

Order online by 9am
for delivery Mon. Tue.
Wed. Thur

eZlunch MENU

Howick Intermediate / 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
Sausage Roll, Popcorn & Apple	\$9.70

SUSHI

Tuna Avocado Sushi 6 PCS	\$10.50
Tuna Avocado Sushi 4 PCS	\$7.50
Plain Katsu Chicken Sushi 6PCS	\$10.50
Plain Teriyaki Chicken Sushi 4PCS	\$7.50
Plain Teriyaki Chicken Sushi 6PCS	\$10.50
Teriyaki Chicken Sushi With Avocado ...	\$7.50
Teriyaki Chicken Sushi With Avocado ...	\$10.50
Sushi Lunch Box	\$13.20
ECO Roll - Plain Katsu Chicken Sushi	\$5.50
ECO Roll - Plain Teriyaki Chicken Sushi	\$5.50

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
-------	--------

Order online... www.eZlunch.co.nz

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.

Need help? Visit 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 Friday

eZlunch MENU

Howick Intermediate / 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

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

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.

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