

Order online by 9am
for delivery Mon, Wed,
Thur, Fri

eZlunch MENU

Sunnyhills School / SAMPLE MENU



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
Jesters Pie	\$5.50
Gluten Free Jesters Pie	\$7.00
Sausage Roll - Baked Fresh Daily	\$3.50
Vegetarian Sausage Roll	\$3.00
Noodles (Vegetarian)	\$4.30
Noodles (Free Range Chicken)	\$5.30
Egg Fried Rice	\$5.30
Samosa (Vegetarian or Lamb) - single	\$3.20
Samosas x2 (Vegetarian or Lamb)	\$6.00

COLD MAINS

Munchbox	\$6.00
Crumbed Chicken Drumstick (free range)	\$3.60
Crumbed Chicken Nibbles	\$5.60
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

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

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

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
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eZlunch MENU

Sunnyhills School / SAMPLE MENU



491 Pakuranga
Rd
Pakuranga
09-5341629

KIDS PLAIN PETITA PITA

Kids Petita Free Range Chicken	\$5.50
Kids Petita Free Farmed Ham	\$5.50
Kids Petita Roast Beef	\$5.50
Kids Petita Garden Veggie	\$5.50
Kids Petita Marmite	\$5.50
Kids Petita Vegemite	\$5.50

KIDS WHOLEMEAL PETITA PITA

Kids Wholemeal Petita Free Range Chicken	\$5.50
Kids Wholemeal Petita Free Farmed Ham	\$5.50
Kids Wholemeal Petita Roast Beef	\$5.50
Kids Wholemeal Petita Garden Veggie	\$5.50
Kids Wholemeal Petita Marmite	\$5.50
Kids Wholemeal Petita Vegemite	\$5.50

KIDS GLUTEN FREE PETITA PITA

Kids GLUTEN FREE Petita Free Range Chicken	\$7.00
Kids GLUTEN FREE Petita Free Farmed Ham	\$7.00
Kids GLUTEN FREE Petita Roast Beef	\$7.00
Kids GLUTEN FREE Petita Garden Veggie	\$7.00
Kids GLUTEN FREE Petita Marmite	\$7.00
Kids GLUTEN FREE Petita Vegemite	\$7.00

PETITA SALAD BOX

Free Range Chicken Petita Salad Box	\$10.90
Free Farmed Ham Petita Salad Box	\$10.90
Chick n Fala Petita Salad Box	\$11.50
Chicken Caesar Petita Salad Box	\$11.50
Roast Beef Petita Salad Box	\$10.90
Roast Lamb Petita Salad Box	\$11.50
Grilled Steak Petita Salad Box	\$11.50
Garden Veggies Petita Salad Box	\$9.50
Falafel Petita Salad Box	\$10.90
Polenta & Super Grain Petita Salad Box	\$10.90
Sweetcorn Coriander & Chilli Petita Salad Box	\$10.90
Beetroot Feta & Mint Petita Salad Box	\$10.90

SIDES

Cookie Baked Chunky Chip 60g	\$2.00
Cookie Baked Raspberry White Chocolate 60g	\$2.00
Brownie Chocolate Fudge GLUTEN FREE	\$2.80
Pita Chips with Aioli Dipping Sauce (large)	\$3.90

DRINKS

Charlies 650ml Spring Water	\$4.00
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Order online...

www.ezlunch.co.nz

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