

<b>Monday Delivery</b>			
Monday	Chicken - Tuscan	Tuesday	Meatballs - Portuguese
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1074.00 kJ	Energy	1622.30 kJ
Protein	26.26 g	Protein	26.56 g
Fat, total	10.42 g	Fat, total	22.27 g
.-saturated	4.36 g	.-saturated	8.68 g
Carbohydrat	12.38 g	Carbohydrat	15.76 g
.-sugars	8.20 g	.-sugars	13.12 g
Sodium	407.25 mg	Sodium	491.70 mg
<b>Calories</b>	<b>256.69</b>	<b>Calories</b>	<b>387.74</b>
Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1537.00 kJ	Energy	2458.3 kJ
Protein	40.66 g	Protein	42.56 g
Fat, total	15.62 g	Fat, total	34.77 g
.-saturated	6.46 g	.-saturated	13.68 g
Carbohydrat	13.78 g	Carbohydrat	20.16 g
.-sugars	9.40 g	.-sugars	16.32 g
Sodium	504.25 mg	Sodium	672.7 mg
<b>Calories</b>	<b>367.35</b>	<b>Calories</b>	<b>587.55</b>
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	896.50 kJ	Energy	896.50 kJ
Protein	29.10 g	Protein	29.10 g
Fat, total	5.20 g	Fat, total	5.20 g
.-saturated	1.60 g	.-saturated	1.60 g
Carbohydrat	10.70 g	Carbohydrat	10.70 g
.-sugars	6.95 g	.-sugars	6.95 g
Sodium	619.00 mg	Sodium	619.00 mg
<b>Calories</b>	<b>214.27</b>	<b>Calories</b>	<b>214.27</b>

<b>THURSDAY DELIVERY</b>							
Thursday	Chicken - Ginger Citrus	Friday	Beef Mince - Dahl	Saturday	Lamb - Ropa Veija	Sunday	Beef - Cajun
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	1047.25 kJ	Energy	1367.80 kJ	Energy	1527.00 kJ	Energy	1285.50 kJ
Protein	28.45 g	Protein	24.88 g	Protein	21.75 g	Protein	30.25 g
Fat, total	10.68 g	Fat, total	20.84 g	Fat, total	27.00 g	Fat, total	13.23 g
.-saturated	5.33 g	.-saturated	8.47 g	.-saturated	9.58 g	.-saturated	4.88 g
Carbohydrat	7.25 g	Carbohydrat	7.19 g	Carbohydrat	7.18 g	Carbohydrat	15.10 g
.-sugars	4.65 g	.-sugars	4.83 g	.-sugars	6.65 g	.-sugars	6.63 g
Sodium	381.00 mg	Sodium	532.35 mg	Sodium	417.50 mg	Sodium	343.00 mg
<b>Calories</b>	<b>250.30</b>	<b>Calories</b>	<b>326.91</b>	<b>Calories</b>	<b>364.96</b>	<b>Calories</b>	<b>307.24</b>
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	1521.25 kJ	Energy	2151.8 kJ	Energy	2085 kJ	Energy	1924.50 kJ
Protein	44.65 g	Protein	39.775 g	Protein	34.65 g	Protein	48.05 g
Fat, total	15.275 g	Fat, total	33.635 g	Fat, total	35.2 g	Fat, total	21.83 g
.-saturated	6.725 g	.-saturated	13.97 g	.-saturated	12.775 g	.-saturated	8.08 g
Carbohydrat	8.55 g	Carbohydrat	9.485 g	Carbohydrat	8.875 g	Carbohydrat	16.10 g
.-sugars	5.95 g	.-sugars	6.23 g	.-sugars	8.15 g	.-sugars	7.53 g
Sodium	549 mg	Sodium	751.35 mg	Sodium	589.5 mg	Sodium	480.00 mg
<b>Calories</b>	<b>363.59</b>	<b>Calories</b>	<b>514.29</b>	<b>Calories</b>	<b>498.33</b>	<b>Calories</b>	<b>459.97</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.