

Order online by 9am
for delivery Wednesday

eZlunch MENU

Elmwood Normal School / Term 4 2021



7 Normans Road
Strowan
Christchurch
03-355 6191

SUSHI

Teriyaki Chicken - 6 pce	\$9.50
Teriyaki Chicken - 8 pce	\$12.50
Crispy Chicken - 6 pce	\$9.50
Crispy Chicken - 8 pce	\$12.50
Salmon & Avocado - 6 pce	\$9.80
Salmon & Avocado - 8 pce	\$13.00
Tuna Mayo - 6 pce	\$9.80
Tuna Mayo - 8 pce	\$12.50
Prawn - 6 pce	\$9.80
Prawn - 8 pce	\$13.00
Vegetarian - 6 pce	\$9.50
Vegetarian - 8 pce	\$12.50
Gluten free teriyakichiciken sushi 6pce	\$9.50
Gluten free teriyakichiciken sushi 8pce	\$12.50
Gluten free teriyakichiciken stick	\$3.80
Gluten free teriyakichiciken riceball large	\$5.80
Gluten free teriyakichiciken riceball small	\$3.80
Gluten free teriyakichiciken on rice large	\$9.50
Gluten free teriyakichiciken on rice small	\$7.50

SUSHI STICK

Teriyaki Chicken Stick	\$3.80
Tuna Stick	\$3.80
Vegetarian Stick	\$3.80

RICE BALL

Teriyaki Chicken Rice Ball - small	\$3.80
Teriyaki Chicken Rice Ball - large	\$5.80
Crispy Chicken Rice Ball - small	\$3.80
Crispy Chicken Rice Ball - large	\$5.80

ON RICE

Teriyaki Chicken on Rice - small	\$7.00
Teriyaki Chicken on Rice - large	\$9.50
Crispy Chicken on Rice - small	\$7.50
Crispy Chicken on Rice - large	\$10.00

BENTO BOX

Teriyaki Chicken Kids Bento	\$9.50
Crispy Chicken Kids Bento	\$9.50
Vegetable Tempura Kids Bento	\$9.50

TAPAS

seaweed salad	\$6.00
Edmame bean	\$6.00
Karaage Chicken	\$6.80
Pork Dumplings - 5 pce	\$6.80
Crispy Katsu Chicken	\$9.50
Prawn - 3 pce	\$7.00
Potato Cake - 2 pce	\$5.00
Vegetable Spring Rolls - 5 pce	\$3.80

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

Elmwood Normal School / Term 4 2021



Parklands Mall
60 Queenspark Drive
Parklands
Christchurch 8083
03-383 8490

SUBS - 6 INCH

Ham - 6 inch Sub	\$6.50
Turkey - 6 inch Sub	\$6.50
Ham & Turkey - 6 inch Sub	\$6.50
Roast Beef - 6 inch Sub	\$6.50
Salami - 6 inch Sub	\$6.50
Pizza (Salami & Pepperoni) - 6 inch Sub	\$6.50
Tuna - 6 inch Sub	\$6.50
Veggie Delight - 6 inch Sub	\$6.50

SUBS - FOOTLONG

Ham - Footlong Sub	\$9.50
Turkey - Footlong Sub	\$9.50
Ham & Turkey - Footlong Sub	\$9.50
Roast Beef - Footlong Sub	\$9.50
Salami - Footlong Sub	\$9.50
Pizza (Salami & Pepperoni) - Footlong Sub	\$9.50
Tuna - Footlong Sub	\$9.50
Veggie Delight - Footlong Sub	\$9.50

SUBS - MINI

Ham - Mini	\$5.50
Turkey - Mini	\$5.50
Ham & Turkey - Mini	\$5.50
Roast Beef - Mini	\$5.50
Salami - Mini	\$5.50
Pizza (Salami & Pepperoni) - Mini	\$5.50
Tuna - Mini	\$5.50
Veggie Delite (no meat) - Mini	\$5.50

GLUTEN FREE WRAP

Ham Gluten Free Wrap	\$7.50
Turkey Gluten Free Wrap	\$7.50
Ham & Turkey Gluten Free Wrap	\$7.50
Roast Beef Gluten Free Wrap	\$7.50
Salami Gluten Free Wrap	\$7.50
Pizza (Salami & Pepperoni) Gluten Free Wrap	\$7.50
Tuna Gluten Free Wrap	\$7.50
Veggie Delight Gluten Free Wrap	\$7.50

PLAIN TORTILLA WRAP

Ham Plain Tortilla Wrap	\$6.00
Turkey Plain Tortilla Wrap	\$6.00
Ham & Turkey Plain Tortilla Wrap	\$6.00
Roast Beef Plain Tortilla Wrap	\$6.00
Salami Plain Tortilla Wrap	\$6.00
Pizza (Salami & Pepperoni) Plain Tortilla Wrap	\$6.00
Tuna Plain Tortilla Wrap	\$6.00
Veggie Delite Plain Tortilla Wrap	\$6.00

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