

Week Beginning
16-May-22



Monday Delivery								
Monday Chicken - Thai Roast		Tuesday Meatballs - Ginger, Carrot		Wednesday Beef - Leek Stew				
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	900.50 kJ	327.45 kJ	Energy	1470.00 kJ	490.00 kJ	Energy	1483.00 kJ	559.62 kJ
Protein	25.45 g	9.25 g	Protein	26.65 g	8.88 g	Protein	29.09 g	10.98 g
Fat, total	7.63 g	2.77 g	Fat, total	20.10 g	6.70 g	Fat, total	23.93 g	9.03 g
-saturated	2.55 g	0.93 g	-saturated	7.90 g	2.63 g	-saturated	11.67 g	4.40 g
Carbohydrate	9.03 g	3.28 g	Carbohydrate	11.45 g	3.82 g	Carbohydrate	4.65 g	1.75 g
-sugars	6.83 g	2.48 g	-sugars	10.05 g	3.35 g	-sugars	3.63 g	1.37 g
Sodium	432.25 mg	157.18 mg	Sodium	756.00 mg	252.00 mg	Sodium	608.00 mg	229.43 mg
Calories	215.22		Calories	351.34		Calories	354.45	
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	1360.50 kJ	327.45 kJ	Energy	2315 kJ	490.00 kJ	Energy	2122 kJ	559.62 kJ
Protein	40.05 g	9.25 g	Protein	43.25 g	8.88 g	Protein	46.89 g	10.98 g
Fat, total	12.23 g	2.77 g	Fat, total	33 g	6.70 g	Fat, total	32.525 g	9.03 g
-saturated	4.15 g	0.93 g	-saturated	13.1 g	2.63 g	-saturated	14.865 g	4.40 g
Carbohydrate	11.43 g	3.28 g	Carbohydrate	14.95 g	3.82 g	Carbohydrate	5.65 g	1.75 g
-sugars	8.23 g	2.48 g	-sugars	12.75 g	3.35 g	-sugars	4.53 g	1.37 g
Sodium	568.25 mg	157.18 mg	Sodium	963 mg	252.00 mg	Sodium	745 mg	229.43 mg
Calories	325.17		Calories	553.30		Calories	507.17	

THURSDAY DELIVERY											
Thursday Chicken - Palestinian			Friday Beef Mince - Lasagne NO SAUCE			Saturday Lamb - Balti			Sunday Fish - Thai Cakes		
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	1249.50 kJ	416.50 kJ	Energy	1549.25 kJ	516.42 kJ	Energy	1042.00 kJ	378.91 kJ	Energy	1453.00 kJ	528.36 kJ
Protein	30.25 g	10.08 g	Protein	27.03 g	9.01 g	Protein	25.50 g	9.27 g	Protein	18.40 g	6.69 g
Fat, total	15.05 g	5.02 g	Fat, total	22.98 g	7.66 g	Fat, total	12.68 g	4.61 g	Fat, total	14.90 g	5.42 g
-saturated	3.40 g	1.13 g	-saturated	10.18 g	3.39 g	-saturated	4.95 g	1.80 g	-saturated	3.15 g	1.15 g
Carbohydrate	7.75 g	2.58 g	Carbohydrate	10.08 g	3.36 g	Carbohydrate	5.33 g	1.94 g	Carbohydrate	17.35 g	6.31 g
-sugars	7.55 g	2.52 g	-sugars	6.88 g	2.29 g	-sugars	5.03 g	1.83 g	-sugars	9.33 g	3.39 g
Sodium	1125.00 mg	375.00 mg	Sodium	330.50 mg	110.17 mg	Sodium	371.75 mg	135.18 mg	Sodium	1190.25 mg	432.82 mg
Calories	298.64		Calories	370.28		Calories	249.04		Calories	347.28	
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	1827.5 kJ	416.50 kJ	Energy	2365.25 kJ	516.42 kJ	Energy	1600 kJ	378.91 kJ	Energy	2263.00 kJ	528.36 kJ
Protein	47.75 g	10.08 g	Protein	43.525 g	9.01 g	Protein	38.4 g	9.27 g	Protein	29.10 g	6.69 g
Fat, total	22.05 g	5.02 g	Fat, total	35.875 g	7.66 g	Fat, total	20.875 g	4.61 g	Fat, total	24.30 g	5.42 g
-saturated	5.2 g	1.13 g	-saturated	15.275 g	3.39 g	-saturated	8.15 g	1.80 g	-saturated	5.15 g	1.15 g
Carbohydrate	8.85 g	2.58 g	Carbohydrate	12.375 g	3.36 g	Carbohydrate	7.025 g	1.94 g	Carbohydrate	22.15 g	6.31 g
-sugars	8.55 g	2.52 g	-sugars	7.575 g	2.29 g	-sugars	6.525 g	1.83 g	-sugars	12.53 g	3.39 g
Sodium	1514 mg	375.00 mg	Sodium	388.5 mg	110.17 mg	Sodium	543.75 mg	135.18 mg	Sodium	1756.25 mg	432.82 mg
Calories	436.78		Calories	565.31		Calories	382.41		Calories	540.87	

* 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 - Thai Roast		Tuesday Meatballs - Ginger, Carrot		Wednesday Beef - Leek Stew				
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	690.00 kJ	460.00 kJ	Energy	1267.50 kJ	845.00 kJ	Energy	958.50 kJ	639.00 kJ
Protein	21.90 g	14.60 g	Protein	24.90 g	16.60 g	Protein	26.70 g	17.80 g
Fat, total	6.90 g	4.60 g	Fat, total	19.35 g	12.90 g	Fat, total	12.90 g	8.60 g
-saturated	2.40 g	1.60 g	-saturated	7.80 g	5.20 g	-saturated	4.80 g	3.20 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.25 g	3.50 g	Carbohydrate	1.50 g	1.00 g
-sugars	2.10 g	1.40 g	-sugars	4.05 g	2.70 g	-sugars	1.35 g	0.90 g
Sodium	204.00 mg	136.00 mg	Sodium	310.50 mg	207.00 mg	Sodium	205.50 mg	137.00 mg
Calories	164.91		Calories	302.94		Calories	229.09	
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	1150.00 kJ	460.00 kJ	Energy	2112.5 kJ	845.00 kJ	Energy	1597.5 kJ	639.00 kJ
Protein	36.50 g	14.60 g	Protein	41.5 g	16.60 g	Protein	44.5 g	17.80 g
Fat, total	11.50 g	4.60 g	Fat, total	32.25 g	12.90 g	Fat, total	21.5 g	8.60 g
-saturated	4.00 g	1.60 g	-saturated	13 g	5.20 g	-saturated	8 g	3.20 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	8.75 g	3.50 g	Carbohydrate	2.5 g	1.00 g
-sugars	3.50 g	1.40 g	-sugars	6.75 g	2.70 g	-sugars	2.25 g	0.90 g
Sodium	340.00 mg	136.00 mg	Sodium	517.5 mg	207.00 mg	Sodium	342.5 mg	137.00 mg
Calories	274.86		Calories	504.90		Calories	381.81	

THURSDAY DELIVERY											
Thursday Chicken - Palestinian		Friday Beef Mince - Lasagne NO SAUCE		Saturday Lamb - Balti		Sunday Fish - Thai Cakes					
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	867.00 kJ	578.00 kJ	Energy	1224.00 kJ	816.00 kJ	Energy	837.00 kJ	558.00 kJ	Energy	1215.00 kJ	810.00 kJ
Protein	26.25 g	17.50 g	Protein	24.75 g	16.50 g	Protein	19.35 g	12.90 g	Protein	16.05 g	10.70 g
Fat, total	10.50 g	7.00 g	Fat, total	19.35 g	12.90 g	Fat, total	12.30 g	8.20 g	Fat, total	14.10 g	9.40 g
-saturated	2.70 g	1.80 g	-saturated	7.65 g	5.10 g	-saturated	4.80 g	3.20 g	-saturated	3.00 g	2.00 g
Carbohydrate	1.65 g	1.10 g	Carbohydrate	3.45 g	2.30 g	Carbohydrate	2.55 g	1.70 g	Carbohydrate	7.20 g	4.80 g
-sugars	1.50 g	1.00 g	-sugars	1.05 g	0.70 g	-sugars	2.25 g	1.50 g	-sugars	4.80 g	3.20 g
Sodium	583.50 mg	389.00 mg	Sodium	87.00 mg	58.00 mg	Sodium	258.00 mg	172.00 mg	Sodium	849.00 mg	566.00 mg
Calories	207.22		Calories	292.54		Calories	200.05		Calories	290.39	
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	1445 kJ	578.00 kJ	Energy	2040 kJ	816.00 kJ	Energy	1395 kJ	558.00 kJ	Energy	2025.00 kJ	810.00 kJ
Protein	43.75 g	17.50 g	Protein	41.25 g	16.50 g	Protein	32.25 g	12.90 g	Protein	26.75 g	10.70 g
Fat, total	17.5 g	7.00 g	Fat, total	32.25 g	12.90 g	Fat, total	20.5 g	8.20 g	Fat, total	23.50 g	9.40 g
-saturated	4.5 g	1.80 g	-saturated	12.75 g	5.10 g	-saturated	8 g	3.20 g	-saturated	5.00 g	2.00 g
Carbohydrate	2.75 g	1.10 g	Carbohydrate	5.75 g	2.30 g	Carbohydrate	4.25 g	1.70 g	Carbohydrate	12.00 g	4.80 g
-sugars	2.5 g	1.00 g	-sugars	1.75 g	0.70 g	-sugars	3.75 g	1.50 g	-sugars	8.00 g	3.20 g
Sodium	972.5 mg	389.00 mg	Sodium	145 mg	58.00 mg	Sodium	430 mg	172.00 mg	Sodium	1415.00 mg	566.00 mg
Calories	345.36		Calories	487.57		Calories	333.41		Calories	483.99	