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Wed. Thur

# eZlunch MENU

Cornwall Park District School / Term 3 2023



242 Marua Road  
Mt Wellington  
Auckland  
09-579 5499

## WARM MAINS

Katsu Chicken On Rice	\$9.20
Teriyaki Chicken On rice	\$8.90
American Hotdog	\$8.50
Beef Burger	\$9.20
Macaroni Cheese	\$9.20
Gluten Free Macaroni Cheese	\$10.70
Spaghetti Bolognese	\$9.40
Mild Chilli Bean Nachos (large) with optio...	\$8.70
Lasagne	\$9.50
Gluten Free Beef Lasagne	\$10.90
Oven Baked Spring Rolls with Soya Sauce	\$5.80
Sausage Roll - Baked Fresh Daily	\$4.90
Noodles (Vegetarian)	\$7.90
Noodles (Free Range Chicken)	\$8.70
Samosa Vegetarian - single	\$4.30
Samosas x2 Vegetarian	\$8.20
Pork, Chive, Prawn Dumplings (4 pieces)	\$8.00
BBQ Pork Bun (1) (Steamed)	\$7.50

## COLD MAINS

Katsu Chicken on Rice	\$9.20
Teriyaki Chicken On Rice	\$8.90
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
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

Onigiri with Teriyaki Chicken	\$5.90
Onigiri with Tuna	\$5.90
ECO ROLL - Chicken Avocado Sushi	\$5.50
ECO ROLL - Fried Chicken Sushi	\$5.50
ECO ROLL - Salmon Avocado Sushi	\$5.50
4x Large Chicken Avocado 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 Sushi	\$9.90
4x Large Vegetarian Sushi	\$9.80

## DESIGN YOUR OWN

Design a Sandwich - CHICKEN (Free Range)	\$6.00
Design a Sandwich - HAM	\$6.00
Design a Sandwich - TUNA in Spring Water	\$6.00
Design A Sandwich - VEGETARIAN	\$5.50
Round Roll - Chicken & Salad	\$6.00
Round Roll - Ham & Salad	\$6.00
Green Salad	\$7.70

## VALUE PACKS

Sausage Roll, Popcorn & Apple	\$9.70
Vegemite Sandwich, Popcorn & Blackcurra...	\$10.70

## SNACKS & DESSERTS

Chocolate Chip Cookie	\$3.90
Choclate Cake	\$3.90
Muffins	\$3.90
Chocolate Brownie	\$4.50
Weetbix Coconut Slice	\$3.80
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
Kiwifruit	\$3.00
Orange Fresh & Quartered	\$3.80
Carrot Sticks	\$3.40
Hummus	\$3.80
Lime or Berry or Orange Jelly smal2	\$2.80
Pita Crisps Small Bag	\$4.10
Pretzels	\$3.20
Vegetable Crisps	\$2.80
Popcorn	\$3.00

## DRINKS

Mill Orchard Juices	\$4.20
Milk 300ml	\$3.60

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