

Order online by 9am
for delivery Wednesday

eZlunch MENU

Heaton Normal Intermediate School / Term 3 2023



5 Golf Links Rd
Shirley
Christchurch 8061
mob 022 460 0864

PLAIN PETITA PITA

Free Range Chicken Petita	\$7.00
Free Farmed Ham Petita	\$7.00
Roast Beef Petita	\$7.00
Roast Lamb Petita	\$7.00
Grilled Steak Petita	\$7.50
Falafel Petita	\$7.00
Garden Veggie Petita	\$6.50

WHOLEMEAL PETITA PITA

Wholemeal Free Range Chicken Petita	\$7.00
Wholemeal Free Farmed Ham Petita	\$7.00
Wholemeal Roast Beef Petita	\$7.00
Wholemeal Roast Lamb Petita	\$7.00
Wholemeal Grilled Steak Petita	\$7.00
Wholemeal Falafel Petita	\$7.00
Wholemeal Garden Veggie Petita	\$6.50

GLUTEN FREE PETITA WRAP

GLUTEN FREE Free Range Chicken Petita WRAP	\$9.00
GLUTEN FREE Free Farmed Ham Petita WRAP	\$9.00
GLUTEN FREE Roast Beef Petita WRAP	\$9.00
GLUTEN FREE Roast Lamb Petita WRAP	\$9.00
GLUTEN FREE Grilled Steak Petita WRAP	\$9.00
GLUTEN FREE Garden Veggie Petita WRAP	\$8.50

PETITA SALAD BOX

Free Farmed Chicken Petita Salad Box	\$7.50
Free Farmed Ham Petita Salad Box	\$7.50
Roast Beef Petita Salad Box	\$7.50
Roast Lamb Petita Salad Box	\$8.00
Grilled Steak Petita Salad Box	\$8.00
Falafel Petita Salad Box	\$7.50
Garden Veggie Petita Salad Box	\$7.50

PLAIN REGULAR PITA

Free Range Chicken Regular Pita	\$9.50
Free Farmed Ham Regular Pita	\$9.50
Roast Beef Regular Pita	\$9.00
Roast Lamb Regular Pita	\$10.00
Grilled Steak Regular Pita	\$10.00
Falafel Regular Pita	\$9.50
Garden Veggie Regular Pita	\$9.00

WHOLEMEAL REGULAR PITA

Wholemeal Free Range Chicken Regular Pita	\$9.50
Wholemeal Free farmed Ham Regular Pita	\$9.50
Wholemeal Roast Beef Regular Pita	\$9.50
Wholemeal Roast Lamb Regular Pita	\$10.00
Wholemeal Grilled Steak Regular Pita	\$10.00
Wholemeal Falafel Regular Pita	\$9.50
Wholemeal Garden Veggie Regular Pita	\$9.00

GLUTEN FREE REGULAR WRAP

GLUTEN FREE Free Range Chicken Regular Wrap	\$10.50
GLUTEN FREE Free Farmed Ham Regular Wrap	\$10.50
GLUTEN FREE Roast Beef Regular Wrap	\$10.50
GLUTEN FREE Roast Lamb Regular Wrap	\$10.50
GLUTEN FREE Grilled Steak Regular Wrap	\$10.50
GLUTEN FREE Garden Veggie Regular Wrap	\$10.00

REGULAR SALAD BOX

Free Farmed Chicken Regular Salad Box	\$10.50
Free Farmed Ham Regular Salad Box	\$10.50
Roast Beef Regular Salad Box	\$10.00
Roast Lamb Regular Salad Box	\$11.00
Grilled Steak Regular Salad Box	\$11.00
Falafel Regular Salad Box	\$10.00
Garden Veggie Regular Salad Box	\$10.00

SIDES

Pita Chips with Aioli Dipping Sauce (large)	\$3.90
Pita Chips with Aioli Dipping Sauce (small)	\$2.50

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)

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Heaton Normal Intermediate School / Term 3 2023



Unit 11
35 Illinois Drive
Rolleston
03-420 6669

SUSHI BOX

Teriyaki Chicken - 4 pce with 2 mini carrot rolls	\$7.20
Crunchy Chicken - 4 pce with 2 mini carrot rolls	\$7.20
Fresh Salmon (GF) - 4 pce with 2 mini carrot rolls	\$7.20
Tuna (GF) - 4 pce with 2 mini carrot rolls	\$7.20
Tuna Sushi Wand	\$4.50
Teriyaki Chicken Sushi Wand	\$4.50
Crunchy Chicken - 6 pce	\$8.80
Fresh Salmon (GF) - 6 pce	\$8.80
Tuna (GF) - 6 pce	\$8.60
Crunchy Chicken - 8 pce	\$10.30
Fresh Salmon (GF) - 8 pce	\$10.30
Tuna (GF) - 8 pce	\$10.30
Vegetarian (GF) - 4 pce with 2 mini carrot rolls	\$7.20
Vegetarian (GF) - 6 pce	\$8.80
Vegetarian (GF) - 8 pce	\$10.30

RICE BALLS

Teriyaki Chicken Rice Ball - Small	\$6.30
Teriyaki Chicken Rice Ball - Large	\$7.30
Crunchy Chicken Rice Ball - Small	\$6.30
Crunchy Chicken Rice Ball - Large	\$7.30
Tuna Rice Ball - Small	\$6.30
Tuna Rice Ball - Large	\$7.30
Vegetarian Rice Ball - Small	\$6.30
Vegetarian Rice Ball - Large	\$7.30

ON RICE

Teriyaki Chicken on Rice - Small	\$7.30
Teriyaki Chicken on Rice - Large	\$10.30
Crunchy Chicken on Rice - Small	\$7.30
Crunchy Chicken on Rice - Large	\$10.30

HOT FOOD

Fried Dumpling - Single	\$1.30
Chicken Stir Fry Noodles	\$10.30
Vege Stir Fry Noodles	\$10.30
Chicken Curry with Steamed Rice	\$10.30
Chicken Fried Rice	\$10.30
Vege Fried Rice	\$10.30
Sweet Sour Chicken with Steamed Rice	\$10.30

EXTRAS

Gluten free soy sauce	\$0.70
Ginger	\$0.70
Soy sauce	\$0.70
Wasabi	\$0.70
Mayo	\$0.70
BBQ sauce	\$0.70

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Heaton Normal Intermediate School / Term 3 2023



359 Lincoln Rd
Addington
Christchurch 8024
mob-0211004719

6 INCH SUBS

Chicken Strips 6 inch	\$10.20
Ham 6 inch	\$8.20
Roast Beef 6 inch	\$9.80
Tuna 6 inch	\$9.80
Salami 6 inch	\$8.20
Turkey 6 inch	\$9.80
Veggie Delite 6 inch	\$8.20

FOOTLONG SUBS

Chicken Strips Footlong	\$14.60
Ham Footlong	\$12.30
Salami Footlong	\$12.30
Roast Beef Footlong	\$13.30
Tuna Footlong	\$13.30
Turkey Footlong	\$13.30
Veggie Delite Footlong	\$12.30

SALAD BOWLS

Chicken Strips Salad Bowl	\$11.10
Ham Salad Bowl	\$9.10
Roast Beef Salad Bowl	\$10.20
Salami Salad Bowl	\$9.20
Turkey Salad Bowl	\$10.10
Tuna Salad Bowl	\$10.10
Veggie Delite Salad Bowl	\$9.10

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