

Week Beginning
23-May-22



Monday Delivery								
Monday Chicken - Cumin		Tuesday Meatballs - Buffalo		Wednesday Beef - Stroganoff				
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	1178.00 kJ	392.67 kJ	Energy	1567.50 kJ	522.50 kJ	Energy	1157.00 kJ	462.80 kJ
Protein	29.30 g	9.77 g	Protein	27.50 g	9.17 g	Protein	28.50 g	11.40 g
Fat, total	11.00 g	3.67 g	Fat, total	21.20 g	7.07 g	Fat, total	14.70 g	5.88 g
-saturated	2.75 g	0.92 g	-saturated	8.10 g	2.70 g	-saturated	6.55 g	2.62 g
Carbohydrate	13.05 g	4.35 g	Carbohydrate	13.05 g	4.35 g	Carbohydrate	5.65 g	2.26 g
-sugars	11.15 g	3.72 g	-sugars	9.55 g	3.18 g	-sugars	5.50 g	2.20 g
Sodium	997.00 mg	332.33 mg	Sodium	803.50 mg	267.83 mg	Sodium	287.00 mg	114.80 mg
Calories	281.55		Calories	374.64		Calories	276.53	
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	1756.00 kJ	392.67 kJ	Energy	2414.5 kJ	522.50 kJ	Energy	1814 kJ	462.80 kJ
Protein	46.80 g	9.77 g	Protein	44.1 g	9.17 g	Protein	45.4 g	11.40 g
Fat, total	18.00 g	3.67 g	Fat, total	34.1 g	7.07 g	Fat, total	24.2 g	5.88 g
-saturated	4.55 g	0.92 g	-saturated	13.3 g	2.70 g	-saturated	10.85 g	2.62 g
Carbohydrate	14.15 g	4.35 g	Carbohydrate	16.65 g	4.35 g	Carbohydrate	6.75 g	2.26 g
-sugars	12.15 g	3.72 g	-sugars	12.25 g	3.18 g	-sugars	6.5 g	2.20 g
Sodium	1386.00 mg	332.33 mg	Sodium	1011.5 mg	267.83 mg	Sodium	412.56 mg	114.80 mg
Calories	419.69		Calories	577.08		Calories	433.56	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Korean		Saturday Lamb - Ropa Veija		Sunday Beef - Rendang					
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	1270.00 kJ	423.33 kJ	Energy	1454.00 kJ	581.60 kJ	Energy	1273.00 kJ	462.91 kJ	Energy	1001.50 kJ	400.60 kJ
Protein	36.95 g	12.32 g	Protein	26.20 g	10.48 g	Protein	23.85 g	8.67 g	Protein	27.50 g	11.00 g
Fat, total	9.05 g	3.02 g	Fat, total	23.20 g	9.28 g	Fat, total	19.10 g	6.95 g	Fat, total	11.55 g	4.62 g
-saturated	1.85 g	0.62 g	-saturated	10.70 g	4.28 g	-saturated	8.63 g	3.14 g	-saturated	5.35 g	2.14 g
Carbohydrate	14.95 g	4.98 g	Carbohydrate	5.20 g	2.08 g	Carbohydrate	7.93 g	2.88 g	Carbohydrate	5.00 g	2.00 g
-sugars	5.90 g	1.97 g	-sugars	4.35 g	1.74 g	-sugars	7.65 g	2.78 g	-sugars	3.00 g	1.20 g
Sodium	251.50 mg	83.83 mg	Sodium	468.00 mg	187.20 mg	Sodium	362.50 mg	131.82 mg	Sodium	348.50 mg	139.40 mg
Calories	303.54		Calories	347.51		Calories	304.25		Calories	239.36	
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	1737 kJ	423.33 kJ	Energy	2327 kJ	581.60 kJ	Energy	1864 kJ	462.91 kJ	Energy	1573.50 kJ	400.60 kJ
Protein	58.75 g	12.32 g	Protein	42.6 g	10.48 g	Protein	38.05 g	8.67 g	Protein	44.30 g	11.00 g
Fat, total	11.15 g	3.02 g	Fat, total	38.3 g	9.28 g	Fat, total	28.1 g	6.95 g	Fat, total	18.75 g	4.62 g
-saturated	2.55 g	0.62 g	-saturated	17.8 g	4.28 g	-saturated	12.125 g	3.14 g	-saturated	8.85 g	2.14 g
Carbohydrate	15.45 g	4.98 g	Carbohydrate	6.1 g	2.08 g	Carbohydrate	8.925 g	2.88 g	Carbohydrate	6.10 g	2.00 g
-sugars	6 g	1.97 g	-sugars	5.15 g	1.74 g	-sugars	8.55 g	2.78 g	-sugars	3.70 g	1.20 g
Sodium	293.5 mg	83.83 mg	Sodium	673 mg	187.20 mg	Sodium	492.5 mg	131.82 mg	Sodium	494.50 mg	139.40 mg
Calories	415.15		Calories	556.17		Calories	445.51		Calories	376.08	

* 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 - Cumin		Tuesday Meatballs - Buffalo		Wednesday Beef - Stroganoff				
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	867.00 kJ	578.00 kJ	Energy	1270.50 kJ	847.00 kJ	Energy	985.50 kJ	657.00 kJ
Protein	26.25 g	17.50 g	Protein	24.90 g	16.60 g	Protein	25.35 g	16.90 g
Fat, total	10.50 g	7.00 g	Fat, total	19.35 g	12.90 g	Fat, total	14.25 g	9.50 g
-saturated	2.70 g	1.80 g	-saturated	7.80 g	5.20 g	-saturated	6.45 g	4.30 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	5.40 g	3.60 g	Carbohydrate	1.65 g	1.10 g
-sugars	1.50 g	1.00 g	-sugars	4.05 g	2.70 g	-sugars	1.50 g	1.00 g
Sodium	583.50 mg	389.00 mg	Sodium	312.00 mg	208.00 mg	Sodium	187.50 mg	125.00 mg
Calories	207.22		Calories	303.66		Calories	235.54	
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	1445.00 kJ	578.00 kJ	Energy	2117.5 kJ	847.00 kJ	Energy	1642.5 kJ	657.00 kJ
Protein	43.75 g	17.50 g	Protein	41.5 g	16.60 g	Protein	42.25 g	16.90 g
Fat, total	17.50 g	7.00 g	Fat, total	32.25 g	12.90 g	Fat, total	23.75 g	9.50 g
-saturated	4.50 g	1.80 g	-saturated	13 g	5.20 g	-saturated	10.75 g	4.30 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	9 g	3.60 g	Carbohydrate	2.75 g	1.10 g
-sugars	2.50 g	1.00 g	-sugars	6.75 g	2.70 g	-sugars	2.5 g	1.00 g
Sodium	972.50 mg	389.00 mg	Sodium	520 mg	208.00 mg	Sodium	312.5 mg	125.00 mg
Calories	345.36		Calories	506.09		Calories	392.57	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Korean		Saturday Lamb - Ropa Veija		Sunday Beef - Rendang					
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	Average Quantity per Serving	Average Quantity per 100 g		
Energy	700.50 kJ	467.00 kJ	Energy	1309.50 kJ	873.00 kJ	Energy	886.50 kJ	591.00 kJ	Energy	858.00 kJ	572.00 kJ
Protein	32.70 g	21.80 g	Protein	24.60 g	16.40 g	Protein	21.30 g	14.20 g	Protein	25.20 g	16.80 g
Fat, total	3.15 g	2.10 g	Fat, total	22.65 g	15.10 g	Fat, total	13.50 g	9.00 g	Fat, total	10.80 g	7.20 g
-saturated	1.05 g	0.70 g	-saturated	10.65 g	7.10 g	-saturated	5.25 g	3.50 g	-saturated	5.25 g	3.50 g
Carbohydrate	0.75 g	0.50 g	Carbohydrate	1.35 g	0.90 g	Carbohydrate	1.50 g	1.00 g	Carbohydrate	1.65 g	1.10 g
-sugars	0.15 g	0.10 g	-sugars	1.20 g	0.80 g	-sugars	1.35 g	0.90 g	-sugars	1.05 g	0.70 g
Sodium	63.00 mg	42.00 mg	Sodium	307.50 mg	205.00 mg	Sodium	195.00 mg	130.00 mg	Sodium	219.00 mg	146.00 mg
Calories	167.42		Calories	312.98		Calories	211.88		Calories	205.07	
Nutritional Information Warrior		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	Average Quantity per Serving	Average Quantity per 100 g		
Energy	1167.5 kJ	467.00 kJ	Energy	2182.5 kJ	873.00 kJ	Energy	1477.5 kJ	591.00 kJ	Energy	1430.00 kJ	572.00 kJ
Protein	54.5 g	21.80 g	Protein	41 g	16.40 g	Protein	35.5 g	14.20 g	Protein	42.00 g	16.80 g
Fat, total	5.25 g	2.10 g	Fat, total	37.75 g	15.10 g	Fat, total	22.5 g	9.00 g	Fat, total	18.00 g	7.20 g
-saturated	1.75 g	0.70 g	-saturated	17.75 g	7.10 g	-saturated	8.75 g	3.50 g	-saturated	8.75 g	3.50 g
Carbohydrate	1.25 g	0.50 g	Carbohydrate	2.25 g	0.90 g	Carbohydrate	2.5 g	1.00 g	Carbohydrate	2.75 g	1.10 g
-sugars	0.25 g	0.10 g	-sugars	2 g	0.80 g	-sugars	2.25 g	0.90 g	-sugars	1.75 g	0.70 g
Sodium	105 mg	42.00 mg	Sodium	512.5 mg	205.00 mg	Sodium	325 mg	130.00 mg	Sodium	365.00 mg	146.00 mg
Calories	279.04		Calories	521.63		Calories	353.13		Calories	341.78	