

Order online by 9am
for delivery Mon. Thur.
Fri

eZlunch MENU

St Heliers School / Term 2 2023



242 Marua Road
Mt Wellington
Auckland
09-579 5499

WARM MAINS

Teriyaki Chicken	\$8.80
American Hotdog	\$8.50
Beef Burger	\$9.20
Macaroni Cheese	\$9.00
Gluten Free Macaroni Cheese	\$10.50
Spaghetti Bolognese	\$9.20
Butter Chicken on rice	\$10.00
Mild Chilli Bean Nachos (large) with optio...	\$8.70
Lasagne	\$9.30
Gluten Free Beef Lasagne	\$10.80
Oven Baked Spring Rolls with Soya Sauce	\$5.80
Jesters Pie	\$8.00
Gluten Free Jesters Pie	\$10.20
Sausage Roll - Baked Fresh Daily	\$4.90
Vegetarian Sausage Roll	\$4.00
Noodles (Vegetarian)	\$7.90
Noodles (Free Range Chicken)	\$8.70
Egg Fried Rice	\$7.90
Samosa (Vegetarian or Chicken) - single	\$4.30
Samosas x2 (Vegetarian or Chicken)	\$8.20
Pork, Chive, Prawn Dumplings (4 pieces)	\$8.00
BBQ Pork Bun (1) (Steamed)	\$7.50

COLD MAINS

Teriyaki Chicken and rice	\$8.90
Munchbox	\$8.80
Crumbed Chicken Drumstick (free range)	\$5.00
Design A Sandwich BEEF	\$6.00
Design a Sandwich CHICKEN (Free Range)	\$6.00
Design a Sandwich TUNA in Spring Water	\$6.00
Design A Sandwich VEGETARIAN	\$5.60
Design a Sandwich HAM	\$6.00
Round Roll Chicken Salad	\$6.00
Round Rolls Ham & Salad	\$6.00
Marmite Sandwich	\$5.00
Vegemite Sandwich	\$5.00
Ham & Pineapple Pizza Bread	\$5.90
Vegetarian Pizza Bread	\$5.60
Pita Crisps & Fresh Hummus	\$7.20
Green Salad (design your own)	\$7.70
Roasted Chicken & Green Salad (design yo...	\$8.70
Ham & Green Salad (design your own)	\$8.70

SUSHI

ECO ROLL - Chicken Avocado & Mayo Sushi	\$5.50
ECO ROLL - Fried Chicken Sushi	\$5.50
ECO ROLL - Salmon Avocado Sushi	\$5.50
Onigiri with either Tuna or Chicken	\$5.90
4x Large Chicken Avocado & Mayo Sushi	\$9.90
4x Large Fried Chicken Sushi	\$9.90
4x Large Salmon Avocado Sushi	\$10.50
4x Large Fried Prawn Sushi	\$10.60
4x Large Tuna, Avocado, Mayo Sushi	\$9.90
4x Large Vegetarian Sushi	\$9.80
4x Large Fried Crumbed Salmon Sushi	\$10.50
4x Large Cream Cheese & Pineapple	\$9.90

SNACKS & DESSERTS

Muffins	\$3.90
Chocolate Brownie	\$4.50
Weetbix Coconut Slice	\$3.80
Cakes and Cookies	\$3.90
Gluten Free Cookies	\$4.00
Yoghurt Large 225ml	\$5.00
Yoghurt Small 100ml	\$3.70
Fresh Fruit Salad	\$7.20
Apple	\$2.30
Banana	\$2.50
Fresh Sliced Pineapple	\$3.80
Grapes Fresh & washed	\$3.80
Kiwifruit	\$3.00
Orange Fresh & Quartered	\$3.80
Carrot Sticks	\$3.40
Hummus	\$3.80
Free range Boiled Egg	\$3.20
Lime or Berry or Orange Jelly smal2	\$2.80
Pita Crisps Small Bag	\$4.10
Pretzels	\$3.20
Vegetable Crisps	\$2.80
Lebanese Flat Bread	\$4.00
Popcorn	\$3.00

VALUE PACKS

Sausage Roll, Popcorn & Apple	\$9.70
-------------------------------	--------

DRINKS

Water	\$3.40
Milk 300ml	\$3.60

Order online... www.eZlunch.co.nz
Need help? Visit support.mykindo.co.nz or call
toll free 0800 EZLUNCH (09-869 5200)
8am-4pm Mon-Fri (except public holidays)