



Monday Delivery			
Monday	Chicken - Peri Peri	Tuesday	Meatballs - Asian Mongolian
<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1031.10 kJ	Energy	1768.10 kJ
Protein	25.82 g	Protein	27.46 g
Fat, total	6.53 g	Fat, total	22.75 g
-saturated	1.85 g	-saturated	8.55 g
Carbohydrate	18.11 g	Carbohydrate	22.56 g
-sugars	9.54 g	-sugars	16.23 g
Sodium	265.50 mg	Sodium	813.50 mg
<b>Calories</b>	<b>246.44</b>	<b>Calories</b>	<b>422.59</b>
<b>Nutritional Information Warrior</b>		<b>Nutritional Information Warrior</b>	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1472.10 kJ	Energy	2661.1 kJ
Protein	40.82 g	Protein	44.36 g
Fat, total	10.73 g	Fat, total	36.75 g
-saturated	3.05 g	-saturated	14.05 g
Carbohydrate	19.61 g	Carbohydrate	26.46 g
-sugars	10.94 g	-sugars	18.23 g
Sodium	402.50 mg	Sodium	1127.5 mg
<b>Calories</b>	<b>351.84</b>	<b>Calories</b>	<b>636.02</b>
<b>Nutritional Information Regular</b>		<b>Nutritional Information Regular</b>	
Average Quantity per Serving		Average Quantity per Serving	
Energy	1599.50 kJ	Energy	1599.50 kJ
Protein	28.76 g	Protein	28.76 g
Fat, total	21.79 g	Fat, total	21.79 g
-saturated	9.72 g	-saturated	9.72 g
Carbohydrate	15.89 g	Carbohydrate	15.89 g
-sugars	15.31 g	-sugars	15.31 g
Sodium	360.30 mg	Sodium	360.30 mg
<b>Calories</b>	<b>382.29</b>	<b>Calories</b>	<b>382.29</b>

THURSDAY DELIVERY							
Thursday	Chicken - Sambal	Friday	Beef Mince - Chilli Con Carne	Saturday	Lamb - Jerk Roasted	Sunday	Fish - Kedgeree
<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	1035.50 kJ	Energy	1386.00 kJ	Energy	1934.50 kJ	Energy	1538.50 kJ
Protein	23.88 g	Protein	25.89 g	Protein	27.57 g	Protein	22.16 g
Fat, total	10.04 g	Fat, total	21.30 g	Fat, total	34.47 g	Fat, total	24.90 g
-saturated	2.38 g	-saturated	9.12 g	-saturated	9.08 g	-saturated	11.42 g
Carbohydrate	13.03 g	Carbohydrate	5.36 g	Carbohydrate	7.67 g	Carbohydrate	6.79 g
-sugars	10.55 g	-sugars	5.28 g	-sugars	4.45 g	-sugars	4.54 g
Sodium	533.30 mg	Sodium	257.00 mg	Sodium	1116.30 mg	Sodium	1420.60 mg
<b>Calories</b>	<b>247.49</b>	<b>Calories</b>	<b>331.26</b>	<b>Calories</b>	<b>462.36</b>	<b>Calories</b>	<b>367.71</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	1491.5 kJ	Energy	2128 kJ	Energy	2652.5 kJ	Energy	2459.50 kJ
Protein	38.58 g	Protein	40.99 g	Protein	44.37 g	Protein	34.36 g
Fat, total	14.24 g	Fat, total	33.2 g	Fat, total	46.07 g	Fat, total	37.80 g
-saturated	3.58 g	-saturated	13.815 g	-saturated	13.38 g	-saturated	16.42 g
Carbohydrate	15.73 g	Carbohydrate	6.755 g	Carbohydrate	7.87 g	Carbohydrate	8.99 g
-sugars	12.65 g	-sugars	6.68 g	-sugars	4.45 g	-sugars	5.44 g
Sodium	740.3 mg	Sodium	362 mg	Sodium	1664.3 mg	Sodium	2070.60 mg
<b>Calories</b>	<b>356.48</b>	<b>Calories</b>	<b>508.60</b>	<b>Calories</b>	<b>633.96</b>	<b>Calories</b>	<b>587.83</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.