



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Tom Yum		Meatballs - Beef, Honey		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	1474.50 kJ	308.00 kJ	Energy	1725.50 kJ	325.75 kJ	Energy	1328.50 kJ	285.71 kJ
Protein	27.80 g	5.20 g	Protein	29.55 g	5.31 g	Protein	31.65 g	6.63 g
Fat, total	14.20 g	2.93 g	Fat, total	21.90 g	3.86 g	Fat, total	15.15 g	2.97 g
.-saturated	8.10 g	1.78 g	.-saturated	8.25 g	1.41 g	.-saturated	6.65 g	1.29 g
Carbohydrate	24.25 g	5.63 g	Carbohydrate	16.45 g	3.68 g	Carbohydrate	9.65 g	2.60 g
.-sugars	11.20 g	2.53 g	.-sugars	11.35 g	2.50 g	.-sugars	9.50 g	2.57 g
Sodium	490.50 mg	97.38 mg	Sodium	903.00 mg	199.88 mg	Sodium	386.50 mg	92.57 mg
Calories	352.41		Calories	412.40		Calories	317.52	
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	1959.50 kJ	308.00 kJ	Energy	2570.5 kJ	325.75 kJ	Energy	1985.5 kJ	285.71 kJ
Protein	41.80 g	5.20 g	Protein	46.15 g	5.31 g	Protein	48.55 g	6.63 g
Fat, total	19.20 g	2.93 g	Fat, total	34.8 g	3.86 g	Fat, total	24.65 g	2.97 g
.-saturated	10.10 g	1.78 g	.-saturated	13.45 g	1.41 g	.-saturated	10.95 g	1.29 g
Carbohydrate	27.75 g	5.63 g	Carbohydrate	19.95 g	3.68 g	Carbohydrate	10.75 g	2.60 g
.-sugars	13.40 g	2.53 g	.-sugars	14.05 g	2.50 g	.-sugars	10.5 g	2.57 g
Sodium	692.50 mg	97.38 mg	Sodium	1110 mg	199.88 mg	Sodium	511.5 mg	92.57 mg
Calories	468.33		Calories	614.36		Calories	474.55	

THURSDAY DELIVERY								
Thursday		Friday		Saturday		Sunday		
Chicken - Mexican		Beef Mince - Lasagne NO SAUCE		Beef - Rendang		Lamb - Ropa Veija		
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	1119.50 kJ	223.25 kJ	Energy	1840.90 kJ	349.49 kJ	Energy	1427.50 kJ	323.43 kJ
Protein	29.45 g	5.60 g	Protein	28.36 g	4.90 g	Protein	33.40 g	7.00 g
Fat, total	8.20 g	1.48 g	Fat, total	24.84 g	4.49 g	Fat, total	11.80 g	2.34 g
.-saturated	2.30 g	0.41 g	.-saturated	10.92 g	2.04 g	.-saturated	4.85 g	0.94 g
Carbohydrate	12.85 g	2.91 g	Carbohydrate	18.28 g	4.18 g	Carbohydrate	4.40 g	1.06 g
.-sugars	11.55 g	2.68 g	.-sugars	12.16 g	2.88 g	.-sugars	4.25 g	1.03 g
Sodium	589.00 mg	122.75 mg	Sodium	623.60 mg	145.02 mg	Sodium	535.00 mg	119.14 mg
Calories	267.57		Calories	439.99		Calories	274.26	
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	1572.5 kJ	223.25 kJ	Energy	2656.9 kJ	349.49 kJ	Energy	1744.5 kJ	242.57 kJ
Protein	43.55 g	5.60 g	Protein	44.86 g	4.90 g	Protein	51.2 g	7.00 g
Fat, total	12.8 g	1.48 g	Fat, total	37.74 g	4.49 g	Fat, total	19 g	2.34 g
.-saturated	3.6 g	0.41 g	.-saturated	16.02 g	2.04 g	.-saturated	7.95 g	0.94 g
Carbohydrate	15.25 g	2.91 g	Carbohydrate	20.58 g	4.18 g	Carbohydrate	5.8 g	1.06 g
.-sugars	13.25 g	2.68 g	.-sugars	12.86 g	2.88 g	.-sugars	5.55 g	1.03 g
Sodium	785 mg	122.75 mg	Sodium	681.6 mg	145.02 mg	Sodium	771 mg	119.14 mg
Calories	375.84		Calories	635.01		Calories	416.95	

* 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 - Tom Yum		Tuesday Meatballs - Beef, Honey		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	727.50 kJ	485.00 kJ	Energy	1267.50 kJ	845.00 kJ
Protein	21.00 g	14.00 g	Protein	24.90 g	16.60 g
Fat, total	7.50 g	5.00 g	Fat, total	19.35 g	12.90 g
.-saturated	3.00 g	2.00 g	.-saturated	7.80 g	5.20 g
Carbohydrate	5.25 g	3.50 g	Carbohydrate	5.25 g	3.50 g
.-sugars	3.30 g	2.20 g	.-sugars	4.05 g	2.70 g
Sodium	303.00 mg	202.00 mg	Sodium	310.50 mg	207.00 mg
Calories	173.88		Calories	302.94	
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	1212.50 kJ	485.00 kJ	Energy	2112.5 kJ	845.00 kJ
Protein	35.00 g	14.00 g	Protein	41.5 g	16.60 g
Fat, total	12.50 g	5.00 g	Fat, total	32.25 g	12.90 g
.-saturated	5.00 g	2.00 g	.-saturated	13 g	5.20 g
Carbohydrate	8.75 g	3.50 g	Carbohydrate	8.75 g	3.50 g
.-sugars	5.50 g	2.20 g	.-sugars	6.75 g	2.70 g
Sodium	505.00 mg	202.00 mg	Sodium	517.5 mg	207.00 mg
Calories	289.79		Calories	504.90	

THURSDAY DELIVERY								
Thursday Chicken - Mexican		Friday Beef Mince - Lasagne NO SAUCE		Saturday Beef - Rendang		Sunday Lamb - Ropa Veija		
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	679.50 kJ	453.00 kJ	Energy	1224.00 kJ	816.00 kJ	Energy	895.50 kJ	597.00 kJ
Protein	21.15 g	14.10 g	Protein	24.75 g	16.50 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	10.80 g	7.20 g
.-saturated	1.95 g	1.30 g	.-saturated	7.65 g	5.10 g	.-saturated	4.65 g	3.10 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	3.45 g	2.30 g	Carbohydrate	2.10 g	1.40 g
.-sugars	2.55 g	1.70 g	.-sugars	1.05 g	0.70 g	.-sugars	1.95 g	1.30 g
Sodium	294.00 mg	196.00 mg	Sodium	87.00 mg	58.00 mg	Sodium	354.00 mg	236.00 mg
Calories	162.40		Calories	292.54		Calories	214.03	
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	1132.5 kJ	453.00 kJ	Energy	2040 kJ	816.00 kJ	Energy	1492.5 kJ	597.00 kJ
Protein	35.25 g	14.10 g	Protein	41.25 g	16.50 g	Protein	44.5 g	17.80 g
Fat, total	11.5 g	4.60 g	Fat, total	32.25 g	12.90 g	Fat, total	18 g	7.20 g
.-saturated	3.25 g	1.30 g	.-saturated	12.75 g	5.10 g	.-saturated	7.75 g	3.10 g
Carbohydrate	6 g	2.40 g	Carbohydrate	5.75 g	2.30 g	Carbohydrate	3.5 g	1.40 g
.-sugars	4.25 g	1.70 g	.-sugars	1.75 g	0.70 g	.-sugars	3.25 g	1.30 g
Sodium	490 mg	196.00 mg	Sodium	145 mg	58.00 mg	Sodium	590 mg	236.00 mg
Calories	270.67		Calories	487.57		Calories	356.72	