

Order online by 9am
for delivery every day

eZlunch MENU

Ponsonby Primary School / Term 3 2023



Constellation Drive Home Zone
Mairangi Bay
09-414 2428

WARM MAINS - SPECIALS OF THE DAY

| | | |
|------|--|---------|
| Mon | MONDAY - Dumplings 8pcs | \$12.70 |
| Tue | TUESDAY - Pizza Smoked Salmon & Spinach | \$8.20 |
| Tue | TUESDAY - Pizza cheese & ham | \$7.40 |
| Tue | TUESDAY - Pizza cheese & pineapple | \$7.40 |
| Wed | WEDNESDAY - LARGE Teriyaki chicken on rice | \$12.60 |
| Wed | WEDNESDAY - SMALL Teriyaki chicken on rice | \$8.90 |
| Thur | THURSDAY - LARGE Udon noodle with chicken | \$12.60 |
| Thur | THURSDAY - SMALL Udon noodle with chicken | \$8.90 |

WARM MAINS

| | | |
|------------|---|---------|
| M.W.Th.F | NEW Steak pie | \$7.90 |
| M.T.W.Th | NEW Vegetarian roll | \$7.40 |
| M.T.W.Th.F | Frankfurters on mash | \$8.30 |
| M.T.W.Th | English Muffin Breakfast Sandwich | \$9.30 |
| | Pancake w. Orange, Pineapple and Strawbe... | \$8.30 |
| T.W.Th | Red Bean Paste Pancake | \$6.80 |
| M.T.Th | Pork & Cabbage Pancake | \$7.20 |
| M.T.Th.F | BBQ Pork Bun (steamed) | \$6.50 |
| W.F | Pork & Cabbage Bun (steamed) | \$6.00 |
| | Fried Dumpling Combo | \$14.00 |
| M.T.W.Th | H1 - Chicken Corn Soup w. cheesy toast | \$11.50 |
| | Mince pie | \$7.90 |
| | Mince & cheese pie | \$7.90 |
| M.T.Th.F | LARGE Butter chicken on rice | \$12.60 |
| M.T.Th.F | SMALL Butter chicken on rice | \$8.90 |
| M.T.W.Th.F | LARGE Spaghetti bolognaise | \$12.60 |
| M.T.W.Th.F | SMALL Spaghetti bolognaise | \$8.90 |
| M.T.W.Th | Vege fried rice (small) | \$8.10 |
| M.T.W.Th.F | Panini ham & cheese | \$10.30 |
| | GF Toasted cheese sandwich | \$8.50 |
| M.W.Th.F | Toasted sandwich cheese & HAM | \$7.90 |
| | Toasted sandwich CHEESE | \$6.30 |
| | Hot dog | \$9.30 |
| | Beef nachos (large) | \$12.20 |
| | Mashed potato | \$5.20 |
| W.Th.F | Mini Sausage roll | \$4.10 |
| | Tomato sauce | \$0.70 |
| | Mince Savoury | \$4.10 |

COLD MAINS

| | | |
|----------|---------------------------------|---------|
| M.T.W.Th | NEW Rice sandwich | \$7.90 |
| M.T.W.Th | Moroccan Couscous Salad (large) | \$11.60 |
| M.T.W.Th | Onigiri rice balls | \$7.90 |
| | Vegetarian Fresh Spring Rolls | \$8.30 |
| | Fresh Spring Rolls | \$8.30 |
| M.T | Green salad with eggs (large) | \$11.60 |
| | Seaweed Inari | \$7.50 |
| | Edamame beans | \$5.70 |
| M.T.W.Th | Sweet & Sour Noodle Salad | \$6.80 |

| | | |
|------------|--|---------|
| M.T.W.Th | Vogel Sandwich - Smoked salmon & avocado | \$9.40 |
| M.T.W.Th.F | Ham & Cucumber sandwich | \$7.50 |
| M.T.W.Th.F | Tuna sandwich | \$7.50 |
| M.T.W.Th | Rice Balls and Salad | \$11.40 |
| M.T.W.Th | Tofu Pockets and Salad | \$11.40 |
| M.T.W.Th | Vegetable Noodle Salad (small) | \$6.80 |
| | Chicken Wrap | \$9.30 |
| M.T.W.Th | Vogel - Chicken | \$8.20 |
| M.T.W.Th | Vogel - Vegetable | \$8.20 |
| M.T | Egg mayo sandwich | \$6.80 |
| W.Th | Ham, Egg & Mayo Sandwich | \$7.90 |
| | Chicken & Vege Sandwich | \$7.90 |

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.F | Milk beans | \$1.00 |
| M.T.W.Th | Chocolate Bliss Balls | \$5.20 |
| M.T.W.Th | After School Combo 1 | \$16.80 |
| M.T.W.Th | After School Combo 2 | \$13.10 |
| | Popcorn | \$3.00 |
| | Brownie - Chocolate | \$5.30 |
| | Chocolate muffin | \$3.90 |
| | Cookie - chocolate | \$3.70 |
| | Yoghurt | \$4.60 |
| | Fresh fruit salad | \$8.50 |
| T.W.Th | Carrot sticks | \$3.30 |
| T.W.Th.F | Grapes - fresh & washed | \$3.90 |
| T.W.Th | Pineapple - Sliced | \$3.90 |
| M.T.W.Th | Sweet Seaweed | \$3.90 |

SEE MORE ONLINE...

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

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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 |
|------------------------------------|--------|

EXTRAS

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

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Easily order & pay for your ezlunch using your 'myKindo' family account. MyKindo is a payment portal for a variety of services at schools and organisations. Your myKindo account can be topped up by debit or credit card (fees apply), or by bank transfer, in advance or at the time of purchase. To get started, 'create account' or log in to your existing myKindo account and add a member or student. Go to www.ezlunch.co.nz.

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Order online by 9am
for delivery Wed. Thur.
Fri

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503 New North Road
Kingstland
mob-021 0695981

ITALIAN LUNCH

| | |
|-------------------------------------|--------|
| Calzone Pizza | \$6.00 |
| Arancini Cheese x 2 | \$6.00 |
| Arancini with Beef & Mozzarella x 4 | \$6.00 |
| NEW! Pizza (pork sausage) | \$7.00 |
| Pizza (chicken, tomato & cheese) | \$6.00 |
| Pizza (mushroom & cheese) | \$6.00 |
| Pizza (Ham, Cheese & Pineapple) | \$6.00 |
| Pizza (Ham & Cheese) | \$6.00 |
| Pizza (Tomato & Cheese) | \$5.00 |
| Pizza (Pepperoni & Cheese) | \$6.00 |
| Chicken Caesar Wrap | \$6.00 |
| Vegetarian Wrap | \$6.00 |
| Penne Pasta (Bolognese) | \$5.50 |
| Penne Pasta (Tomato) | \$5.50 |
| Penne Pasta (Creamy Chicken) | \$6.00 |
| Penne Pasta (Cheese) | \$6.00 |
| Pasta salad | \$6.00 |
| Pasta salad vegetarian | \$6.00 |
| Chocolate Brownie | \$3.00 |

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CAFE CORNER - MEALS

| | | |
|-------|--|---------|
| M.T.W | Large Curry beef on rice | \$13.30 |
| | NEW Stir fried rice | \$21.50 |
| | Sweet & Sour Chicken on Rice | \$21.50 |
| Thur | Bacon Frittata | \$14.30 |
| | Chocolate caramel slice | \$7.80 |
| | Ham,cheese and tomato Croissant | \$11.40 |
| | Banana Bread | \$6.60 |
| | Macaroni Cheese | \$14.20 |
| | Beef Burger | \$20.50 |
| | Chicken Nuggets & Chips - Air fried | \$13.80 |
| | Smoked Chicken Vogel Sandwich | \$11.90 |
| | Roasted Beef Vogel Sandwich | \$11.90 |
| M.Th | Beef Lasagne | \$17.90 |
| Mon | Smoked Chicken Sandwich, choc caramel slice | \$17.90 |
| Tue | Chicken Mushroom Filo with Roasted Pumpk... | \$17.90 |
| Tue | Chicken Bacon Sandwich & Mini Blueber... | \$17.90 |
| Wed | Bacon & Veg Quiche with Baked Beans | \$17.90 |
| Wed | Roasted Beef Sandwich, Mini Raspberry Muffin | \$17.90 |
| Thur | Chicken Sandwich, Mini Chocolate Muffin | \$17.90 |
| Fri | Bacon & Egg Sandwich, Banana Bread | \$17.90 |
| | Raspberry & White Chocolate Muffin (large) | \$6.00 |
| | Blueberry & Cream cheese Muffin (large) | \$6.00 |

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