



Monday Delivery								
Monday		Tuesday		Wednesday				
Chicken - Moroccan Marinade		Meatballs - Beef, English		Beef - Rendang				
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	1490.00 kJ	496.67 kJ	Energy	1984.00 kJ	661.33 kJ	Energy	1102.50 kJ	441.00 kJ
Protein	29.50 g	9.83 g	Protein	28.55 g	9.52 g	Protein	26.25 g	10.50 g
Fat, total	13.45 g	4.48 g	Fat, total	25.35 g	8.45 g	Fat, total	11.40 g	4.56 g
-saturated	3.10 g	1.03 g	-saturated	9.75 g	3.25 g	-saturated	5.35 g	2.14 g
Carbohydrate	25.25 g	8.42 g	Carbohydrate	27.75 g	9.25 g	Carbohydrate	12.05 g	4.82 g
-sugars	23.60 g	7.87 g	-sugars	20.55 g	6.85 g	-sugars	5.95 g	2.38 g
Sodium	809.00 mg	269.67 mg	Sodium	1267.50 mg	422.50 mg	Sodium	373.00 mg	149.20 mg
Calories	356.12		Calories	474.19		Calories	263.50	
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	2070.00 kJ	496.67 kJ	Energy	2829 kJ	661.33 kJ	Energy	1674.5 kJ	441.00 kJ
Protein	47.00 g	9.83 g	Protein	45.15 g	9.52 g	Protein	43.05 g	10.50 g
Fat, total	20.45 g	4.48 g	Fat, total	38.25 g	8.45 g	Fat, total	18.6 g	4.56 g
-saturated	4.90 g	1.03 g	-saturated	14.95 g	3.25 g	-saturated	8.85 g	2.14 g
Carbohydrate	26.45 g	8.42 g	Carbohydrate	31.25 g	9.25 g	Carbohydrate	13.15 g	4.82 g
-sugars	24.60 g	7.87 g	-sugars	23.25 g	6.85 g	-sugars	6.65 g	2.38 g
Sodium	1157.00 mg	269.67 mg	Sodium	1474.5 mg	422.50 mg	Sodium	519 mg	149.20 mg
Calories	494.74		Calories	676.15		Calories	400.22	

THURSDAY DELIVERY											
Thursday		Friday		Saturday		Sunday					
Chicken - Satay Marinated NO S		Pork - Japanese w/ Teriyaki Sauce		Lamb - Red Braised		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	1293.50 kJ	431.17 kJ	Energy	1517.50 kJ	572.64 kJ	Energy	1285.50 kJ	428.50 kJ	Energy	1159.50 kJ	463.80 kJ
Protein	30.05 g	10.02 g	Protein	25.25 g	9.53 g	Protein	24.65 g	8.22 g	Protein	27.30 g	10.92 g
Fat, total	13.70 g	4.57 g	Fat, total	24.67 g	9.31 g	Fat, total	18.00 g	6.00 g	Fat, total	13.20 g	5.28 g
-saturated	5.70 g	1.90 g	-saturated	7.51 g	2.83 g	-saturated	5.95 g	1.98 g	-saturated	4.60 g	1.84 g
Carbohydrate	14.05 g	4.68 g	Carbohydrate	8.11 g	3.06 g	Carbohydrate	9.10 g	3.03 g	Carbohydrate	11.20 g	4.48 g
-sugars	7.30 g	2.43 g	-sugars	5.95 g	2.24 g	-sugars	8.95 g	2.98 g	-sugars	7.15 g	2.86 g
Sodium	549.50 mg	183.17 mg	Sodium	1201.40 mg	453.36 mg	Sodium	742.00 mg	247.33 mg	Sodium	521.50 mg	208.60 mg
Calories	309.15		Calories	362.69		Calories	307.24		Calories	277.13	
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	1848.5 kJ	431.17 kJ	Energy	2285.5 kJ	572.64 kJ	Energy	1876.5 kJ	428.50 kJ	Energy	1814.50 kJ	463.80 kJ
Protein	47.65 g	10.02 g	Protein	40.75 g	9.53 g	Protein	38.85 g	8.22 g	Protein	44.20 g	10.92 g
Fat, total	20 g	4.57 g	Fat, total	36.47 g	9.31 g	Fat, total	27 g	6.00 g	Fat, total	21.50 g	5.28 g
-saturated	7.4 g	1.90 g	-saturated	11.81 g	2.83 g	-saturated	9.45 g	1.98 g	-saturated	7.60 g	1.84 g
Carbohydrate	15.25 g	4.68 g	Carbohydrate	11.71 g	3.06 g	Carbohydrate	10.1 g	3.03 g	Carbohydrate	14.70 g	4.48 g
-sugars	8.3 g	2.43 g	-sugars	8.145 g	2.24 g	-sugars	9.85 g	2.98 g	-sugars	9.45 g	2.86 g
Sodium	730.5 mg	183.17 mg	Sodium	1814.4 mg	453.36 mg	Sodium	872 mg	247.33 mg	Sodium	777.50 mg	208.60 mg
Calories	441.80		Calories	546.25		Calories	448.49		Calories	433.68	

* 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 - Moroccan Marinade		Tuesday	Meatballs - Beef, English		Wednesday	Beef - Rendang							
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	870.00	kJ	580.00	kJ	Energy	1267.50	kJ	845.00	kJ	Energy	858.00	kJ	572.00	kJ
Protein	26.25	g	17.50	g	Protein	24.90	g	16.60	g	Protein	25.20	g	16.80	g
Fat, total	10.50	g	7.00	g	Fat, total	19.35	g	12.90	g	Fat, total	10.80	g	7.20	g
.-saturated	2.70	g	1.80	g	.-saturated	7.80	g	5.20	g	.-saturated	5.25	g	3.50	g
Carbohydrate	1.80	g	1.20	g	Carbohydrate	5.25	g	3.50	g	Carbohydrate	1.65	g	1.10	g
.-sugars	1.50	g	1.00	g	.-sugars	4.05	g	2.70	g	.-sugars	1.05	g	0.70	g
Sodium	522.00	mg	348.00	mg	Sodium	310.50	mg	207.00	mg	Sodium	219.00	mg	146.00	mg
Calories	207.93				Calories	302.94				Calories	205.07			
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	1450.00	kJ	580.00	kJ	Energy	2112.5	kJ	845.00	kJ	Energy	1430	kJ	572.00	kJ
Protein	43.75	g	17.50	g	Protein	41.5	g	16.60	g	Protein	42	g	16.80	g
Fat, total	17.50	g	7.00	g	Fat, total	32.25	g	12.90	g	Fat, total	18	g	7.20	g
.-saturated	4.50	g	1.80	g	.-saturated	13	g	5.20	g	.-saturated	8.75	g	3.50	g
Carbohydrate	3.00	g	1.20	g	Carbohydrate	8.75	g	3.50	g	Carbohydrate	2.75	g	1.10	g
.-sugars	2.50	g	1.00	g	.-sugars	6.75	g	2.70	g	.-sugars	1.75	g	0.70	g
Sodium	870.00	mg	348.00	mg	Sodium	517.5	mg	207.00	mg	Sodium	365	mg	146.00	mg
Calories	346.56				Calories	504.90				Calories	341.78			

THURSDAY DELIVERY																			
Thursday	Chicken - Satay Marinated NO S		Friday	Pork - Japanese w/ Teriyaki Sauce		Saturday	Lamb - Red Braised		Sunday	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	832.50	kJ	555.00	kJ	Energy	1152.00	kJ	768.00	kJ	Energy	886.50	kJ	591.00	kJ	Energy	982.50	kJ	655.00	kJ
Protein	26.40	g	17.60	g	Protein	23.25	g	15.50	g	Protein	21.30	g	14.20	g	Protein	25.35	g	16.90	g
Fat, total	9.45	g	6.30	g	Fat, total	17.70	g	11.80	g	Fat, total	13.50	g	9.00	g	Fat, total	12.45	g	8.30	g
.-saturated	2.55	g	1.70	g	.-saturated	6.45	g	4.30	g	.-saturated	5.25	g	3.50	g	.-saturated	4.50	g	3.00	g
Carbohydrate	1.80	g	1.20	g	Carbohydrate	5.40	g	3.60	g	Carbohydrate	1.50	g	1.00	g	Carbohydrate	5.25	g	3.50	g
.-sugars	1.50	g	1.00	g	.-sugars	3.30	g	2.20	g	.-sugars	1.35	g	0.90	g	.-sugars	3.45	g	2.30	g
Sodium	271.50	mg	181.00	mg	Sodium	919.50	mg	613.00	mg	Sodium	195.00	mg	130.00	mg	Sodium	384.00	mg	256.00	mg
Calories	198.97				Calories	275.33				Calories	211.88				Calories	234.82			
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	1387.5	kJ	555.00	kJ	Energy	1920	kJ	768.00	kJ	Energy	1477.5	kJ	591.00	kJ	Energy	1637.50	kJ	655.00	kJ
Protein	44	g	17.60	g	Protein	38.75	g	15.50	g	Protein	35.5	g	14.20	g	Protein	42.25	g	16.90	g
Fat, total	15.75	g	6.30	g	Fat, total	29.5	g	11.80	g	Fat, total	22.5	g	9.00	g	Fat, total	20.75	g	8.30	g
.-saturated	4.25	g	1.70	g	.-saturated	10.75	g	4.30	g	.-saturated	8.75	g	3.50	g	.-saturated	7.50	g	3.00	g
Carbohydrate	3	g	1.20	g	Carbohydrate	9	g	3.60	g	Carbohydrate	2.5	g	1.00	g	Carbohydrate	8.75	g	3.50	g
.-sugars	2.5	g	1.00	g	.-sugars	5.5	g	2.20	g	.-sugars	2.25	g	0.90	g	.-sugars	5.75	g	2.30	g
Sodium	452.5	mg	181.00	mg	Sodium	1532.5	mg	613.00	mg	Sodium	325	mg	130.00	mg	Sodium	640.00	mg	256.00	mg
Calories	331.62				Calories	458.89				Calories	353.13				Calories	391.37			