



Monday Delivery			
Monday	Chicken - Peri Peri	Tuesday	Meatballs - Asian Pork
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	960.20 kJ	Energy	1392.10 kJ
Protein	24.65 g	Protein	29.13 g
Fat, total	7.84 g	Fat, total	19.57 g
-saturated	2.35 g	-saturated	5.93 g
Carbohydrate	12.55 g	Carbohydrate	10.77 g
-sugars	9.27 g	-sugars	7.45 g
Sodium	392.60 mg	Sodium	619.20 mg
Calories	229.49	Calories	332.72
Nutritional Information Warrior		Nutritional Information Warrior	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1401.20 kJ	Energy	2135.1 kJ
Protein	39.65 g	Protein	46.53 g
Fat, total	12.04 g	Fat, total	29.77 g
-saturated	3.55 g	-saturated	9.43 g
Carbohydrate	14.05 g	Carbohydrate	14.87 g
-sugars	10.67 g	-sugars	9.45 g
Sodium	529.60 mg	Sodium	926.2 mg
Calories	334.89	Calories	510.30
Nutritional Information Regular		Nutritional Information Regular	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1373.00 kJ	Energy	1373.00 kJ
Protein	29.84 g	Protein	29.84 g
Fat, total	16.43 g	Fat, total	16.43 g
-saturated	5.26 g	-saturated	5.26 g
Carbohydrate	13.29 g	Carbohydrate	13.29 g
-sugars	9.89 g	-sugars	9.89 g
Sodium	767.70 mg	Sodium	767.70 mg
Calories	328.15	Calories	328.15

THURSDAY DELIVERY							
Thursday	Chicken - Marinade Orange Zest	Friday	Meatloaf - Moroccan	Saturday	Lamb - Creamy Hungarian	Sunday	Beef - Red Madras
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	1526.70 kJ	Energy	1655.00 kJ	Energy	1267.50 kJ	Energy	1058.50 kJ
Protein	30.69 g	Protein	27.32 g	Protein	21.40 g	Protein	27.05 g
Fat, total	21.21 g	Fat, total	20.30 g	Fat, total	18.75 g	Fat, total	10.55 g
-saturated	4.90 g	-saturated	7.84 g	-saturated	10.40 g	-saturated	4.60 g
Carbohydrate	9.60 g	Carbohydrate	20.92 g	Carbohydrate	10.55 g	Carbohydrate	9.90 g
-sugars	8.88 g	-sugars	17.99 g	-sugars	7.25 g	-sugars	6.95 g
Sodium	1733.00 mg	Sodium	802.00 mg	Sodium	471.50 mg	Sodium	342.50 mg
Calories	364.89	Calories	395.55	Calories	302.94	Calories	252.99
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	2094.7 kJ	Energy	2491 kJ	Energy	1906.5 kJ	Energy	1632.50 kJ
Protein	47.99 g	Protein	43.62 g	Protein	34.4 g	Protein	43.95 g
Fat, total	28.11 g	Fat, total	32.9 g	Fat, total	28.65 g	Fat, total	17.15 g
-saturated	6.7 g	-saturated	12.94 g	-saturated	15.2 g	-saturated	7.60 g
Carbohydrate	10.7 g	Carbohydrate	24.72 g	Carbohydrate	13.35 g	Carbohydrate	12.00 g
-sugars	9.88 g	-sugars	20.59 g	-sugars	10.05 g	-sugars	8.85 g
Sodium	2078 mg	Sodium	1175 mg	Sodium	667.5 mg	Sodium	474.50 mg
Calories	500.65	Calories	595.36	Calories	455.66	Calories	390.18

* 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.