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eZlunch MENU

Mt Roskill Intermediate / Term 1 2023



242 Marua Road
Mt Wellington
Auckland
09-579 5499

WARM MAINS

Teriyaki Chicken	\$8.70
American Hotdog	\$8.20
Beef Burger	\$9.00
Macaroni Cheese	\$8.80
Gluten Free Macaroni Cheese	\$10.20
Spaghetti Bolognese	\$9.00
Butter Chicken on rice	\$9.80
Mild Chilli Bean Nachos (large) with optio...	\$8.40
Lasagne	\$9.20
Gluten Free Beef Lasagne	\$10.50
Oven Baked Spring Rolls with Soya Sauce	\$5.70
Noodles (Vegetarian)	\$7.70
Noodles (Free Range Chicken)	\$8.50
Egg Fried Rice	\$7.70
Samosa (Vegetarian or Chicken) - single	\$4.20
Samosas x2 (Vegetarian or Chicken)	\$8.00
Pork, Chive, Prawn Dumplings (4 pieces)	\$7.80
BBQ Pork Bun (1) (Steamed)	\$7.10

COLD MAINS

Teriyaki Chicken and rice	\$8.70
Design A Sandwich BEEF	\$5.90
Design a Sandwich CHICKEN (Free Range)	\$5.90
Design a Sandwich TUNA in Spring Water	\$5.90
Design A Sandwich VEGETARIAN	\$5.40
Design a Sandwich HAM	\$5.90
Round Roll Chicken Salad	\$5.90
Round Rolls Ham & Salad	\$5.90
Vegemite Sandwich	\$4.90
Pita Crisps & Fresh Hummus	\$7.00
Green Salad (design your own)	\$7.50
Roasted Chicken & Green Salad (design yo...	\$8.50
Ham & Green Salad (design your own)	\$8.50

SUSHI

ECO ROLL - Chicken Avocado & Mayo Sushi	\$5.40
ECO ROLL - Salmon Avocado Sushi	\$5.40
4x Large Chicken Avocado & Mayo Sushi	\$9.80
4x Large Salmon Avocado Sushi	\$10.30
4x Large Tuna, Avocado, Mayo Sushi	\$9.80
4x Large Vegetarian Sushi	\$9.80

SNACKS & DESSERTS

Weetbix Coconut Slice	\$3.70
Yoghurt Small 100ml	\$3.60
Fresh Fruit Salad	\$6.90
Apple	\$2.20
Banana	\$2.40
Fresh Sliced Pineapple	\$3.60
Grapes Fresh & washed	\$3.60
Orange Fresh & Quartered	\$3.60
Carrot Sticks	\$3.30
Free range Boiled Egg	\$3.00
Pita Crisps Small Bag	\$4.00
Lebanese Flat Bread	\$3.70
Popcorn	\$3.00

VALUE PACKS

Sausage Roll, Popcorn & Apple	\$9.60
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