



Monday Delivery			
Monday	Chicken - Ginger Sesame	Tuesday	Koftas - Beef
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1206.40 kJ	Energy	1482.80 kJ
Protein	24.00 g	Protein	28.08 g
Fat, total	7.72 g	Fat, total	19.97 g
-saturated	2.51 g	-saturated	7.93 g
Carbohydrate	28.39 g	Carbohydrate	10.77 g
-sugars	14.61 g	-sugars	9.42 g
Sodium	904.00 mg	Sodium	663.50 mg
Calories	288.34	Calories	354.40
Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1666.40 kJ	Energy	2326.8 kJ
Protein	38.60 g	Protein	44.68 g
Fat, total	12.32 g	Fat, total	32.87 g
-saturated	4.11 g	-saturated	13.13 g
Carbohydrate	30.79 g	Carbohydrate	14.17 g
-sugars	16.01 g	-sugars	12.12 g
Sodium	1040.00 mg	Sodium	871.5 mg
Calories	398.28	Calories	556.12
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1253.50 kJ	Energy	1253.50 kJ
Protein	30.53 g	Protein	30.53 g
Fat, total	16.37 g	Fat, total	16.37 g
-saturated	7.61 g	-saturated	7.61 g
Carbohydrate	5.65 g	Carbohydrate	5.65 g
-sugars	5.50 g	-sugars	5.50 g
Sodium	362.00 mg	Sodium	362.00 mg
Calories	299.59	Calories	299.59

THURSDAY DELIVERY							
Thursday	Chicken - Italian Stuffed	Friday	Pork - Orange and Star Anise Roast	Saturday	Lamb - Rogan Josh	Sunday	Fish - Firecracker Grilled
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	1077.50 kJ	Energy	1416.20 kJ	Energy	1230.00 kJ	Energy	1453.50 kJ
Protein	35.43 g	Protein	26.66 g	Protein	21.35 g	Protein	19.43 g
Fat, total	7.27 g	Fat, total	18.67 g	Fat, total	20.85 g	Fat, total	17.33 g
-saturated	1.60 g	-saturated	6.88 g	-saturated	8.40 g	-saturated	6.89 g
Carbohydrate	8.89 g	Carbohydrate	14.05 g	Carbohydrate	4.50 g	Carbohydrate	16.61 g
-sugars	5.00 g	-sugars	10.14 g	-sugars	3.40 g	-sugars	7.17 g
Sodium	302.40 mg	Sodium	819.50 mg	Sodium	385.50 mg	Sodium	1349.40 mg
Calories	257.53	Calories	338.48	Calories	293.98	Calories	347.39
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	1545.5 kJ	Energy	2167.2 kJ	Energy	1954 kJ	Energy	2234.50 kJ
Protein	57.23 g	Protein	43.06 g	Protein	33.95 g	Protein	29.93 g
Fat, total	9.37 g	Fat, total	30.57 g	Fat, total	33.95 g	Fat, total	25.73 g
-saturated	2.3 g	-saturated	11.38 g	-saturated	13.9 g	-saturated	8.89 g
Carbohydrate	9.39 g	Carbohydrate	15.85 g	Carbohydrate	5.9 g	Carbohydrate	18.71 g
-sugars	5.2 g	-sugars	11.54 g	-sugars	4.6 g	-sugars	8.57 g
Sodium	344.4 mg	Sodium	1077.5 mg	Sodium	496.5 mg	Sodium	2138.40 mg
Calories	369.38	Calories	517.97	Calories	467.02	Calories	534.06

* 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.