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for delivery every day

ezlunch MENU

Mt Roskill Intermediate / Term 1 2018



242 Marua Road
Mt Wellington
Auckland
09-579 5499

WARM MAINS

Beef Burger	\$6.50
Teriyaki Chicken on Rice	\$6.70
Macaroni Cheese	\$6.10
Gluten Free Macaroni Cheese	\$6.90
Spaghetti Bolognese	\$6.70
Butter Chicken on rice	\$6.70
Mild Chilli Bean Nachos (large) with optio...	\$5.80
Lasagne	\$6.70
Gluten Free Beef Lasagne	\$7.90
Oven Baked Spring Rolls with Soya Sauce	\$4.30
Noodles (Vegetarian)	\$4.30
Noodles (Free Range Chicken)	\$5.30
Egg Fried Rice	\$5.30
Samosa (Vegetarian or Lamb) - single	\$3.20
Samosas x2 (Vegetarian or Lamb)	\$6.00

COLD MAINS

Design A Sandwich BEEF	\$3.70
Design a Sandwich CHICKEN (Free Range)	\$3.70
Design a Sandwich TUNA in Spring Water	\$3.70
Design A Sandwich VEGETARIAN	\$2.90
Design a Sandwich HAM	\$3.70
Round Roll Chicken Salad	\$4.00
Round Rolls Ham & Salad	\$4.00
Ham & Cheese Scroll	\$3.80
Vegemite & Cheese Scroll	\$3.50
Vegemite Sandwich	\$2.70
Pita Crisps & Fresh Hummus	\$5.50
Green Salad (design your own)	\$3.70
Roasted Chicken & Green Salad (design yo...	\$5.00
Ham & Green Salad (design your own)	\$5.00

SUSHI

3 x Chicken Avocado & Mayo Sushi	\$4.20
6 x Chicken Avocado & Mayo Sushi	\$7.90
3 x Salmon Avocado Sushi	\$4.20
6 x Salmon Avocado Sushi	\$7.90
6 x Tuna, Avocado, Mayo Sushi	\$7.90
6 x Vegetarian Sushi	\$7.50

SNACKS & DESSERTS

Yoghurt Small 100ml	\$2.20
Fresh Fruit Salad	\$4.50
Apple	\$1.70
Banana	\$1.90
Fresh Sliced Pineapple	\$2.40
Grapes Fresh & washed	\$2.40
Orange Fresh & Quartered	\$2.00
Fresh Dates (4)	\$2.80
Carrot Sticks	\$1.60
Free range Boiled Egg	\$1.60
Pita Crisps Small Bag	\$2.50
Lebanese Flat Bread	\$1.80

VALUE PACKS

Vegemite Scroll & Fruit	\$5.20
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