



Monday Delivery			
Monday	Chicken - Middle Eastern	Tuesday	Meatballs - Beef, Thai
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1304.10 kJ	Energy	1747.60 kJ
Protein	28.01 g	Protein	28.61 g
Fat, total	11.15 g	Fat, total	26.75 g
-saturated	2.80 g	-saturated	12.52 g
Carbohydrate	22.76 g	Carbohydrate	11.69 g
-sugars	15.53 g	-sugars	8.64 g
Sodium	776.50 mg	Sodium	759.60 mg
<b>Calories</b>	<b>311.69</b>	<b>Calories</b>	<b>417.69</b>
Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1882.10 kJ	Energy	2640.6 kJ
Protein	45.51 g	Protein	45.51 g
Fat, total	18.15 g	Fat, total	40.75 g
-saturated	4.60 g	-saturated	18.02 g
Carbohydrate	23.86 g	Carbohydrate	15.59 g
-sugars	16.53 g	-sugars	10.64 g
Sodium	1165.50 mg	Sodium	1073.6 mg
<b>Calories</b>	<b>449.83</b>	<b>Calories</b>	<b>631.12</b>
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1770.00 kJ	Energy	1770.00 kJ
Protein	28.72 g	Protein	28.72 g
Fat, total	28.57 g	Fat, total	28.57 g
-saturated	7.18 g	-saturated	7.18 g
Carbohydrate	10.37 g	Carbohydrate	10.37 g
-sugars	6.05 g	-sugars	6.05 g
Sodium	633.30 mg	Sodium	633.30 mg
<b>Calories</b>	<b>423.04</b>	<b>Calories</b>	<b>423.04</b>

THURSDAY DELIVERY							
Thursday	Chicken - Country Pie	Friday	Beef Mince - Tagine	Saturday	Lamb - Pulled Rosemary Garlic	Sunday	Meatloaf - Pork Spniach
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	791.00 kJ	Energy	1658.00 kJ	Energy	1520.00 kJ	Energy	1067.50 kJ
Protein	17.80 g	Protein	25.95 g	Protein	21.08 g	Protein	24.49 g
Fat, total	6.70 g	Fat, total	25.15 g	Fat, total	22.54 g	Fat, total	11.94 g
-saturated	2.80 g	-saturated	11.00 g	-saturated	8.08 g	-saturated	4.18 g
Carbohydrate	11.55 g	Carbohydrate	13.35 g	Carbohydrate	16.33 g	Carbohydrate	14.48 g
-sugars	6.95 g	-sugars	13.00 g	-sugars	12.90 g	-sugars	11.78 g
Sodium	335.50 mg	Sodium	490.00 mg	Sodium	504.80 mg	Sodium	633.60 mg
<b>Calories</b>	<b>189.05</b>	<b>Calories</b>	<b>396.27</b>	<b>Calories</b>	<b>363.29</b>	<b>Calories</b>	<b>255.14</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	1216 kJ	Energy	2531 kJ	Energy	2273 kJ	Energy	1661.50 kJ
Protein	28.6 g	Protein	42.35 g	Protein	33.88 g	Protein	38.49 g
Fat, total	10.8 g	Fat, total	40.25 g	Fat, total	35.04 g	Fat, total	19.34 g
-saturated	4.6 g	-saturated	18.1 g	-saturated	13.08 g	-saturated	6.88 g
Carbohydrate	16.35 g	Carbohydrate	14.25 g	Carbohydrate	19.73 g	Carbohydrate	18.58 g
-sugars	9.15 g	-sugars	13.8 g	-sugars	16.1 g	-sugars	14.78 g
Sodium	460.5 mg	Sodium	695 mg	Sodium	691.8 mg	Sodium	986.60 mg
<b>Calories</b>	<b>290.63</b>	<b>Calories</b>	<b>604.92</b>	<b>Calories</b>	<b>543.26</b>	<b>Calories</b>	<b>397.11</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.