



Monday Delivery			
Monday	Chicken - Peri Peri	Tuesday	Meatballs - Asian
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1017.60 kJ	Energy	1703.00 kJ
Protein	25.85 g	Protein	27.87 g
Fat, total	6.65 g	Fat, total	22.79 g
-saturated	1.88 g	-saturated	8.51 g
Carbohydrate	16.88 g	Carbohydrate	18.65 g
-sugars	8.34 g	-sugars	11.35 g
Sodium	237.90 mg	Sodium	1267.00 mg
Calories	243.21	Calories	407.03
Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1458.60 kJ	Energy	2596 kJ
Protein	40.85 g	Protein	44.77 g
Fat, total	10.85 g	Fat, total	36.79 g
-saturated	3.08 g	-saturated	14.01 g
Carbohydrate	18.38 g	Carbohydrate	22.55 g
-sugars	9.74 g	-sugars	13.35 g
Sodium	374.90 mg	Sodium	1581 mg
Calories	348.61	Calories	620.46
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1483.00 kJ	Energy	1483.00 kJ
Protein	28.61 g	Protein	28.61 g
Fat, total	21.59 g	Fat, total	21.59 g
-saturated	9.62 g	-saturated	9.62 g
Carbohydrate	9.74 g	Carbohydrate	9.74 g
-sugars	7.76 g	-sugars	7.76 g
Sodium	557.30 mg	Sodium	557.30 mg
Calories	354.45	Calories	354.45

THURSDAY DELIVERY							
Thursday	Chicken - Sambal	Friday	Pork - Massaman Curry	Saturday	Lamb - Roast Shoulder	Sunday	Beef Moussaka - NO SAUCE
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	1153.00 kJ	Energy	1640.00 kJ	Energy	1437.80 kJ	Energy	1674.40 kJ
Protein	24.29 g	Protein	26.55 g	Protein	27.42 g	Protein	29.55 g
Fat, total	13.85 g	Fat, total	28.54 g	Fat, total	18.65 g	Fat, total	27.74 g
-saturated	4.52 g	-saturated	8.67 g	-saturated	6.63 g	-saturated	4.07 g
Carbohydrate	10.61 g	Carbohydrate	5.27 g	Carbohydrate	14.81 g	Carbohydrate	6.66 g
-sugars	7.78 g	-sugars	4.29 g	-sugars	5.79 g	-sugars	6.51 g
Sodium	467.50 mg	Sodium	434.30 mg	Sodium	1342.50 mg	Sodium	374.70 mg
Calories	275.57	Calories	391.97	Calories	343.64	Calories	400.19
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	1609 kJ	Energy	2341 kJ	Energy	2155.8 kJ	Energy	2553.40 kJ
Protein	38.99 g	Protein	41.75 g	Protein	44.22 g	Protein	46.95 g
Fat, total	18.05 g	Fat, total	39.74 g	Fat, total	30.25 g	Fat, total	42.84 g
-saturated	5.715 g	-saturated	13.27 g	-saturated	10.93 g	-saturated	4.17 g
Carbohydrate	13.305 g	Carbohydrate	6.57 g	Carbohydrate	15.01 g	Carbohydrate	6.76 g
-sugars	9.88 g	-sugars	5.49 g	-sugars	5.79 g	-sugars	6.61 g
Sodium	674.5 mg	Sodium	549.3 mg	Sodium	1890.5 mg	Sodium	399.70 mg
Calories	384.56	Calories	559.51	Calories	515.25	Calories	610.28

* 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.