



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Thai Roast		Meatballs - Ginger Carrot		Beef - Brasied Leek				
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	1162.80 kJ	245.47 kJ	Energy	1593.50 kJ	292.75 kJ	Energy	2016.00 kJ	445.33 kJ
Protein	27.36 g	5.28 g	Protein	27.85 g	4.89 g	Protein	31.85 g	6.08 g
Fat, total	8.99 g	1.76 g	Fat, total	20.75 g	3.58 g	Fat, total	33.23 g	7.69 g
.-saturated	2.86 g	0.54 g	.-saturated	8.00 g	1.35 g	.-saturated	16.48 g	3.97 g
Carbohydrate	16.35 g	3.99 g	Carbohydrate	14.50 g	3.19 g	Carbohydrate	11.85 g	2.71 g
.-sugars	11.25 g	2.78 g	.-sugars	13.10 g	2.94 g	.-sugars	8.15 g	1.88 g
Sodium	703.10 mg	167.13 mg	Sodium	1009.00 mg	226.38 mg	Sodium	1281.00 mg	308.93 mg
Calories	277.92		Calories	380.86		Calories	481.84	
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	1622.80 kJ	245.47 kJ	Energy	2438.5 kJ	292.75 kJ	Energy	2708 kJ	445.33 kJ
Protein	41.96 g	5.28 g	Protein	44.45 g	4.89 g	Protein	49.95 g	6.08 g
Fat, total	13.59 g	1.76 g	Fat, total	33.65 g	3.58 g	Fat, total	42.025 g	7.69 g
.-saturated	4.46 g	0.54 g	.-saturated	13.2 g	1.35 g	.-saturated	19.675 g	3.97 g
Carbohydrate	18.75 g	3.99 g	Carbohydrate	18 g	3.19 g	Carbohydrate	15.25 g	2.71 g
.-sugars	12.65 g	2.78 g	.-sugars	15.8 g	2.94 g	.-sugars	10.35 g	1.88 g
Sodium	839.10 mg	167.13 mg	Sodium	1216 mg	226.38 mg	Sodium	1526 mg	308.93 mg
Calories	387.86		Calories	582.82		Calories	647.23	

THURSDAY DELIVERY								
Thursday		Friday		Saturday		Sunday		
Chicken - Palestinian		Beef Mince - Lasagne NO SAUCE		Fish - Thai Cakes		Lamb - Balti		
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	1181.00 kJ	249.20 kJ	Energy	1800.25 kJ	343.77 kJ	Energy	1828.00 kJ	379.47 kJ
Protein	31.48 g	6.22 g	Protein	30.66 g	5.53 g	Protein	20.65 g	4.08 g
Fat, total	11.48 g	2.43 g	Fat, total	25.39 g	4.68 g	Fat, total	15.10 g	2.77 g
.-saturated	2.80 g	0.56 g	.-saturated	11.38 g	2.18 g	.-saturated	3.20 g	0.59 g
Carbohydrate	8.65 g	2.01 g	Carbohydrate	13.93 g	3.15 g	Carbohydrate	33.00 g	8.16 g
.-sugars	8.20 g	1.91 g	.-sugars	10.03 g	2.39 g	.-sugars	13.88 g	3.27 g
Sodium	826.50 mg	200.27 mg	Sodium	543.00 mg	126.91 mg	Sodium	1209.25 mg	247.00 mg
Calories	282.27		Calories	430.27		Calories	436.90	
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	1674 kJ	249.20 kJ	Energy	2616.25 kJ	343.77 kJ	Energy	2638 kJ	379.47 kJ
Protein	47.775 g	6.22 g	Protein	47.155 g	5.53 g	Protein	31.35 g	4.08 g
Fat, total	16.175 g	2.43 g	Fat, total	38.29 g	4.68 g	Fat, total	24.5 g	2.77 g
.-saturated	4.2 g	0.56 g	.-saturated	16.48 g	2.18 g	.-saturated	5.2 g	0.59 g
Carbohydrate	10.85 g	2.01 g	Carbohydrate	16.225 g	3.15 g	Carbohydrate	37.8 g	8.16 g
.-sugars	10.3 g	1.91 g	.-sugars	10.725 g	2.39 g	.-sugars	17.075 g	3.27 g
Sodium	977.5 mg	200.27 mg	Sodium	601 mg	126.91 mg	Sodium	1775.25 mg	247.00 mg
Calories	400.10		Calories	625.30		Calories	630.50	
Energy	1828.00 kJ	379.47 kJ	Energy	1828.30 kJ	247.84 kJ			
Protein	32.36 g	6.65 g	Protein	46.56 g	6.65 g			
Fat, total	14.19 g	2.55 g	Fat, total	23.19 g	2.55 g			
.-saturated	5.51 g	0.99 g	.-saturated	9.01 g	0.99 g			
Carbohydrate	5.15 g	1.22 g	Carbohydrate	6.15 g	1.22 g			
.-sugars	5.00 g	1.20 g	.-sugars	5.90 g	1.20 g			
Sodium	349.10 mg	74.76 mg	Sodium	479.10 mg	74.76 mg			
Calories	295.72		Calories	436.97				

\* 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 - Thai Roast		Tuesday Meatballs - Ginger Carrot		Wednesday Beef - Brasied Leek	
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	1267.50 kJ	845.00 kJ
Protein	21.90 g	14.60 g	Protein	24.90 g	16.60 g
Fat, total	6.90 g	4.60 g	Fat, total	19.35 g	12.90 g
-saturated	2.40 g	1.60 g	-saturated	7.80 g	5.20 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.25 g	3.50 g
-sugars	2.10 g	1.40 g	-sugars	4.05 g	2.70 g
Sodium	204.00 mg	136.00 mg	Sodium	310.50 mg	207.00 mg
<b>Calories</b>	<b>164.91</b>		<b>Calories</b>	<b>302.94</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	1150.00 kJ	460.00 kJ	Energy	2112.5 kJ	845.00 kJ
Protein	36.50 g	14.60 g	Protein	41.5 g	16.60 g
Fat, total	11.50 g	4.60 g	Fat, total	32.25 g	12.90 g
-saturated	4.00 g	1.60 g	-saturated	13 g	5.20 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	8.75 g	3.50 g
-sugars	3.50 g	1.40 g	-sugars	6.75 g	2.70 g
Sodium	340.00 mg	136.00 mg	Sodium	517.5 mg	207.00 mg
<b>Calories</b>	<b>274.86</b>		<b>Calories</b>	<b>504.90</b>	

THURSDAY DELIVERY								
Thursday Chicken - Palestinian		Friday Beef Mince - Lasagne NO SAUCE		Saturday Fish - Thai Cakes		Sunday Lamb - Balti		
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	739.50 kJ	493.00 kJ	Energy	1224.00 kJ	816.00 kJ	Energy	1215.00 kJ	810.00 kJ
Protein	24.45 g	16.30 g	Protein	24.75 g	16.50 g	Protein	16.05 g	10.70 g
Fat, total	7.05 g	4.70 g	Fat, total	19.35 g	12.90 g	Fat, total	14.10 g	9.40 g
-saturated	2.10 g	1.40 g	-saturated	7.65 g	5.10 g	-saturated	3.00 g	2.00 g
Carbohydrate	3.30 g	2.20 g	Carbohydrate	3.45 g	2.30 g	Carbohydrate	7.20 g	4.80 g
-sugars	3.15 g	2.10 g	-sugars	1.05 g	0.70 g	-sugars	4.80 g	3.20 g
Sodium	226.50 mg	151.00 mg	Sodium	87.00 mg	58.00 mg	Sodium	849.00 mg	566.00 mg
<b>Calories</b>	<b>176.74</b>		<b>Calories</b>	<b>292.54</b>		<b>Calories</b>	<b>290.39</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	1232.5 kJ	493.00 kJ	Energy	2040 kJ	816.00 kJ	Energy	2025 kJ	810.00 kJ
Protein	40.75 g	16.30 g	Protein	41.25 g	16.50 g	Protein	26.75 g	10.70 g
Fat, total	11.75 g	4.70 g	Fat, total	32.25 g	12.90 g	Fat, total	23.5 g	9.40 g
-saturated	3.5 g	1.40 g	-saturated	12.75 g	5.10 g	-saturated	5 g	2.00 g
Carbohydrate	5.5 g	2.20 g	Carbohydrate	5.75 g	2.30 g	Carbohydrate	12 g	4.80 g
-sugars	5.25 g	2.10 g	-sugars	1.75 g	0.70 g	-sugars	8 g	3.20 g
Sodium	377.5 mg	151.00 mg	Sodium	145 mg	58.00 mg	Sodium	1415 mg	566.00 mg
<b>Calories</b>	<b>294.57</b>		<b>Calories</b>	<b>487.57</b>		<b>Calories</b>	<b>483.99</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	1477.50 kJ	591.00 kJ	Energy	1477.50 kJ	591.00 kJ	Energy	1477.50 kJ	591.00 kJ
Protein	35.50 g	14.20 g	Protein	35.50 g	14.20 g	Protein	35.50 g	14.20 g
Fat, total	22.50 g	9.00 g	Fat, total	22.50 g	9.00 g	Fat, total	22.50 g	9.00 g
-saturated	8.75 g	3.50 g	-saturated	8.75 g	3.50 g	-saturated	8.75 g	3.50 g
Carbohydrate	2.50 g	1.00 g	Carbohydrate	2.50 g	1.00 g	Carbohydrate	2.50 g	1.00 g
-sugars	2.25 g	0.90 g	-sugars	2.25 g	0.90 g	-sugars	2.25 g	0.90 g
Sodium	325.00 mg	130.00 mg	Sodium	325.00 mg	130.00 mg	Sodium	325.00 mg	130.00 mg
<b>Calories</b>	<b>353.13</b>		<b>Calories</b>	<b>353.13</b>		<b>Calories</b>	<b>353.13</b>	