

Order online by 9am
for delivery every day

eZlunch MENU

Ponsonby Primary School / Term 4 2023



Constellation Drive Home Zone
Mairangi Bay
09-414 2428

WARM MAINS - SPECIALS OF THE DAY

Mon	MONDAY - Dumplings 8pcs	\$12.90
Tue	TUESDAY - Pizza Smoked Salmon & Spinach	\$8.30
Tue	TUESDAY - Pizza cheese & ham	\$7.50
Tue	TUESDAY - Pizza cheese & pineapple	\$7.50
Wed	WEDNESDAY - LARGE Teriyaki chicken on rice	\$12.80
Wed	WEDNESDAY - SMALL Teriyaki chicken on rice	\$9.00
Thur	THURSDAY - LARGE Macaroni cheese	\$12.80
Thur	THURSDAY - SMALL Macaroni cheese	\$9.00

WARM MAINS

M.W.Th.F	Steak pie	\$8.10
M.T.W.Th.F	Vegetarian roll	\$7.50
M.T.W.Th.F	Frankfurters on mash	\$8.40
M.T.Th	English Muffin Breakfast Sandwich	\$9.40
	Pancake w. Orange, Pineapple and Strawbe...	\$8.40
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	\$11.70
	Mince pie	\$8.10
	Mince & cheese pie	\$8.10
M.T.Th.F	LARGE Butter chicken on rice	\$12.80
M.T.Th.F	SMALL Butter chicken on rice	\$9.00
M.T.W.Th.F	LARGE Spaghetti bolognaise	\$12.80
M.T.W.Th.F	SMALL Spaghetti bolognaise	\$9.00
M.T.W.Th	Vege fried rice (small)	\$8.20
M.W.Th.F	Panini ham & cheese	\$10.70
	GF Toasted cheese sandwich	\$8.60
M.W.Th.F	Toasted sandwich cheese & HAM	\$8.00
	Toasted sandwich CHEESE	\$6.40
M.T.W.Th	Hot dog	\$9.40
T.W.Th.F	Beef nachos (large)	\$12.40
	Mashed potato	\$5.30
W.Th.F	Mini Sausage roll	\$4.20
	Tomato sauce	\$0.70
	Mince Savoury	\$4.20

COLD MAINS

M.T.W	Rice sandwich	\$8.00
M.T.W.Th	Moroccan Couscous Salad (large)	\$11.80
M.T.Th	Onigiri rice balls	\$8.00
	Vegetarian Fresh Spring Rolls	\$8.40
	Fresh Spring Rolls	\$8.40
M.T	Green salad with eggs (large)	\$11.80
	Seaweed Inari	\$7.60
M.T.W.Th	Sweet & Sour Noodle Salad	\$6.90
M.T.W.Th	Vogel Sandwich - Smoked salmon & avocado	\$9.50

M.T.W.Th	Ham & Cucumber sandwich	\$7.60
M.T.Th.F	Tuna sandwich	\$7.60
M.T.W.Th	Rice Balls and Salad	\$11.60
M.T.W.Th	Tofu Pockets and Salad	\$11.60
M.T.W.Th	Vegetable Noodle Salad (small)	\$6.90
	Chicken Wrap	\$9.40
M.W.Th	Vogel - Chicken	\$8.30
M.T.W.Th	Vogel - Vegetable	\$8.30
M.T	Egg mayo sandwich	\$6.90
W.Th	Ham, Egg & Mayo Sandwich	\$8.00
T.W.Th.F	Chicken & Vege Sandwich	\$8.00

SUSHI

	Crab Sushi (5 pieces)	\$9.80
	Seaweed Sushi (5 pieces)	\$9.80
	Inari Sushi (5 pieces)	\$9.80
M.T.W.Th	Sushi Chicken (5 pieces)	\$9.80
	Sushi Chicken (3 pieces)	\$6.70
M.W.Th.F	Sushi Chicken & Avocado (5 pieces)	\$9.80
M.T.W.F	Sushi Tuna & Fancy Lettuce (5 pieces)	\$9.80
T.W.Th.F	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.Th.F	Edamame beans	\$5.70
T.W.Th.F	Chocolate Milk beans	\$3.90
M.T.W.Th	Chocolate Bliss Balls	\$5.30
M.T.W.Th	Combo Deal 2	\$13.10
M.T.W.Th	Popcorn	\$3.00
	Brownie - Chocolate	\$5.30
	Chocolate muffin	\$3.90
	Cookie - chocolate	\$3.70
M.W.Th.F	Yoghurt	\$4.60
	Fresh fruit salad	\$8.50
T.W.Th	Carrot sticks	\$3.30
T.W.F	Grapes - fresh & washed	\$3.90
T.W.Th	Pineapple - Sliced	\$3.90
M.T.W.Th	Sweet Seaweed	\$3.90
	Organic Seaweed - 2g Snack Pack	\$2.90

DRINKS

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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
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EXTRAS

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

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Fri

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1 Williamson Avenue
Grey Lynn
09 3787400

ITALIAN LUNCH

Mozzarella frita	\$6.00
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

	NEW Smoked Chicken & Avocado Sandwich	\$8.60
	NEW Ultimate Beef Sandwich	\$8.60
	NEW Go-deli Mini Food Set	\$22.20
	NEW BLAT	\$20.70
T.W.Th	NEW Gourmet Chicken Burger	\$23.40
	NEW Just Nuggets 10 pieces	\$14.20
M.T.W.Th	Large Curry beef on rice	\$14.70
	Stir fried rice	\$21.50
	Sweet & Sour Chicken on Rice	\$21.50
Thur	Bacon Frittata	\$14.30
	Chocolate caramel slice	\$8.60
	Ham,cheese and tomato Croissant	\$12.10
	Banana Bread	\$7.30
	Macaroni Cheese	\$15.00
	Beef Burger	\$20.50
	Chicken Nuggets & Chips - Air fried	\$14.60
M,Th	Beef Lasagne	\$17.90
Tue	Chicken Mushroom Filo with Roasted Pumpk...	\$17.90
Wed	Bacon & Veg Quiche with Baked Beans	\$17.90
	Raspberry & White Chocolate Muffin (large)	\$6.80
	Blueberry & Cream cheese Muffin (large)	\$6.80

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