



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Marinade Orange Zest		Meatballs - Beef, Thai		Beef - English Braised Beef				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1277.60 kJ	1576 kJ	Energy	1747.10 kJ	1987 kJ	Energy	1606.00 kJ	3718 kJ
Protein	28.65 g	23.7 g	Protein	27.96 g	22.8 g	Protein	29.52 g	25 g
Fat, total	13.22 g	15 g	Fat, total	26.45 g	30.7 g	Fat, total	24.96 g	79.5 g
-saturated	3.09 g	2.9 g	-saturated	12.22 g	18.4 g	-saturated	8.79 g	28.6 g
Carbohydrat	15.47 g	30.7 g	Carbohydrat	12.49 g	19.9 g	Carbohydrat	9.34 g	16.7 g
-sugars	6.36 g	12 g	-sugars	7.69 g	13.9 g	-sugars	6.79 g	13.8 g
Sodium	821.70 mg	1113 mg	Sodium	924.60 mg	1566 mg	Sodium	802.40 mg	2190 mg
Calories	305.35		Calories	417.57		Calories	383.84	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1845.60 kJ	1576 kJ	Energy	2640.1 kJ	1987 kJ	Energy	2298 kJ	3718 kJ
Protein	45.95 g	23.7 g	Protein	44.86 g	22.8 g	Protein	47.615 g	25 g
Fat, total	20.12 g	15 g	Fat, total	40.45 g	30.7 g	Fat, total	33.76 g	79.5 g
-saturated	4.89 g	2.9 g	-saturated	17.72 g	18.4 g	-saturated	11.985 g	28.6 g
Carbohydrat	16.57 g	30.7 g	Carbohydrat	16.39 g	19.9 g	Carbohydrat	12.735 g	16.7 g
-sugars	7.36 g	12 g	-sugars	9.69 g	13.9 g	-sugars	8.99 g	13.8 g
Sodium	1166.70 mg	1113 mg	Sodium	1238.6 mg	1566 mg	Sodium	1047.4 mg	2190 mg
Calories	441.11		Calories	631.00		Calories	549.24	

THURSDAY DELIVERY											
Thursday		Friday		Saturday		Sunday					
Chicken - Country Pie		Beef Mince - Italian Bolognese		Lamb - Peri Peri Roasted		Beef - Asian Herbed					
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	951.90 kJ	1281 kJ	Energy	1338.50 kJ	1157 kJ	Energy	1408.70 kJ	1471 kJ	Energy	1179.50 kJ	1013 kJ
Protein	19.44 g	18 g	Protein	24.95 g	18.9 g	Protein	26.16 g	21.2 g	Protein	30.75 g	24.7 g
Fat, total	10.08 g	16.6 g	Fat, total	18.95 g	13.5 g	Fat, total	18.22 g	14 g	Fat, total	14.15 g	10.1 g
-saturated	5.74 g	11.8 g	-saturated	7.30 g	5 g	-saturated	6.38 g	4.6 g	-saturated	5.05 g	3.5 g
Carbohydrat	11.58 g	15.8 g	Carbohydrat	8.75 g	14.9 g	Carbohydrat	13.75 g	27.9 g	Carbohydrat	6.25 g	9.7 g
-sugars	7.62 g	13 g	-sugars	5.95 g	9.5 g	-sugars	10.69 g	21.7 g	-sugars	4.40 g	6.4 g
Sodium	297.80 mg	366 mg	Sodium	307.00 mg	398 mg	Sodium	892.00 mg	1608 mg	Sodium	312.00 mg	320 mg
Calories	227.51		Calories	319.91		Calories	336.69		Calories	281.91	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1376.9 kJ	1281 kJ	Energy	2098.5 kJ	1157 kJ	Energy	2135.7 kJ	1471 kJ	Energy	1852.50 kJ	1013 kJ
Protein	30.24 g	18 g	Protein	40.45 g	18.9 g	Protein	41.96 g	21.2 g	Protein	49.15 g	24.7 g
Fat, total	14.18 g	16.6 g	Fat, total	31.15 g	13.5 g	Fat, total	29.52 g	14 g	Fat, total	23.25 g	10.1 g
-saturated	7.54 g	11.8 g	-saturated	12.1 g	5 g	-saturated	10.48 g	4.6 g	-saturated	8.35 g	3.5 g
Carbohydrat	16.38 g	15.8 g	Carbohydrat	10.05 g	14.9 g	Carbohydrat	15.85 g	27.9 g	Carbohydrat	7.65 g	9.7 g
-sugars	9.82 g	13 g	-sugars	7.15 g	9.5 g	-sugars	12.69 g	21.7 g	-sugars	5.60 g	6.4 g
Sodium	422.8 mg	366 mg	Sodium	415 mg	398 mg	Sodium	1171 mg	1608 mg	Sodium	464.00 mg	320 mg
Calories	329.09		Calories	501.55		Calories	510.44		Calories	442.76	

* 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.