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for delivery Wed. Fri

eZlunch MENU

Paraparaumu Beach School / Term 3 2018



159 Kapiti Road
Paraparaumu 5032
04-298 0011

WARM MEALS

Beef Lasagne	\$5.99
NEW: Vegetable and Feta Lasagne	\$5.99
Roast Vegetable Frittata	\$4.99
NEW: Creamy Carbonara and Bacon Pasta	\$5.99
NEW: Macaroni Cheese with Ham	\$4.99

SANDWICHES & BREAD PRODUCTS

Ham and Egg sandwich	\$4.50
GLUTEN FREE Ham and Egg sandwich	\$5.50
Chicken and Cranberry sandwich	\$4.99
GLUTEN FREE Chicken and Cranberry sandwich	\$5.99
Ham salad filled roll	\$4.99
Ham Sandwich	\$3.99
GLUTEN FREE Ham Sandwich	\$4.99
Egg Sandwich	\$3.99
GLUTEN FREE Egg Sandwich	\$4.99
Cheese and Mayo Sandwich	\$3.99
GLUTEN FREE Cheese and Mayo Sandwich	\$4.99
Ham Salad Sandwich	\$4.50
GLUTEN FREE Ham Salad Sandwich	\$5.50
Scroll - Ham and Mayo	\$2.95
Scroll - Marmite	\$2.95
Scroll - Spinach Feta and Pesto	\$2.95

SUSHI

Teriyaki Chicken Sushi - 6 piece	\$6.99
Teriyaki Chicken Sushi - 4 piece	\$4.99
Teriyaki Chicken & Avocado Sushi - 6 piece	\$6.99
Teriyaki Chicken & Avocado Sushi - 4 piece	\$4.99
Smoked Salmon Sushi - 6 piece	\$6.99
Smoked Salmon Sushi - 4 piece	\$4.99
Smoked Salmon & Avocado Sushi - 6 piece	\$6.99
Smoked Salmon & Avocado Sushi - 4 piece	\$4.99
Avocado Sushi - 4 piece	\$4.99
Avocado Sushi - 6 piece	\$6.99
Teriyaki Chicken on Rice	\$6.99

SNACKS

Small Muffin - Blueberry	\$1.25
Small Muffin - Chocolate Chip	\$1.25
Mainland Edam Natural Cheese Stick	\$0.90
Dairyworks Edam Cheese & Crackers Snack Pack	\$1.70
Suckies Yoghurt 100g Pouches	\$2.50
Anchor Uno Yoghurt Pouches	\$2.50
Cheese Scone	\$2.00
Date Scone	\$2.00
Sultana Scone	\$2.00

FRUIT

Grape Pottle (small)	\$2.99
Apple	\$1.00
Banana	\$1.00
Mandarin	\$0.75

DRINKS

Pam's Water 750ml	\$1.60
Anchor Blue Milk 300ml bottles	\$1.60

TEACHERS CORNER

Gourmet Smoked Chicken Turkish Roll	\$5.99
Chicken Salad Bowl	\$6.49
French Stick - Champagne ham	\$5.79
French Stick - Roast Beef	\$5.79

Order online... www.ezlunch.co.nz

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