

Order online by 9am  
for delivery every day

# eZlunch MENU

Cockle Bay 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
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## 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

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Need help? Visit [support.mykindo.co.nz](http://support.mykindo.co.nz) or call toll free 0800 EZLUNCH (09-869 5200) 8am-4pm Mon-Fri (except public holidays)

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

# eZlunch MENU

Cockle Bay 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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