

Order online by 9am  
for delivery Friday

# eZLUNCH MENU

Pakuranga Heights School / Term 3 2021



242 Marua Road  
Mt Wellington  
Auckland  
09-579 5499

## WARM MAINS

NEW - American Hotdog	\$7.20
Teriyaki Chicken and rice	\$7.70
Beef Burger	\$7.80
Macaroni Cheese	\$7.70
Gluten Free Macaroni Cheese	\$8.70
Spaghetti Bolognese	\$8.00
Butter Chicken on rice	\$8.20
Mild Chilli Bean Nachos (large) with optio...	\$7.30
Lasagne	\$8.00
Gluten Free Beef Lasagne	\$9.00
Oven Baked Spring Rolls with Soya Sauce	\$4.90
Noodles (Vegetarian)	\$6.30
Noodles (Free Range Chicken)	\$7.30
Egg Fried Rice	\$6.50
Samosa (Vegetarian or Chicken) - single	\$3.60
Samosas x2 (Vegetarian or Chicken)	\$6.90
Pork, Chive, Prawn Dumplings (4 pieces)	\$6.50
BBQ Pork Bun (1) with side salad	\$7.60

## COLD MAINS

Munchbox	\$7.20
Crumbed Chicken Drumstick (free range)	\$4.50
Design A Sandwich BEEF	\$4.90
Design a Sandwich CHICKEN (Free Range)	\$4.90
Design a Sandwich TUNA in Spring Water	\$4.90
Design A Sandwich VEGETARIAN	\$4.20
Design a Sandwich HAM	\$4.90
Round Roll Chicken Salad	\$4.80
Round Rolls Ham & Salad	\$4.80
Marmite Sandwich	\$3.90
Vegemite Sandwich	\$3.90
Ham & Pineapple Pizza Bread	\$4.80
Vegetarian Pizza Bread	\$4.30
Pita Crisps & Fresh Hummus	\$5.90
Green Salad (design your own)	\$5.50
Roasted Chicken & Green Salad (design yo...	\$6.50
Ham & Green Salad (design your own)	\$6.50

## SUSHI

ECO ROLL - Chicken Avocado & Mayo Sushi	\$4.90
ECO ROLL - Fried Chicken Sushi	\$4.90
ECO ROLL - Salmon Avocado Sushi	\$4.90
Onigiri with either Tuna or Chicken	\$4.90
6 x Chicken Avocado & Mayo Sushi	\$8.60
6 x Fried Chicken Sushi	\$8.60
6 x Salmon Avocado Sushi	\$8.60
6 x Fried Prawn Sushi	\$8.60
6 x Tuna, Avocado, Mayo Sushi	\$8.60
6 x Vegetarian Sushi	\$8.50
6 x Fried Crumbed Salmon Sushi	\$8.60
6 x Cream Cheese & Pineapple	\$8.60

## SNACKS & DESSERTS

Muffins	\$2.90
Yoghurt Large 225ml	\$3.90
Yoghurt Small 100ml	\$2.90
Fresh Fruit Salad	\$5.50
Apple	\$1.70
Banana	\$1.90
Fresh Sliced Pineapple	\$2.80
Grapes Fresh & washed	\$2.80
Kiwifruit	\$2.00
Orange Fresh & Quartered	\$2.90
Carrot Sticks	\$2.40
Hummus	\$2.80
Free range Boiled Egg	\$2.00
Pita Crisps Small Bag	\$3.20
Vegetable Crisps	\$1.80
Lebanese Flat Bread	\$2.40
Popcorn	\$1.80

## VALUE PACKS

Vegemite Sandwich, Popcorn & Blackcurra...	\$7.20
Ham & Pineapple Pizza Bread, Popcorn...	\$7.60
Vegetarian Pizza Bread, Popcorn & Blackcurra...	\$7.30

## DRINKS

Water	\$3.00
Milk Orchard Juices	\$3.90
Milk 300ml	\$3.50

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