



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Cumin		Meatballs - Buffalo		Beef - Stroganoff				
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	1212.00 kJ	1536 kJ	Energy	1505.60 kJ	1382 kJ	Energy	1157.00 kJ	1000 kJ
Protein	29.22 g	23.8 g	Protein	27.23 g	21.7 g	Protein	28.50 g	23.2 g
Fat, total	11.34 g	9.2 g	Fat, total	20.67 g	15.9 g	Fat, total	14.70 g	10.4 g
-saturated	2.86 g	2.2 g	-saturated	8.03 g	5.7 g	-saturated	6.55 g	4.5 g
Carbohydrate	14.55 g	40.5 g	Carbohydrate	11.27 g	17.5 g	Carbohydrate	5.65 g	9.1 g
-sugars	10.80 g	28.4 g	-sugars	8.00 g	12.6 g	-sugars	5.50 g	9 g
Sodium	1233.50 mg	2429 mg	Sodium	622.70 mg	981 mg	Sodium	287.00 mg	324 mg
Calories	289.67		Calories	359.85		Calories	276.53	
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	1790.00 kJ	1536 kJ	Energy	2352.6 kJ	1382 kJ	Energy	1814 kJ	1000 kJ
Protein	46.72 g	23.8 g	Protein	43.83 g	21.7 g	Protein	45.4 g	23.2 g
Fat, total	18.34 g	9.2 g	Fat, total	33.57 g	15.9 g	Fat, total	24.2 g	10.4 g
-saturated	4.66 g	2.2 g	-saturated	13.23 g	5.7 g	-saturated	10.85 g	4.5 g
Carbohydrate	15.65 g	40.5 g	Carbohydrate	14.87 g	17.5 g	Carbohydrate	6.75 g	9.1 g
-sugars	11.80 g	28.4 g	-sugars	10.7 g	12.6 g	-sugars	6.5 g	9 g
Sodium	1622.50 mg	2429 mg	Sodium	830.7 mg	981 mg	Sodium	412 mg	324 mg
Calories	427.82		Calories	562.28		Calories	433.56	

THURSDAY DELIVERY											
Thursday		Friday		Saturday		Sunday					
Chicken - Stuffed NO SAUCE		Beef Mince - Texas Chilli		Lamb - Ropa Vieja		Pork - Korean BBQ Sweet					
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	1584.00 kJ	3036 kJ	Energy	1472.00 kJ	1890 kJ	Energy	1008.50 kJ	901 kJ	Energy	1208.00 kJ	1122 kJ
Protein	36.83 g	31.3 g	Protein	26.25 g	24.1 g	Protein	21.00 g	16.2 g	Protein	22.50 g	17.8 g
Fat, total	17.51 g	49.7 g	Fat, total	23.30 g	32.8 g	Fat, total	12.90 g	9.4 g	Fat, total	15.70 g	12 g
-saturated	3.17 g	7.7 g	-saturated	10.43 g	18 g	-saturated	4.90 g	3.4 g	-saturated	5.75 g	4.1 g
Carbohydrate	14.81 g	32.3 g	Carbohydrate	5.73 g	10.5 g	Carbohydrate	8.05 g	12.7 g	Carbohydrate	11.65 g	17.3 g
-sugars	5.79 g	14.9 g	-sugars	5.60 g	10 g	-sugars	7.75 g	12.5 g	-sugars	8.35 g	11.5 g
Sodium	308.70 mg	835 mg	Sodium	260.00 mg	325 mg	Sodium	418.00 mg	492 mg	Sodium	407.50 mg	521 mg
Calories	378.59		Calories	351.82		Calories	241.04		Calories	288.72	
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	2051 kJ	3036 kJ	Energy	2214 kJ	1890 kJ	Energy	1566.5 kJ	901 kJ	Energy	1855.00 kJ	1122 kJ
Protein	58.63 g	31.3 g	Protein	41.35 g	24.1 g	Protein	33.9 g	16.2 g	Protein	36.10 g	17.8 g
Fat, total	19.61 g	49.7 g	Fat, total	35.2 g	32.8 g	Fat, total	21.1 g	9.4 g	Fat, total	25.40 g	12 g
-saturated	3.87 g	7.7 g	-saturated	15.125 g	18 g	-saturated	8.1 g	3.4 g	-saturated	9.45 g	4.1 g
Carbohydrate	15.31 g	32.3 g	Carbohydrate	7.125 g	10.5 g	Carbohydrate	9.75 g	12.7 g	Carbohydrate	14.65 g	17.3 g
-sugars	5.89 g	14.9 g	-sugars	7 g	10 g	-sugars	9.25 g	12.5 g	-sugars	10.95 g	11.5 g
Sodium	350.7 mg	835 mg	Sodium	365 mg	325 mg	Sodium	590 mg	492 mg	Sodium	554.50 mg	521 mg
Calories	490.20		Calories	529.16		Calories	374.40		Calories	443.36	

* 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.