



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Massaman		Meatballs - Beef, Greek		Beef - Italian				
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	1002.50 kJ	334.17 kJ	Energy	1633.00 kJ	535.41 kJ	Energy	1104.00 kJ	441.60 kJ
Protein	25.40 g	8.47 g	Protein	29.43 g	9.65 g	Protein	28.20 g	11.28 g
Fat, total	7.80 g	2.60 g	Fat, total	22.42 g	7.35 g	Fat, total	13.50 g	5.40 g
-saturated	2.55 g	0.85 g	-saturated	9.11 g	2.99 g	-saturated	4.90 g	1.96 g
Carbohydrat	14.40 g	4.80 g	Carbohydrat	12.40 g	4.07 g	Carbohydrat	5.35 g	2.14 g
-sugars	7.20 g	2.40 g	-sugars	9.10 g	2.98 g	-sugars	5.20 g	2.08 g
Sodium	474.50 mg	158.17 mg	Sodium	729.00 mg	239.02 mg	Sodium	373.00 mg	149.20 mg
Calories	239.60		Calories	390.30		Calories	263.86	
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	1462.50 kJ	334.17 kJ	Energy	2480 kJ	535.41 kJ	Energy	1743 kJ	441.60 kJ
Protein	40.00 g	8.47 g	Protein	46.03 g	9.65 g	Protein	46 g	11.28 g
Fat, total	12.40 g	2.60 g	Fat, total	35.315 g	7.35 g	Fat, total	22.1 g	5.40 g
-saturated	4.15 g	0.85 g	-saturated	14.305 g	2.99 g	-saturated	8.1 g	1.96 g
Carbohydrat	16.80 g	4.80 g	Carbohydrat	16 g	4.07 g	Carbohydrat	6.35 g	2.14 g
-sugars	8.60 g	2.40 g	-sugars	11.8 g	2.98 g	-sugars	6.1 g	2.08 g
Sodium	610.50 mg	158.17 mg	Sodium	937 mg	239.02 mg	Sodium	510 mg	149.20 mg
Calories	349.55		Calories	592.73		Calories	416.59	

THURSDAY DELIVERY											
Thursday		Friday		Saturday		Sunday					
Chicken - Curry		Pork - Roasted		Lamb - Indian Spiced		Beef Moussaka - NO SAUCE					
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	1081.50 kJ	360.50 kJ	Energy	1423.00 kJ	474.33 kJ	Energy	1295.90 kJ	489.02 kJ	Energy	1639.20 kJ	546.40 kJ
Protein	24.55 g	8.18 g	Protein	29.95 g	9.98 g	Protein	23.58 g	8.90 g	Protein	31.37 g	10.46 g
Fat, total	11.60 g	3.87 g	Fat, total	19.65 g	6.55 g	Fat, total	16.30 g	6.15 g	Fat, total	26.62 g	8.87 g
-saturated	3.10 g	1.03 g	-saturated	7.35 g	2.45 g	-saturated	7.23 g	2.73 g	-saturated	2.76 g	0.92 g
Carbohydrat	11.55 g	3.85 g	Carbohydrat	8.25 g	2.75 g	Carbohydrat	15.58 g	5.88 g	Carbohydrat	5.34 g	1.78 g
-sugars	9.35 g	3.12 g	-sugars	7.05 g	2.35 g	-sugars	6.83 g	2.58 g	-sugars	5.25 g	1.75 g
Sodium	792.50 mg	264.17 mg	Sodium	916.00 mg	305.33 mg	Sodium	431.55 mg	162.85 mg	Sodium	310.95 mg	103.65 mg
Calories	258.48		Calories	340.11		Calories	309.73		Calories	391.78	
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	1541.5 kJ	360.50 kJ	Energy	2190 kJ	474.33 kJ	Energy	1924.9 kJ	489.02 kJ	Energy	2518.20 kJ	546.40 kJ
Protein	39.15 g	8.18 g	Protein	47.25 g	9.98 g	Protein	37.38 g	8.90 g	Protein	48.77 g	10.46 g
Fat, total	16.2 g	3.87 g	Fat, total	32.25 g	6.55 g	Fat, total	26.395 g	6.15 g	Fat, total	41.72 g	8.87 g
-saturated	4.7 g	1.03 g	-saturated	12.15 g	2.45 g	-saturated	11.93 g	2.73 g	-saturated	2.86 g	0.92 g
Carbohydrat	13.95 g	3.85 g	Carbohydrat	8.45 g	2.75 g	Carbohydrat	16.775 g	5.88 g	Carbohydrat	5.44 g	1.78 g
-sugars	10.75 g	3.12 g	-sugars	7.15 g	2.35 g	-sugars	7.825 g	2.58 g	-sugars	5.35 g	1.75 g
Sodium	928.5 mg	264.17 mg	Sodium	1158 mg	305.33 mg	Sodium	559.55 mg	162.85 mg	Sodium	335.95 mg	103.65 mg
Calories	368.43		Calories	523.42		Calories	460.06		Calories	601.86	

* 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

Monday Delivery								
Monday Chicken - Massaman		Tuesday Meatballs - Beef, Greek		Wednesday Beef - Italian				
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	690.00 kJ	460.00 kJ	Energy	1270.50 kJ	847.00 kJ	Energy	958.50 kJ	639.00 kJ
Protein	21.90 g	14.60 g	Protein	24.90 g	16.60 g	Protein	26.70 g	17.80 g
Fat, total	6.90 g	4.60 g	Fat, total	19.35 g	12.90 g	Fat, total	12.90 g	8.60 g
-saturated	2.40 g	1.60 g	-saturated	7.80 g	5.20 g	-saturated	4.80 g	3.20 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.40 g	3.60 g	Carbohydrate	1.50 g	1.00 g
-sugars	2.10 g	1.40 g	-sugars	4.05 g	2.70 g	-sugars	1.35 g	0.90 g
Sodium	204.00 mg	136.00 mg	Sodium	312.00 mg	208.00 mg	Sodium	205.50 mg	137.00 mg
Calories	164.91		Calories	303.66		Calories	229.09	
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	1150.00 kJ	460.00 kJ	Energy	2117.5 kJ	847.00 kJ	Energy	1597.5 kJ	639.00 kJ
Protein	36.50 g	14.60 g	Protein	41.5 g	16.60 g	Protein	44.5 g	17.80 g
Fat, total	11.50 g	4.60 g	Fat, total	32.25 g	12.90 g	Fat, total	21.5 g	8.60 g
-saturated	4.00 g	1.60 g	-saturated	13 g	5.20 g	-saturated	8 g	3.20 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	9 g	3.60 g	Carbohydrate	2.5 g	1.00 g
-sugars	3.50 g	1.40 g	-sugars	6.75 g	2.70 g	-sugars	2.25 g	0.90 g
Sodium	340.00 mg	136.00 mg	Sodium	520 mg	208.00 mg	Sodium	342.5 mg	137.00 mg
Calories	274.86		Calories	506.09		Calories	381.81	

THURSDAY DELIVERY											
Thursday Chicken - Curry		Friday Pork - Roasted		Saturday Lamb - Indian Spiced		Sunday Beef Moussaka - NO SAUCE					
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	690.00 kJ	460.00 kJ	Energy	1150.50 kJ	767.00 kJ	Energy	943.50 kJ	629.00 kJ	Energy	1318.50 kJ	879.00 kJ
Protein	21.90 g	14.60 g	Protein	25.95 g	17.30 g	Protein	20.70 g	13.80 g	Protein	26.10 g	17.40 g
Fat, total	6.90 g	4.60 g	Fat, total	18.90 g	12.60 g	Fat, total	15.15 g	10.10 g	Fat, total	22.65 g	15.10 g
-saturated	2.40 g	1.60 g	-saturated	7.20 g	4.80 g	-saturated	7.05 g	4.70 g	-saturated	0.15 g	0.10 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	0.30 g	0.20 g	Carbohydrate	1.80 g	1.20 g	Carbohydrate	0.15 g	0.10 g
-sugars	2.10 g	1.40 g	-sugars	0.15 g	0.10 g	-sugars	1.50 g	1.00 g	-sugars	0.15 g	0.10 g
Sodium	204.00 mg	136.00 mg	Sodium	363.00 mg	242.00 mg	Sodium	192.00 mg	128.00 mg	Sodium	37.50 mg	25.00 mg
Calories	164.91		Calories	274.98		Calories	225.50		Calories	315.13	
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	1150 kJ	460.00 kJ	Energy	1917.5 kJ	767.00 kJ	Energy	1572.5 kJ	629.00 kJ	Energy	2197.50 kJ	879.00 kJ
Protein	36.5 g	14.60 g	Protein	43.25 g	17.30 g	Protein	34.5 g	13.80 g	Protein	43.50 g	17.40 g
Fat, total	11.5 g	4.60 g	Fat, total	31.5 g	12.60 g	Fat, total	25.25 g	10.10 g	Fat, total	37.75 g	15.10 g
-saturated	4 g	1.60 g	-saturated	12 g	4.80 g	-saturated	11.75 g	4.70 g	-saturated	0.25 g	0.10 g
Carbohydrate	6 g	2.40 g	Carbohydrate	0.5 g	0.20 g	Carbohydrate	3 g	1.20 g	Carbohydrate	0.25 g	0.10 g
-sugars	3.5 g	1.40 g	-sugars	0.25 g	0.10 g	-sugars	2.5 g	1.00 g	-sugars	0.25 g	0.10 g
Sodium	340 mg	136.00 mg	Sodium	605 mg	242.00 mg	Sodium	320 mg	128.00 mg	Sodium	62.50 mg	25.00 mg
Calories	274.86		Calories	458.29		Calories	375.84		Calories	525.22	