

Order online by 9am  
for delivery Mon. Tue.  
Wed. Fri

# eZlunch MENU

Owairoa Primary School / 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
Jesters Pie	\$7.50
Gluten Free Jesters Pie	\$10.20
Sausage Roll - Baked Fresh Daily	\$5.20
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

## VALUE PACKS

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

## 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
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
Orange Fresh & Quartered	\$3.80
Carrot Sticks	\$3.40
Hummus	\$3.80
Lime or Berry or Orange Jelly small	\$2.80
Pita Crisps Small Bag	\$4.10
Pretzels	\$3.20
Vegetable Crisps	\$2.80
Popcorn	\$3.00

## DRINKS

Water	\$3.40
Mill Orchard Juices	\$4.20
Milk 300ml	\$3.60

Order online... [www.eZlunch.co.nz](http://www.eZlunch.co.nz)

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Owairoa Primary School / Term 1 2024



500 Ti Rakau Drive  
Botany Downs  
Auckland  
2013  
09-273 8553

## 6 INCH

BMT- Six inch	\$8.50
Pizza Sub	\$6.20
Chicken Strips - 6 Inch	\$8.50
Ham - 6 Inch	\$6.20
Roast Beef - 6 Inch	\$7.60
Tuna - 6 Inch	\$7.60
Turkey - 6 Inch	\$7.60
Veggie Delite - 6 Inch	\$6.20

## FOOTLONG

BMT - Footlong	\$12.00
Pizza Sub Footlong	\$10.50
Chicken Strips - Footlong	\$12.00
Ham - Footlong	\$10.50
Roast Beef - Footlong	\$11.50
Tuna - Footlong	\$11.50
Turkey - Footlong	\$11.50
Veggie Delite - Footlong	\$10.50

## COOKIES

Cookie	\$1.30
3 x Cookies	\$3.00

## DRINKS

Keri kids	\$3.00
Pump Water 400ml	\$3.00
Keri Orange	\$4.00

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# eZlunch MENU

Owairoa Primary School / Term 1 2024



4/65 Kerwyn Avenue  
East Tamaki  
Auckland  
09-2730102

## SUSHI AND RICE MEALS

3 x Vegetarian Sushi	\$4.80
Rice Roll Teriyaki Chicken	\$7.40
Rice Roll Salmon	\$7.40
Rice Roll Sweet Chilli Chicken	\$7.40
3 x Plain Avocado Sushi	\$4.80
6 x Plain Avocado Sushi	\$8.60
Onigiri with either Tuna or Chicken	\$5.20
3 x Teriyaki Chicken Sushi	\$5.10
6 x Teriyaki Chicken Sushi	\$9.10
3 x katsu Chicken Sushi	\$5.10
6 x Katsu Chicken Sushi	\$9.10
3 x Tuna Mayo Sushi	\$5.10
6 x Tuna Mayo Sushi	\$9.10
3 x Salmon Avocado Sushi	\$5.50
6 x Salmon Avocado Sushi	\$9.90
3 x Fried Prawn Sushi	\$5.10
6 x Fried Prawn Sushi	\$9.10
6 x Vegetarian Sushi	\$8.90
Teriyaki Chicken with vege salad	\$9.00
Teriyaki Chicken on rice	\$8.80
Teriyaki Salmon on rice	\$9.80
Vege Salad and salad sauce	\$5.80
BBQ Pork Bun	\$3.50
Teriyaki Chicken Bun	\$3.50
Soy sauce	\$0.20

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