

Order online by 9am  
for delivery every day

# eZlunch MENU

Ponsonby Primary School / Term 4 2022



Constellation Drive Home Zone  
Mairangi Bay  
09-414 2428

## WARM MAINS - SPECIALS OF THE DAY

Mon	MONDAY - Dumplings 6pcs	\$12.00
Tue	TUESDAY - Pizza Smoked Salmon & Spinach	\$7.80
Tue	TUESDAY - Pizza cheese & ham	\$7.00
Tue	TUESDAY - Pizza cheese & pineapple	\$7.00
Wed	WEDNESDAY - LARGE Teriyaki chicken on rice	\$11.90
Wed	WEDNESDAY - SMALL Teriyaki chicken on rice	\$8.40
Thur	THURSDAY - LARGE Udon noodle with chicken	\$11.90
Thur	THURSDAY - SMALL Udon noodle with chicken	\$8.40

## WARM MAINS

M.T	NEW Mini Vegetarian roll	\$3.90
M.T.W.Th.F	Frankfurters on mash	\$7.90
M.T.W.Th	English Muffin Breakfast Sandwich	\$8.80
	Pancake w. Orange, Pineapple and Strawbe...	\$7.90
T.W.Th	Red Bean Paste Pancake	\$6.90
M.T.Th	Pork & Cabbage Pancake	\$7.40
M.T.Th.F	BBQ Pork Bun (steamed)	\$6.60
W.F	Pork & Cabbage Bun (steamed)	\$6.10
	Fried Dumpling Combo	\$14.30
M.T.W.Th	H1 - Chicken Corn Soup w. cheesy toast	\$10.90
	Mince pie	\$7.80
	Mince & cheese pie	\$7.80
M.T.F	LARGE Butter chicken on rice	\$11.90
M.T.F	SMALL Butter chicken on rice	\$8.40
M.T.W.Th.F	LARGE Spaghetti bolognaise	\$11.90
M.T.W.Th.F	SMALL Spaghetti bolognaise	\$8.40
M.T.W.Th	Vege fried rice (small)	\$7.60
M.T.W.Th.F	Panini ham & cheese	\$9.70
	GF Toasted cheese sandwich	\$8.00
M.W.Th.F	Toasted sandwich cheese & HAM	\$7.50
	Toasted sandwich CHEESE	\$5.90
	Hot dog	\$8.80
	Beef nachos (large)	\$11.50
	Mashed potato	\$4.90
W.Th.F	Mini Sausage roll	\$3.90
	Tomato sauce	\$0.60
	Mince Savoury	\$3.90

## COLD MAINS

M.T.W.Th	Moroccan Couscous Salad (large)	\$11.00
M.T.W.Th	Onigiri rice balls	\$7.50
	Vegetarian Fresh Spring Rolls	\$7.90
	Fresh Spring Rolls	\$7.90
M.T	Green salad with eggs (large)	\$11.00
	Seaweed Inari	\$7.10
	Edamame beans	\$5.40
M.T.W.Th	Sweet & Sour Noodle Salad	\$6.50
M.T.W.Th	Vogel Sandwich - Smoked salmon & avocado	\$8.90
M.T.W.Th	Ham & Cucumber sandwich	\$7.10

M.T.W.Th	Tuna sandwich	\$7.10
M.T.W.Th	Rice Balls and Salad	\$10.80
M.T.W.Th	Tofu Pockets and Salad	\$10.80
M.T.W.Th	Vegetable Noodle Salad (small)	\$6.50
	Chicken Wrap	\$8.80
M.T.W.Th	Vogel - Chicken	\$7.80
M.T.W.Th	Vogel - Vegetable	\$7.80
M.T	Egg mayo sandwich	\$6.50
W.Th	Ham, Egg & Mayo Sandwich	\$7.50
	Chicken & Vege Sandwich	\$7.50

## SUSHI

	Crab Sushi (5 pieces)	\$9.80
	Seaweed Sushi (5 pieces)	\$9.80
	Inari Sushi (5 pieces)	\$9.80
	Sushi Chicken (5 pieces)	\$9.80
	Sushi Chicken (3 pieces)	\$6.70
	Sushi Chicken & Avocado (5 pieces)	\$9.80
	Sushi Tuna & Fancy Lettuce (5 pieces)	\$9.80
	Sushi Smoked Salmon & Avocado (5 pieces)	\$10.80
	Sushi Vegetarian (5 pieces)	\$9.80
	Sushi Cream Cheese & Pineapple (5 pieces)	\$10.60
	Soy sauce	\$0.40

## SNACKS & DESSERTS

M.T.W.Th	Milk beans	\$2.50
M.T.W.Th	Chocolate Bliss Balls	\$5.00
M.T.W.Th	After School Combo 1	\$15.90
M.T.W.Th	After School Combo 2	\$12.40
	Popcorn	\$2.90
	Brownie - Chocolate	\$5.00
	Chocolate muffin	\$3.70
	Cookie - chocolate	\$3.50
	Yoghurt	\$4.30
	Fresh fruit salad	\$8.10
T.W.Th	Carrot sticks	\$3.10
T.W.Th.F	Grapes - fresh & washed	\$3.70
T.W.Th	Pineapple - Sliced	\$3.70
M.T.W.Th	Sweet Seaweed	\$3.70
	Organic Seaweed - 2g Snack Pack	\$2.70

## DRINKS

T.F	VIBE sparkling water 330ml - Lemonade	\$3.60
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toll free 0800 EZLUNCH (09-869 5200)  
8am-4pm Mon-Fri (except public holidays)

Order online by  
9:30am  
for delivery Wed, Thur,  
Fri

# eZlunch MENU

Ponsonby Primary School / Term 4 2022



1 Williamson Avenue  
Grey Lynn  
09 3787400

## PANE E VINO LUNCH

NEW Pizza (chicken, tomato & cheese)	\$6.00
Pizza (Ham, Cheese & Pineapple)	\$6.00
Pizza (mushroom & cheese)	\$6.00
Pizza (Ham & Cheese)	\$6.00
Pizza (Tomato & Cheese)	\$5.00
Pizza (Pepperoni & Cheese)	\$6.00
Garlic bread	\$4.50
Arancini	\$6.00
Chicken Caesar Wrap	\$6.00
GLUTEN FREE Chicken Caesar Wrap	\$7.00
Vegetarian Wrap	\$6.00
GLUTEN FREE Vegetarian Wrap	\$7.00
Penne Pasta (Bolognese)	\$5.50
Penne Pasta (Tomato)	\$5.50
Penne pasta with basil pesto	\$6.00
Penne Pasta (Cheese)	\$6.00
Penne Pasta (Creamy Chicken)	\$6.00
Chocolate Brownie	\$3.00
Banana	\$2.00
Arancini mushroom	\$7.00

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## CAFE CORNER - MEALS

M.T.W	Large Curry beef on rice	\$12.30
	NEW Stir fried rice	\$21.10
	Sweet & Sour Chicken on Rice	\$21.10
Thur	Bacon Frittata	\$14.10
	Chocolate caramel slice	\$7.00
	Ham,cheese and tomato Croissant	\$11.70
	Beef Stew on Mashed Potato	\$21.10
	Banana Bread	\$5.90
	Macaroni Cheese	\$14.00
	Beef Burger	\$20.20
	Chicken Nuggets & Chips - Air fried	\$13.60
	Smoked Chicken Vogel Sandwich	\$11.70
	Roasted Beef Vogel Sandwich	\$11.70
M,Th	Beef Lasagne	\$17.60
Mon	Smoked Chicken Sandwich, choc caramel slice	\$17.60
Tue	Chicken Mushroom Filo with Roasted Pumpk...	\$17.60
Tue	Chicken Bacon Sandwich & Mini Blueber...	\$17.60
Wed	Bacon & Veg Quiche with Baked Beans	\$17.60
Wed	Roasted Beef Sandwich, Mini Raspberry Muffin	\$17.60
Thur	Chicken Sandwich, Mini Chocolate Muffin	\$17.60
Fri	Bacon & Egg Sandwich, Banana Bread	\$17.60
	Raspberry & White Chocolate Muffin (large)	\$5.90
	Blueberry & Cream cheese Muffin (large)	\$5.90

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115 Ponsonby Rd  
Ponsonby  
Auckland 1011  
09-3604200

## 6 INCH SUBS

Roast Beef 6 inch	\$5.00
Ham 6 inch	\$5.00
Salami 6 inch	\$5.00
Turkey 6 inch	\$5.00
Tuna 6 inch	\$5.00
Veggie Delite 6 inch	\$5.00

## COMBOS

6 inch combo - choose your protein	\$8.00
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## EXTRAS

Chocolate Chip Cookies	\$1.30
Tropical Kid Juice	\$3.00
Mini Water Pump	\$3.00

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