



Monday Delivery								
Monday Chicken - Rendang		Tuesday Meatballs - Beef, Asian		Wednesday Beef - Mongolian				
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	1223.50 kJ	407.83 kJ	Energy	1655.50 kJ	551.83 kJ	Energy	1729.50 kJ	617.68 kJ
Protein	24.50 g	8.17 g	Protein	28.40 g	9.47 g	Protein	25.97 g	9.28 g
Fat, total	11.35 g	3.78 g	Fat, total	21.60 g	7.20 g	Fat, total	28.17 g	10.06 g
-saturated	3.05 g	1.02 g	-saturated	8.35 g	2.78 g	-saturated	6.98 g	2.49 g
Carbohydrate	20.60 g	6.87 g	Carbohydrate	17.25 g	5.75 g	Carbohydrate	10.77 g	3.85 g
-sugars	10.75 g	3.58 g	-sugars	12.65 g	4.22 g	-sugars	6.85 g	2.45 g
Sodium	743.00 mg	247.67 mg	Sodium	873.00 mg	291.00 mg	Sodium	491.80 mg	175.64 mg
<b>Calories</b>	<b>292.42</b>		<b>Calories</b>	<b>395.67</b>		<b>Calories</b>	<b>413.36</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	1683.50 kJ	407.83 kJ	Energy	2548.5 kJ	551.83 kJ	Energy	2336.5 kJ	617.68 kJ
Protein	39.10 g	8.17 g	Protein	45.3 g	9.47 g	Protein	41.87 g	9.28 g
Fat, total	15.95 g	3.78 g	Fat, total	35.6 g	7.20 g	Fat, total	36.27 g	10.06 g
-saturated	4.65 g	1.02 g	-saturated	13.85 g	2.78 g	-saturated	9.98 g	2.49 g
Carbohydrate	23.00 g	6.87 g	Carbohydrate	21.15 g	5.75 g	Carbohydrate	12.77 g	3.85 g
-sugars	12.15 g	3.58 g	-sugars	14.65 g	4.22 g	-sugars	8.65 g	2.45 g
Sodium	879.00 mg	247.67 mg	Sodium	1187 mg	291.00 mg	Sodium	616.8 mg	175.64 mg
<b>Calories</b>	<b>402.37</b>		<b>Calories</b>	<b>609.11</b>		<b>Calories</b>	<b>558.44</b>	

THURSDAY DELIVERY											
Thursday Chicken - Country Pie		Friday Beef - Japanese Curry		Saturday Lamb - Tagine		Sunday Meatloaf - Pork Spnriach					
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	838.50 kJ	335.40 kJ	Energy	1022.00 kJ	408.80 kJ	Energy	1232.00 kJ	492.80 kJ	Energy	1067.50 kJ	355.83 kJ
Protein	17.60 g	7.04 g	Protein	28.10 g	11.24 g	Protein	25.25 g	10.10 g	Protein	24.55 g	8.18 g
Fat, total	7.05 g	2.82 g	Fat, total	11.35 g	4.54 g	Fat, total	16.00 g	6.40 g	Fat, total	12.10 g	4.03 g
-saturated	2.90 g	1.16 g	-saturated	4.75 g	1.90 g	-saturated	5.95 g	2.38 g	-saturated	4.20 g	1.40 g
Carbohydrate	12.95 g	5.18 g	Carbohydrate	5.95 g	2.38 g	Carbohydrate	11.20 g	4.48 g	Carbohydrate	17.30 g	5.77 g
-sugars	7.25 g	2.90 g	-sugars	4.75 g	1.90 g	-sugars	7.80 g	3.12 g	-sugars	14.50 g	4.83 g
Sodium	394.50 mg	157.80 mg	Sodium	373.00 mg	149.20 mg	Sodium	359.00 mg	143.60 mg	Sodium	653.00 mg	217.67 mg
<b>Calories</b>	<b>200.41</b>		<b>Calories</b>	<b>244.26</b>		<b>Calories</b>	<b>294.46</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 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	1263.5 kJ	335.40 kJ	Energy	1619 kJ	408.80 kJ	Energy	1914 kJ	492.80 kJ	Energy	1661.50 kJ	355.83 kJ
Protein	28.4 g	7.04 g	Protein	45.6 g	11.24 g	Protein	40.95 g	10.10 g	Protein	38.55 g	8.18 g
Fat, total	11.15 g	2.82 g	Fat, total	18.45 g	4.54 g	Fat, total	26.2 g	6.40 g	Fat, total	19.50 g	4.03 g
-saturated	4.7 g	1.16 g	-saturated	7.85 g	1.90 g	-saturated	9.85 g	2.38 g	-saturated	6.90 g	1.40 g
Carbohydrate	17.75 g	5.18 g	Carbohydrate	8.15 g	2.38 g	Carbohydrate	13.4 g	4.48 g	Carbohydrate	21.40 g	5.77 g
-sugars	9.45 g	2.90 g	-sugars	6.15 g	1.90 g	-sugars	9.8 g	3.12 g	-sugars	17.50 g	4.83 g
Sodium	519.5 mg	157.80 mg	Sodium	521 mg	149.20 mg	Sodium	501 mg	143.60 mg	Sodium	1006.00 mg	217.67 mg
<b>Calories</b>	<b>301.98</b>		<b>Calories</b>	<b>386.95</b>		<b>Calories</b>	<b>457.46</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.

The Panels Below are for the Protein Components Only

Monday Delivery								
Monday Chicken - Rendang		Tuesday Meatballs - Beef, Asian		Wednesday Beef - Mongolian				
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	1339.50 kJ	893.00 kJ	Energy	910.50 kJ	607.00 kJ
Protein	21.90 g	14.60 g	Protein	25.35 g	16.90 g	Protein	23.85 g	15.90 g
Fat, total	6.90 g	4.60 g	Fat, total	21.00 g	14.00 g	Fat, total	12.15 g	8.10 g
-saturated	2.40 g	1.60 g	-saturated	8.25 g	5.50 g	-saturated	4.50 g	3.00 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.85 g	3.90 g	Carbohydrate	3.00 g	2.00 g
-sugars	2.10 g	1.40 g	-sugars	3.00 g	2.00 g	-sugars	2.70 g	1.80 g
Sodium	204.00 mg	136.00 mg	Sodium	471.00 mg	314.00 mg	Sodium	187.50 mg	125.00 mg
Calories	164.91		Calories	320.15		Calories	217.61	
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	2232.5 kJ	893.00 kJ	Energy	1517.5 kJ	607.00 kJ
Protein	36.50 g	14.60 g	Protein	42.25 g	16.90 g	Protein	39.75 g	15.90 g
Fat, total	11.50 g	4.60 g	Fat, total	35 g	14.00 g	Fat, total	20.25 g	8.10 g
-saturated	4.00 g	1.60 g	-saturated	13.75 g	5.50 g	-saturated	7.5 g	3.00 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	9.75 g	3.90 g	Carbohydrate	5 g	2.00 g
-sugars	3.50 g	1.40 g	-sugars	5 g	2.00 g	-sugars	4.5 g	1.80 g
Sodium	340.00 mg	136.00 mg	Sodium	785 mg	314.00 mg	Sodium	312.5 mg	125.00 mg
Calories	274.86		Calories	533.58		Calories	362.69	

THURSDAY DELIVERY											
Thursday Chicken - Country Pie		Friday Beef - Japanese Curry		Saturday Lamb - Tagine		Sunday Meatloaf - Pork Spniach					
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	637.50 kJ	425.00 kJ	Energy	895.50 kJ	597.00 kJ	Energy	1023.00 kJ	682.00 kJ	Energy	891.00 kJ	594.00 kJ
Protein	16.20 g	10.80 g	Protein	26.25 g	17.50 g	Protein	23.55 g	15.70 g	Protein	21.00 g	14.00 g
Fat, total	6.15 g	4.10 g	Fat, total	10.65 g	7.10 g	Fat, total	15.30 g	10.20 g	Fat, total	11.10 g	7.40 g
-saturated	2.70 g	1.80 g	-saturated	4.65 g	3.10 g	-saturated	5.85 g	3.90 g	-saturated	4.05 g	2.70 g
Carbohydrate	7.20 g	4.80 g	Carbohydrate	3.30 g	2.20 g	Carbohydrate	3.30 g	2.20 g	Carbohydrate	6.15 g	4.10 g
-sugars	3.30 g	2.20 g	-sugars	2.10 g	1.40 g	-sugars	3.00 g	2.00 g	-sugars	4.50 g	3.00 g
Sodium	187.50 mg	125.00 mg	Sodium	222.00 mg	148.00 mg	Sodium	213.00 mg	142.00 mg	Sodium	529.50 mg	353.00 mg
Calories	152.37		Calories	214.03		Calories	244.50		Calories	212.95	
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	1062.5 kJ	425.00 kJ	Energy	1492.5 kJ	597.00 kJ	Energy	1705 kJ	682.00 kJ	Energy	1485.00 kJ	594.00 kJ
Protein	27 g	10.80 g	Protein	43.75 g	17.50 g	Protein	39.25 g	15.70 g	Protein	35.00 g	14.00 g
Fat, total	10.25 g	4.10 g	Fat, total	17.75 g	7.10 g	Fat, total	25.5 g	10.20 g	Fat, total	18.50 g	7.40 g
-saturated	4.5 g	1.80 g	-saturated	7.75 g	3.10 g	-saturated	9.75 g	3.90 g	-saturated	6.75 g	2.70 g
Carbohydrate	12 g	4.80 g	Carbohydrate	5.5 g	2.20 g	Carbohydrate	5.5 g	2.20 g	Carbohydrate	10.25 g	4.10 g
-sugars	5.5 g	2.20 g	-sugars	3.5 g	1.40 g	-sugars	5 g	2.00 g	-sugars	7.50 g	3.00 g
Sodium	312.5 mg	125.00 mg	Sodium	370 mg	148.00 mg	Sodium	355 mg	142.00 mg	Sodium	882.50 mg	353.00 mg
Calories	253.94		Calories	356.72		Calories	407.50		Calories	354.92	