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# eZlunch MENU

Glamorgan School / Sample term 3 Menu



Constellation Drive Home Zone  
Mairangi Bay  
09-414 2428

## WARM MAINS - SPECIALS OF THE DAY

Mon	MONDAY - Pizza cheese & ham	\$4.90
Mon	MONDAY - Pizza cheese & pineapple	\$4.90
Tue	TUESDAY - Dumplings 4pcs	\$6.50
Wed	WEDNESDAY - Baked BBQ Pork Bun	\$7.10
Thur	THURSDAY - Teriyaki chicken on rice (large)	\$8.10

## WARM MAINS

T.W.Th	Red Bean Paste Pancake	\$5.10
M.T.Th	Pork & Cabbage Pancake	\$5.60
M.W	Rougamo Box	\$7.00
M.T.Th.F	BBQ Pork Bun (steamed)	\$4.70
W.F	Pork & Cabbage Bun (steamed)	\$4.70
	Fried Dumpling Combo	\$11.40
M.T.W.Th	H1 - Chicken Corn Soup w. cheesy toast	\$8.00
	Mince pie (Kiwi Classic)	\$6.10
	Mince & cheese pie (Billy T)	\$6.10
M.T.F	Butter chicken on rice	\$7.60
	Spaghetti bolognaise	\$7.60
Wed	Japanese Beef Curry on Rice (Large)	\$8.40
M.T.W.Th	Vege fried rice (small)	\$5.50
T.W.Th.F	Toasted sandwich cheese & HAM	\$5.50
	Panini chicken & spinach	\$6.80
	Toasted sandwich CHEESE	\$4.20
	GF Toasted cheese sandwich	\$5.90
	Hot dog	\$6.10
	Beef nachos (large)	\$7.90
	Mashed potato	\$3.20
	Mini Sausage roll	\$2.60
	Mince Savoury	\$2.60
	Pancake w. Orange, Pineapple and Honey	\$5.80
	Tomato sauce	\$0.50

## COLD MAINS

M.T.W.Th	Rice Balls and Salad	\$7.80
M.T.W.Th	Tofu Pockets and Salad	\$8.10
M.T.W.Th	Vegetable Noodle Salad (small)	\$4.70
M.T	Butter chicken wrap	\$6.10
W.Th.F	Chicken Wrap	\$6.10
M.T.W.Th	Vogel sandwich - Chicken	\$5.30
M.T.W.Th	Vogel sandwich - Vegetable	\$5.30
M.T	Egg mayo sandwich	\$4.40
W.Th	Ham, Egg & Mayo Sandwich	\$5.00
	Chicken Sandwich	\$5.00

## SUSHI

	Sushi Chicken (5 pieces)	\$7.60
	Sushi Chicken (3 pieces)	\$4.30
	Sushi Chicken & Avocado (5 pieces)	\$7.60
M.T.W.Th	Sushi Chicken & Avocado (3 pieces)	\$4.40
Tue	Tofu Pockets & Salad	\$8.10
	Sushi Tuna & Fancy Lettuce (5 pieces)	\$7.60
	Sushi Smoked Salmon & Avocado (5 pieces)	\$8.10
Tue	Rice Balls & Salad	\$7.80
M.T.W.Th	Sushi Smoked Salmon & Avocado (3pieces)	\$4.80
	Sushi Vegetarian (5 pieces)	\$7.60
	Sushi Cream Cheese & Pineapple (5 pieces)	\$7.90

## SNACKS & DESSERTS

W.Th.F	NEW Banana & Chocolate Yum Yum Balls	\$3.60
W.Th.F	NEW Apple & Cinnamon Muesli Bar	\$4.50
W.Th.F	NEW Sweet Pepper Savoury Muffin	\$3.60
	Popcorn	\$1.50
	Brownie - Chocolate	\$3.60
	Chocolate muffin	\$2.60
	Cookie (chocolate chip)	\$2.30
	Yoghurt	\$3.20
	Fresh fruit salad	\$5.50
T.W.Th	Carrot sticks	\$2.20
T.W.Th	Grapes - fresh & washed	\$2.80
T.W.Th	Pineapple - Sliced	\$2.80
M.T.W.Th	Sweet Seaweed	\$2.60
	Organic Seaweed - 2g Snack Pack	\$1.90
	NEW After School Combo 1	\$8.50
	NEW After School Combo 2	\$9.50

## DRINKS

	Chocolate Milk - WDOM Lactose Free 250ml	\$4.50
M.T.W.Th	Milk - WDOM Full Cream Milk 250ml	\$3.50
	Water - Onepure 320ml	\$3.20
Tue	Aqa Lite sparkling water 350ml - Mango	\$2.70
Mon	Aqa Lite sparkling water 350ml - Apple	\$2.70
Wed	Aqa Lite sparkling water 350ml - Grape	\$2.70
Thur	Aqa Lite sparkling water 350ml - Peach	\$2.70
Fri	Aqa Lite sparkling water 350ml - Lemonade	\$2.70
M.T	Charlie's Juice - Tropical 200ml	\$3.20
W.Th.F	Charlie's Juice - Apple 200ml	\$3.20

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## CAFÉ CORNER - MEALS

	NEW Beef Stew on Mashed Potato	\$18.20
	Beef Burger	\$15.60
	Macaroni Cheese	\$10.00
	Chicken Nuggets & Chips - Air fried	\$9.30
	Smoked Chicken Vogel Sandwich	\$8.50
	Roasted Beef Vogel Sandwich	\$8.50
	La Traditionel Baguette Sandwich	\$10.90
Mon	Beef Lasagne, Roasted Vegetables	\$15.10
Mon	Smoked Chicken Sandwich, choc caramel slice	\$15.10
Mon	Chicken Caesar Salad	\$14.90
Tue	Chicken Mushroom Filo with Roasted Pumpk...	\$15.10
Tue	Chicken Bacon Sandwich & Mini Blueber...	\$15.10
Tue	Teriyaki Chicken Salad	\$14.90
Wed	Bacon & Veg Quiche with Baked Beans	\$15.10
Wed	Roasted Beef Sandwich, Mini Raspberry Muffin	\$15.10
Wed	Cajun Chicken Salad	\$14.90
Thur	Salmon Frittata, Roasted Vegetables	\$15.10
Thur	Chicken Sandwich, Mini Chocolate Muffin	\$15.10
Thur	Chicken, Bacon & Avocado Salad	\$14.90
Fri	Smoked Chicken Panini, Baked Beans	\$15.10
Fri	Bacon & Egg Sandwich, Banana Bread	\$15.10
Fri	Roasted Mushroom Salad (Vegetarian)	\$14.90

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