



Monday Delivery								
Monday Chicken - Cajun		Tuesday Koftas - Persian		Wednesday Beef - Pepper Braised				
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	1098.00 kJ	366.00 kJ	Energy	1752.50 kJ	584.17 kJ	Energy	1461.00 kJ	521.79 kJ
Protein	26.35 g	8.78 g	Protein	26.45 g	8.82 g	Protein	30.58 g	10.92 g
Fat, total	9.05 g	3.02 g	Fat, total	19.90 g	6.63 g	Fat, total	20.40 g	7.29 g
-saturated	2.95 g	0.98 g	-saturated	7.85 g	2.62 g	-saturated	8.88 g	3.17 g
Carbohydrate	15.70 g	5.23 g	Carbohydrate	28.80 g	9.60 g	Carbohydrate	9.66 g	3.45 g
-sugars	10.00 g	3.33 g	-sugars	25.15 g	8.38 g	-sugars	6.21 g	2.22 g
Sodium	459.00 mg	153.00 mg	Sodium	558.50 mg	186.17 mg	Sodium	567.50 mg	202.68 mg
Calories	262.43		Calories	418.86		Calories	349.19	
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	1576.00 kJ	366.00 kJ	Energy	2596.5 kJ	584.17 kJ	Energy	2153 kJ	521.79 kJ
Protein	42.45 g	8.78 g	Protein	43.05 g	8.82 g	Protein	48.68 g	10.92 g
Fat, total	13.75 g	3.02 g	Fat, total	32.8 g	6.63 g	Fat, total	29.2 g	7.29 g
-saturated	4.35 g	0.98 g	-saturated	13.05 g	2.62 g	-saturated	12.08 g	3.17 g
Carbohydrate	17.10 g	5.23 g	Carbohydrate	32.1 g	9.60 g	Carbohydrate	13.06 g	3.45 g
-sugars	11.30 g	3.33 g	-sugars	27.75 g	8.38 g	-sugars	8.41 g	2.22 g
Sodium	625.00 mg	153.00 mg	Sodium	766.5 mg	186.17 mg	Sodium	812.5 mg	202.68 mg
Calories	376.67		Calories	620.58		Calories	514.58	

THURSDAY DELIVERY								
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Dahl		Saturday Lamb - Roast Shoulder		Sunday Beef - Red Madras		
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	1197.00 kJ	399.00 kJ	Energy	1782.50 kJ	594.17 kJ	Energy	1509.50 kJ	503.17 kJ
Protein	35.45 g	11.82 g	Protein	27.80 g	9.27 g	Protein	28.95 g	9.65 g
Fat, total	9.55 g	3.18 g	Fat, total	26.00 g	8.67 g	Fat, total	20.65 g	6.88 g
-saturated	1.90 g	0.63 g	-saturated	11.10 g	3.70 g	-saturated	7.65 g	2.55 g
Carbohydrate	11.55 g	3.85 g	Carbohydrate	15.90 g	5.30 g	Carbohydrate	11.75 g	3.92 g
-sugars	7.70 g	2.57 g	-sugars	6.55 g	2.18 g	-sugars	11.05 g	3.68 g
Sodium	378.00 mg	126.00 mg	Sodium	595.00 mg	198.33 mg	Sodium	1332.50 mg	444.17 mg
Calories	286.09		Calories	426.03		Calories	360.78	
Calories	252.99					Calories	252.99	
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	1664 kJ	399.00 kJ	Energy	2655.5 kJ	594.17 kJ	Energy	2227.5 kJ	503.17 kJ
Protein	57.25 g	11.82 g	Protein	44.2 g	9.27 g	Protein	45.75 g	9.65 g
Fat, total	11.65 g	3.18 g	Fat, total	41.1 g	8.67 g	Fat, total	32.25 g	6.88 g
-saturated	2.6 g	0.63 g	-saturated	18.2 g	3.70 g	-saturated	11.95 g	2.55 g
Carbohydrate	12.05 g	3.85 g	Carbohydrate	16.8 g	5.30 g	Carbohydrate	11.95 g	3.92 g
-sugars	7.8 g	2.57 g	-sugars	7.35 g	2.18 g	-sugars	11.05 g	3.68 g
Sodium	420 mg	126.00 mg	Sodium	800 mg	198.33 mg	Sodium	1880.5 mg	444.17 mg
Calories	397.71		Calories	634.68		Calories	532.39	
Calories	390.18					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.

The Panels Below are for the Protein Components Only

Monday Delivery								
Monday Chicken - Cajun		Tuesday Koftas - Persian		Wednesday Beef - Pepper Braised				
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	717.00 kJ	478.00 kJ	Energy	1266.00 kJ	844.00 kJ	Energy	1038.00 kJ	692.00 kJ
Protein	24.15 g	16.10 g	Protein	24.90 g	16.60 g	Protein	27.15 g	18.10 g
Fat, total	7.05 g	4.70 g	Fat, total	19.35 g	12.90 g	Fat, total	13.20 g	8.80 g
-saturated	2.10 g	1.40 g	-saturated	7.80 g	5.20 g	-saturated	4.80 g	3.20 g
Carbohydrate	2.10 g	1.40 g	Carbohydrate	4.95 g	3.30 g	Carbohydrate	5.10 g	3.40 g
-sugars	1.95 g	1.30 g	-sugars	3.90 g	2.60 g	-sugars	3.30 g	2.20 g
Sodium	249.00 mg	166.00 mg	Sodium	312.00 mg	208.00 mg	Sodium	367.50 mg	245.00 mg
Calories	171.37		Calories	302.58		Calories	248.09	
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	1195.00 kJ	478.00 kJ	Energy	2110 kJ	844.00 kJ	Energy	1730 kJ	692.00 kJ
Protein	40.25 g	16.10 g	Protein	41.5 g	16.60 g	Protein	45.25 g	18.10 g
Fat, total	11.75 g	4.70 g	Fat, total	32.25 g	12.90 g	Fat, total	22 g	8.80 g
-saturated	3.50 g	1.40 g	-saturated	13 g	5.20 g	-saturated	8 g	3.20 g
Carbohydrate	3.50 g	1.40 g	Carbohydrate	8.25 g	3.30 g	Carbohydrate	8.5 g	3.40 g
-sugars	3.25 g	1.30 g	-sugars	6.5 g	2.60 g	-sugars	5.5 g	2.20 g
Sodium	415.00 mg	166.00 mg	Sodium	520 mg	208.00 mg	Sodium	612.5 mg	245.00 mg
Calories	285.61		Calories	504.30		Calories	413.48	

THURSDAY DELIVERY											
Thursday Chicken - Stuffed NO SAUCE		Friday Beef Mince - Dahl		Saturday Lamb - Roast Shoulder		Sunday Beef - Red Madras					
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	700.50 kJ	467.00 kJ	Energy	1309.50 kJ	873.00 kJ	Energy	1077.00 kJ	718.00 kJ	Energy	861.00 kJ	574.00 kJ
Protein	32.70 g	21.80 g	Protein	24.60 g	16.40 g	Protein	25.20 g	16.80 g	Protein	25.35 g	16.90 g
Fat, total	3.15 g	2.10 g	Fat, total	22.65 g	15.10 g	Fat, total	17.40 g	11.60 g	Fat, total	9.90 g	6.60 g
-saturated	1.05 g	0.70 g	-saturated	10.65 g	7.10 g	-saturated	6.45 g	4.30 g	-saturated	4.50 g	3.00 g
Carbohydrate	0.75 g	0.50 g	Carbohydrate	1.35 g	0.90 g	Carbohydrate	0.30 g	0.20 g	Carbohydrate	3.15 g	2.10 g
-sugars	0.15 g	0.10 g	-sugars	1.20 g	0.80 g	-sugars	0.00 g	0.00 g	-sugars	2.85 g	1.90 g
Sodium	63.00 mg	42.00 mg	Sodium	307.50 mg	205.00 mg	Sodium	822.00 mg	548.00 mg	Sodium	198.00 mg	132.00 mg
Calories	167.42		Calories	312.98		Calories	257.41		Calories	205.78	
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	1167.5 kJ	467.00 kJ	Energy	2182.5 kJ	873.00 kJ	Energy	1795 kJ	718.00 kJ	Energy	1435.00 kJ	574.00 kJ
Protein	54.5 g	21.80 g	Protein	41 g	16.40 g	Protein	42 g	16.80 g	Protein	42.25 g	16.90 g
Fat, total	5.25 g	2.10 g	Fat, total	37.75 g	15.10 g	Fat, total	29 g	11.60 g	Fat, total	16.50 g	6.60 g
-saturated	1.75 g	0.70 g	-saturated	17.75 g	7.10 g	-saturated	10.75 g	4.30 g	-saturated	7.50 g	3.00 g
Carbohydrate	1.25 g	0.50 g	Carbohydrate	2.25 g	0.90 g	Carbohydrate	0.5 g	0.20 g	Carbohydrate	5.25 g	2.10 g
-sugars	0.25 g	0.10 g	-sugars	2 g	0.80 g	-sugars	0 g	0.00 g	-sugars	4.75 g	1.90 g
Sodium	105 mg	42.00 mg	Sodium	512.5 mg	205.00 mg	Sodium	1370 mg	548.00 mg	Sodium	330.00 mg	132.00 mg
Calories	279.04		Calories	521.63		Calories	429.02		Calories	342.97	