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Fri

# eZlunch MENU

Paraparaumu Beach School / Term 3 2022



159 Kapiti Road  
Paraparaumu 5032  
04-298 0011

## WARM MEALS

Ham, Cheese & tomato Quiche	\$5.25
Beef Lasagne	\$6.25
Vegetable and Feta Lasagne	\$5.99
Roast Vegetable Frittata	\$5.99
Macaroni Cheese with Ham	\$5.50

## SANDWICHES & BREAD PRODUCTS

Ham and Egg sandwich	\$4.99
Ham & cheese Sandwich	\$4.99
Egg Sandwich	\$4.49
Cheese and Mayo Sandwich	\$4.49
Ham Salad Sandwich	\$4.99
Ham salad filled roll	\$4.99
GLUTEN FREE Ham and Egg sandwich	\$5.50
GLUTEN FREE Ham & cheese Sandwich	\$5.50
GLUTEN FREE Egg Sandwich	\$4.99
GLUTEN FREE Cheese and Mayo Sandwich	\$5.50
GLUTEN FREE Ham Salad Sandwich	\$5.50
Scroll - cheese & bacon	\$3.49
Scroll - Marmite	\$3.49
Scroll - cheese & pesto	\$3.49
Scroll - pizza	\$3.49

## SUSHI

Teriyaki Chicken Sushi - 6 piece	\$6.99
Teriyaki Chicken Sushi - 4 piece	\$4.99
Smoked Salmon Sushi - 6 piece	\$7.49
Smoked Salmon Sushi - 4 piece	\$5.49

## SNACKS

Small Muffin - Blueberry	\$1.50
Small Muffin - Chocolate / Chocolate Chip	\$1.50
Dairyworks Edam Cheese & Crackers Snack Pack	\$1.85
Beehive stackers pack - Danish salami, chee...	\$4.49
Suckies Yoghurt 100g Pouches	\$2.50
Anchor Uno Yoghurt Pouches	\$2.50
Cheese Scone	\$2.50

## FRUIT

Grape Pottle (small)	\$2.99
Apple	\$1.25
Banana	\$1.00
Mandarin	\$0.75

## DRINKS

Pam's Water 750ml	\$1.50
Anchor Blue Milk 300ml bottle	\$1.99

## TEACHERS CORNER

Gourmet Smoked Chicken & Cranberry Ciabat...	\$6.49
Chicken Salad Bowl	\$6.49
French Stick - Champagne ham	\$5.99
French Stick - Roast Beef	\$5.99
French Stick - vegetarian salad	\$5.49
Stuffed Potato	\$5.99

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