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for delivery every day

# eZlunch MENU

Mt Roskill Intermediate / Term 1 2024



242 Marua Road  
Mt Wellington  
Auckland  
09-579 5499

## WARM MAINS

Katsu Chicken On Rice	\$9.30
Teriyaki Chicken On rice	\$8.90
American Hotdog	\$9.40
Beef Burger	\$9.20
Macaroni Cheese	\$9.60
Gluten Free Macaroni Cheese	\$10.70
Spaghetti Bolognese	\$9.80
Mild Chilli Bean Nachos (large) with optio...	\$8.50
Lasagne	\$9.50
Gluten Free Beef Lasagne	\$10.90
Oven Baked Spring Rolls with Soya Sauce	\$5.80
Noodles (Vegetarian)	\$7.90
Chicken Noodles	\$8.70
Samosa Vegetarian 6pcs	\$4.60
Samosas x Vegetarian 12pcs	\$8.50
Pork, Chive, Prawn Dumplings (4 pieces)	\$8.00
BBQ Pork Bun (1) (Steamed)	\$7.50

## COLD MAINS

Ham & Green Salad (design your own)	\$8.70
Roasted Chicken & Green Salad (design yo...	\$8.70
Green Salad (design your own)	\$7.90
Design a Sandwich CHICKEN (Free Ran	\$6.50
Design a Sandwich TUNA in Spring Water	\$6.50
Design a Sandwich HAM	\$6.30
Design A Sandwich VEGETARIAN	\$5.80
Teriyaki Chicken On Rice	\$8.90
Round Roll Chicken Salad	\$6.00
Round Rolls Ham & Salad	\$6.00
Pita Crisps & Fresh Hummus	\$7.20

## SUSHI

Tuna Avocado Sushi 6 PCS	\$10.50
Tuna Avocado Sushi 4 PCS	\$7.50
Plain Katsu Chicken Sushi 6PCS	\$10.50
Plain Teriyaki Chicken Sushi 4PCS	\$7.50
Plain Teriyaki Chicken Sushi 6PCS	\$10.50
Teriyaki Chicken Sushi With Avocado ...	\$7.50
Teriyaki Chicken Sushi With Avocado ...	\$10.50
Sushi Lunch Box	\$13.20
ECO Roll - Plain Katsu Chicken Sushi	\$5.50
ECO Roll -Plain Teriyaki Chicken Sushi	\$5.50

## SNACKS & DESSERTS

Choc Fudge Brownie Bite	\$3.50
Chocolate Chip Cookie	\$3.90
Chocolate Cake	\$4.30
Weetbix Coconut Slice	\$3.80
Yoghurt Small 100ml	\$3.70
Fresh Fruit Salad	\$7.20
Apple	\$2.30
Banana	\$2.50
Orange Fresh & Quartered	\$3.80
Carrot Sticks	\$3.40
Pita Crisps Small Bag	\$4.10
Popcorn	\$3.00

## VALUE PACKS

Lunch Box	\$13.20
Sausage Roll, Popcorn & Apple	\$9.70

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