



Monday Delivery			
Monday	Chicken - Fennel	Tuesday	Koftas - Beef
<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1092.20 kJ	Energy	1610.60 kJ
Protein	28.61 g	Protein	26.86 g
Fat, total	11.27 g	Fat, total	24.25 g
-saturated	2.83 g	-saturated	11.57 g
Carbohydrate	8.65 g	Carbohydrate	10.64 g
-sugars	7.59 g	-sugars	9.39 g
Sodium	1005.50 mg	Sodium	744.60 mg
<b>Calories</b>	<b>261.04</b>	<b>Calories</b>	<b>384.94</b>
<b>Nutritional Information Warrior</b>		<b>Nutritional Information Warrior</b>	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1670.20 kJ	Energy	2454.6 kJ
Protein	46.11 g	Protein	43.46 g
Fat, total	18.27 g	Fat, total	37.15 g
-saturated	4.63 g	-saturated	16.77 g
Carbohydrate	9.75 g	Carbohydrate	14.04 g
-sugars	8.59 g	-sugars	12.09 g
Sodium	1394.50 mg	Sodium	952.6 mg
<b>Calories</b>	<b>399.19</b>	<b>Calories</b>	<b>586.66</b>

Wednesday	Beef - Sticky Ginger
<b>Nutritional Information Regular</b>	
Average Quantity per Serving	
Energy	1717.00 kJ
Protein	28.88 g
Fat, total	23.04 g
-saturated	6.62 g
Carbohydrate	20.00 g
-sugars	8.99 g
Sodium	1289.50 mg
<b>Calories</b>	<b>410.37</b>
<b>Nutritional Information Warrior</b>	
Average Quantity per Serving	
Energy	2369 kJ
Protein	45.68 g
Fat, total	31.24 g
-saturated	9.62 g
Carbohydrate	23.4 g
-sugars	11.29 g
Sodium	1544.5 mg
<b>Calories</b>	<b>566.20</b>

THURSDAY DELIVERY							
Thursday	Chicken - Saagwala	Friday	Beef Mince - Chilli Con Carne	Saturday	Lamb - Roast Shoulder	Sunday	Pork - Korean BBQ Sweet
<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	815.00 kJ	Energy	1550.50 kJ	Energy	1302.80 kJ	Energy	1215.50 kJ
Protein	24.30 g	Protein	25.78 g	Protein	27.62 g	Protein	22.25 g
Fat, total	7.20 g	Fat, total	24.50 g	Fat, total	18.35 g	Fat, total	15.20 g
-saturated	2.50 g	-saturated	11.08 g	-saturated	6.58 g	-saturated	5.65 g
Carbohydrate	5.65 g	Carbohydrate	8.51 g	Carbohydrate	7.36 g	Carbohydrate	14.25 g
-sugars	5.35 g	-sugars	7.66 g	-sugars	5.84 g	-sugars	7.45 g
Sodium	381.50 mg	Sodium	319.50 mg	Sodium	1300.50 mg	Sodium	354.50 mg
<b>Calories</b>	<b>194.79</b>	<b>Calories</b>	<b>370.58</b>	<b>Calories</b>	<b>311.38</b>	<b>Calories</b>	<b>290.51</b>
<b>Nutritional Information Warrior</b>		<b>Nutritional Information Warrior</b>		<b>Nutritional Information Warrior</b>		<b>Nutritional Information Warrior</b>	
Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving		Average Quantity per Serving	
Energy	1244 kJ	Energy	2292.5 kJ	Energy	2020.8 kJ	Energy	1862.50 kJ
Protein	38.4 g	Protein	40.88 g	Protein	44.42 g	Protein	35.85 g
Fat, total	11.7 g	Fat, total	36.4 g	Fat, total	29.95 g	Fat, total	24.90 g
-saturated	4.1 g	-saturated	15.78 g	-saturated	10.88 g	-saturated	9.35 g
Carbohydrate	6.75 g	Carbohydrate	9.91 g	Carbohydrate	7.56 g	Carbohydrate	17.25 g
-sugars	6.25 g	-sugars	9.06 g	-sugars	5.84 g	-sugars	10.05 g
Sodium	569.5 mg	Sodium	424.5 mg	Sodium	1848.5 mg	Sodium	501.50 mg
<b>Calories</b>	<b>297.32</b>	<b>Calories</b>	<b>547.92</b>	<b>Calories</b>	<b>482.98</b>	<b>Calories</b>	<b>445.15</b>

\* 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.