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for delivery every day

eZlunch MENU

Kohia Terrace School / Term 1 2018



242 Marua Road
Mt Wellington
Auckland
09-579 5499

WARM MAINS

Beef Burger	\$6.50
Teriyaki Chicken on Rice	\$6.70
Macaroni Cheese	\$6.10
Gluten Free Macaroni Cheese	\$6.90
Spaghetti Bolognese	\$6.70
Butter Chicken on rice	\$6.70
Mild Chilli Bean Nachos (large) with optio...	\$5.80
Lasagne	\$6.70
Gluten Free Beef Lasagne	\$7.90
Oven Baked Spring Rolls with Soya Sauce	\$4.30
Noodles (Vegetarian)	\$4.30
Noodles (Free Range Chicken)	\$5.30
Egg Fried Rice	\$5.30

COLD MAINS

Munchbox	\$6.00
Design A Sandwich BEEF	\$3.70
Design a Sandwich CHICKEN (Free Range)	\$3.70
Design a Sandwich TUNA in Spring Water	\$3.70
Design A Sandwich VEGETARIAN	\$2.90
Design a Sandwich HAM	\$3.70
Round Roll Chicken Salad	\$4.00
Round Rolls Ham & Salad	\$4.00
Ham & Cheese Scroll	\$3.80
Vegemite & Cheese Scroll	\$3.50
Marmite Sandwich	\$2.70
Vegemite Sandwich	\$2.70
Ham & Pineapple Pizza Bread	\$3.90
Vegetarian Pizza Bread	\$3.50
Pita Crisps & Fresh Hummus	\$5.50
Green Salad (design your own)	\$3.70
Roasted Chicken & Green Salad (design yo...	\$5.00
Ham & Green Salad (design your own)	\$5.00

VALUE PACKS

Vegemite Scroll, Choc Chip Cookie & Fresh Fruit	\$6.70
Ham Scroll, Choc Chip Cookie & Fresh Fruit	\$6.70
Vegemite Sandwich, Popcorn & Blackcurra...	\$6.70
Vegemite Scroll, Popcorn & Blackcurrant Juice	\$6.70
Popcorn, Grapes & Apple Juice	\$5.90
Vegemite Scroll & Fruit	\$5.20
Ham & Pineapple Pizza Bread, Popcorn...	\$6.90
Vegetarian Pizza Bread, Popcorn & Blackcurra...	\$6.90

SUSHI

Onigiri with either Tuna or Chicken	\$4.20
3 x Chicken Avocado & Mayo Sushi	\$4.20
6 x Chicken Avocado & Mayo Sushi	\$7.90
3 x Fried Chicken Sushi	\$4.20
6 x Fried Chicken Sushi	\$7.90
3 x Salmon Avocado Sushi	\$4.20
6 x Salmon Avocado Sushi	\$7.90
6 x Fried Prawn Sushi	\$7.90
6 x Tuna, Avocado, Mayo Sushi	\$7.90
6 x Vegetarian Sushi	\$7.50
6 x Fried Crumbed Salmon Sushi	\$7.90
6 x Cream Cheese & Pineapple	\$7.90

SNACKS & DESSERTS

Yoghurt Large 225ml	\$3.20
Yoghurt Small 100ml	\$2.20
Popcorn Salted or Unsalted	\$1.50
Chocolate Brownie	\$2.20
Muffins	\$2.20
Cakes and Cookies	\$1.90
Gluten Free Cookies	\$2.20
Fresh Fruit Salad	\$4.50
Apple	\$1.70
Banana	\$1.90
Fresh Sliced Pineapple	\$2.40
Grapes Fresh & washed	\$2.40
Pear	\$2.00
Kiwifruit	\$1.50
Orange Fresh & Quartered	\$2.00
Fresh Dates (4)	\$2.80
Carrot Sticks	\$1.60
Hummus	\$2.20
Colby/Edam Cheese	\$2.50
Free range Boiled Egg	\$1.60
Lime or Berry or Orange Jelly small	\$1.20
Pita Crisps Small Bag	\$2.50
Pita Crisps Large Bag	\$3.90
Pretzels	\$1.70
Vegetable Crisps	\$1.30
Lebanese Flat Bread	\$1.80

DRINKS

Water	\$2.80
Milt Orchard Juices	\$3.00
Milk 300ml	\$3.00

Order online... www.ezlunch.co.nz
Need help? Visit support.mykindo.co.nz or call
0800 EZLUNCH 8am-4pm school days
Auckland 09-475 5287