy	1737.00 kJ	434.25 kJ	Energy	2091.00 kJ	550.26 kJ
Protein	29.00 g	7.25 g	Protein	27.75 g	6.94 g	Protein	24.47 g	6.44 g
Fat, total	8.35 g	2.09 g	Fat, total	21.75 g	5.44 g	Fat, total	30.12 g	7.93 g
-saturated	2.30 g	0.58 g	-saturated	7.90 g	1.98 g	-saturated	5.63 g	1.48 g
Carbohydrate	14.25 g	3.56 g	Carbohydrate	19.70 g	4.93 g	Carbohydrate	11.32 g	2.98 g
-sugars	12.55 g	3.14 g	-sugars	17.95 g	4.49 g	-sugars	8.20 g	2.16 g
Sodium	608.50 mg	152.13 mg	Sodium	1126.50 mg	281.63 mg	Sodium	958.30 mg	252.18 mg
<b>Calories</b>	<b>267.69</b>		<b>Calories</b>	<b>415.15</b>		<b>Calories</b>	<b>499.76</b>	
<b>Calories</b>	<b>380.98</b>		<b>Calories</b>	<b>611.14</b>		<b>Calories</b>	<b>684.27</b>	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1594 kJ	280.00 kJ	Energy	2557 kJ	434.25 kJ	Energy	2863 kJ	550.26 kJ
Protein	45.2 g	7.25 g	Protein	43.65 g	6.94 g	Protein	36.07 g	6.44 g
Fat, total	12.95 g	2.09 g	Fat, total	34.05 g	5.44 g	Fat, total	39.42 g	7.93 g
-saturated	3.7 g	0.58 g	-saturated	12.8 g	1.98 g	-saturated	7.73 g	1.48 g
Carbohydrate	15.55 g	3.56 g	Carbohydrate	23.6 g	4.93 g	Carbohydrate	13.42 g	2.98 g
-sugars	13.85 g	3.14 g	-sugars	20.85 g	4.49 g	-sugars	9.6 g	2.16 g
Sodium	776.5 mg	152.13 mg	Sodium	1493.5 mg	281.63 mg	Sodium	1424.3 mg	252.18 mg
<b>Calories</b>	<b>380.98</b>		<b>Calories</b>	<b>611.14</b>		<b>Calories</b>	<b>684.27</b>	
<b>Calories</b>	<b>380.98</b>		<b>Calories</b>	<b>611.14</b>		<b>Calories</b>	<b>684.27</b>	

\* Disclaimer. Our nutritional panels are as accurately calculated as possible however they are still considered approximates so shouldn't be depended upon for calculations which may impact on a persons medical status or wellbeing. Please bear this in mind when using them.

The Panels Below are for the Protein Components Only

<b>Monday Delivery</b>					
<b>Monday</b> <b>Chicken - Garlic Roasted</b>		<b>Tuesday</b> <b>Meatballs - Beef, Vietnamese</b>		<b>Wednesday</b> <b>Beef - Bourguignon</b>	
<b>Nutritional Information</b> <b>Regular</b>		<b>Nutritional Information</b> <b>Regular</b>		<b>Nutritional Information</b> <b>Regular</b>	
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g
Energy	867.00 kJ	578.00 kJ	Energy	1339.50 kJ	893.00 kJ
Protein	26.25 g	17.50 g	Protein	25.35 g	16.90 g
Fat, total	10.50 g	7.00 g	Fat, total	21.00 g	14.00 g
-saturated	2.70 g	1.80 g	-saturated	8.25 g	5.50 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	5.85 g	3.90 g
-sugars	1.50 g	1.00 g	-sugars	3.00 g	2.00 g
Sodium	583.50 mg	389.00 mg	Sodium	471.00 mg	314.00 mg
<b>Calories</b>	<b>207.22</b>		<b>Calories</b>	<b>320.15</b>	
<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>	
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g
Energy	1445.00 kJ	578.00 kJ	Energy	2232.5 kJ	893.00 kJ
Protein	43.75 g	17.50 g	Protein	42.25 g	16.90 g
Fat, total	17.50 g	7.00 g	Fat, total	35 g	14.00 g
-saturated	4.50 g	1.80 g	-saturated	13.75 g	5.50 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	9.75 g	3.90 g
-sugars	2.50 g	1.00 g	-sugars	5 g	2.00 g
Sodium	972.50 mg	389.00 mg	Sodium	785 mg	314.00 mg
<b>Calories</b>	<b>345.36</b>		<b>Calories</b>	<b>533.58</b>	

<b>THURSDAY DELIVERY</b>											
<b>Thursday</b> <b>Chicken - Tandoori</b>		<b>Friday</b> <b>Meatloaf - Meaty</b>		<b>Saturday</b> <b>Fish - Peri Peri Grilled</b>		<b>Sunday</b> <b>Lamb - Creamy Hungarian</b>					
<b>Nutritional Information</b> <b>Regular</b>		<b>Nutritional Information</b> <b>Regular</b>		<b>Nutritional Information</b> <b>Regular</b>		<b>Nutritional Information</b> <b>Regular</b>					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	711.00 kJ	474.00 kJ	Energy	1230.00 kJ	820.00 kJ	Energy	1158.00 kJ	772.00 kJ	Energy	958.50 kJ	639.00 kJ
Protein	24.30 g	16.20 g	Protein	23.85 g	15.90 g	Protein	17.40 g	11.60 g	Protein	19.50 g	13.00 g
Fat, total	6.90 g	4.60 g	Fat, total	18.45 g	12.30 g	Fat, total	13.95 g	9.30 g	Fat, total	14.85 g	9.90 g
-saturated	2.10 g	1.40 g	-saturated	7.35 g	4.90 g	-saturated	3.15 g	2.10 g	-saturated	7.20 g	4.80 g
Carbohydrate	1.95 g	1.30 g	Carbohydrate	5.85 g	3.90 g	Carbohydrate	3.15 g	2.10 g	Carbohydrate	4.20 g	2.80 g
-sugars	1.95 g	1.30 g	-sugars	4.35 g	2.90 g	-sugars	2.10 g	1.40 g	-sugars	4.20 g	2.80 g
Sodium	252.00 mg	168.00 mg	Sodium	550.50 mg	367.00 mg	Sodium	699.00 mg	466.00 mg	Sodium	294.00 mg	196.00 mg
<b>Calories</b>	<b>169.93</b>		<b>Calories</b>	<b>293.98</b>		<b>Calories</b>	<b>276.77</b>		<b>Calories</b>	<b>229.09</b>	
<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>		<b>Nutritional Information</b> <b>Warrior</b>			
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1185 kJ	474.00 kJ	Energy	2050 kJ	820.00 kJ	Energy	1930 kJ	772.00 kJ	Energy	1597.50 kJ	639.00 kJ
Protein	40.5 g	16.20 g	Protein	39.75 g	15.90 g	Protein	29 g	11.60 g	Protein	32.50 g	13.00 g
Fat, total	11.5 g	4.60 g	Fat, total	30.75 g	12.30 g	Fat, total	23.25 g	9.30 g	Fat, total	24.75 g	9.90 g
-saturated	3.5 g	1.40 g	-saturated	12.25 g	4.90 g	-saturated	5.25 g	2.10 g	-saturated	12.00 g	4.80 g
Carbohydrate	3.25 g	1.30 g	Carbohydrate	9.75 g	3.90 g	Carbohydrate	5.25 g	2.10 g	Carbohydrate	7.00 g	2.80 g
-sugars	3.25 g	1.30 g	-sugars	7.25 g	2.90 g	-sugars	3.5 g	1.40 g	-sugars	7.00 g	2.80 g
Sodium	420 mg	168.00 mg	Sodium	917.5 mg	367.00 mg	Sodium	1165 mg	466.00 mg	Sodium	490.00 mg	196.00 mg
<b>Calories</b>	<b>283.22</b>		<b>Calories</b>	<b>489.96</b>		<b>Calories</b>	<b>461.28</b>		<b>Calories</b>	<b>381.81</b>	