

Order online by 9am
for delivery every day

eZlunch MENU

Parnell District School / Term 3, 2026



info@brunchnlunch.co.nz

021 658 624

WARM MAINS

	Mild Mince and Chilli Bean Nachos	\$10.90
	Vegetarian Burger	\$10.80
	VEGAN Nachos with corn chips	\$12.50
	Vege Noodles	\$8.85
	Chicken noodles	\$9.10
	Chicken Burger	\$10.80
Fri	Butter Chicken on rice	\$11.15
	Sausage Roll	\$4.90
	Baked Spring Rolls 6 pieces	\$6.85
	Egg Fried Rice	\$9.10
	Butter Chicken Pie	\$10.30
	Mince & Cheese pie	\$10.45
	Mince pie	\$10.45
	Steak Pie	\$10.55
	Vegetarian Pie	\$10.55
	GF Steak pie	\$14.40
	Cheese Toastie	\$8.60
	Ham & Cheese Toastie	\$8.85
	Chicken & Cheese Toastie	\$8.85
	Ham, Cheese & Tomato Toastie	\$9.10
	Macaroni Cheese with ham	\$11.15
	Panini (veg) your choice of fillings	\$11.75
	Panini (your choice of meat fillings)	\$10.70
	Burger	\$10.80
	Spaghetti Bolognese	\$11.70
	GF Spaghetti Bolognese	\$12.50

COLD MAINS

	Wrap (sml - vegetarian)	\$6.85
Fri	Wrap (Large - vegetarian)	\$11.15
	Wrap (small)	\$7.20
Fri	Wrap (large)	\$11.80
	Design-a-Sandwich (HAM)	\$8.85
	Design-a-Sandwich (CHICKEN)	\$8.85
	Design-a-Sandwich (vege)	\$8.85
	Wrap Large - GF	\$12.85

SNACKS & DESSERTS

	Date scone	\$5.70
	Blueberries muffin	\$5.90
	Banana Cake Slice	\$7.10
	Vegetite & cheese scroll	\$4.80
	Carrot Cake Slice	\$7.10
	GF Chocolate Brownie	\$7.20
	Carrot sticks	\$2.95
	Popcorn	\$2.95
	Apple	\$2.95
	Orange	\$2.95
	Fresh Sliced Pineapple	\$5.90
	Strawberry yoghurt	\$3.45
	Fresh Fruit Salad	\$8.60
	Scone	\$4.70
	Chocolate Muffin	\$5.20
	Chocolate Brownie	\$5.90

DRINKS

	Homegrown Orange Juice 200ml	\$4.50
	Homegrown Apple Juice 200ml	\$4.50
	Coconut Water 320ml	\$6.65
	Water	\$4.30
	Milk	\$4.40

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 every day

ezlunch MENU

Parnell District School / Term 3, 2026



info@brunchnlunch.co.nz

021 658 624

SUSHI

Only rice sushi 6 pieces	\$8.45
Baked Chicken Sushi (3 pieces)	\$7.00
Baked Chicken Sushi (6 pieces)	\$11.30
Teriyaki Chicken Avocado & Mayo Sushi ...	\$7.00
Teriyaki Chicken Avocado & Mayo Sushi ...	\$11.40
Smoked Salmon Avocado Sushi (3 pieces)	\$7.10
Smoked Salmon Avocado Sushi (6 pieces)	\$11.90
Tuna Avocado Mayo Sushi (6 pieces)	\$11.90
Vegetarian Sushi (6 pieces)	\$11.30
Teriyaki Chicken on Rice (Small)	\$9.10
Teriyaki Chicken on Rice (Large)	\$13.45

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 Tuesday

ezlunch MENU

Parnell District School / Term 3, 2026



13a
290 Dominion Road
Mt Eden
Auckland
09 630 2077

6 INCH SUBS

Veggie Delite 6 inch	\$8.15
Roast Beef 6 inch	\$11.20
Ham 6 inch	\$9.45
Chicken Strips 6 inch	\$11.85

MINI SUBS

Veggie Delite Mini	\$5.75
Ham Mini	\$6.40

FOOTLONG SUBS

Veggie Delite Footlong	\$12.85
Ham Footlong	\$13.25
Roast Beef Footlong	\$13.80
Chicken Strips Footlong	\$15.95

EXTRAS

Cookies	\$2.20
Keri Kids Apple Blackcurrant Juice 250 ml	\$4.25
Mini Pump	\$3.60

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 Wed. Thur

ezlunch MENU

Parnell District School / Term 3, 2026



123 Parnell Road
Parnell
09-3667286

PITAS/SALADS

Pita Pit Small Pita	\$9.10
Pita Pit Regular Pita	\$12.50
Pita Pit Salad Bowl	\$10.20
Pita Pit Gluten Free Wrap	\$10.20

MAINS

Katsu Chicken on Rice (cold)	\$10.20
Teriyaki Chicken on Rice (cold)	\$10.20
Cheeseburger (warm)	\$7.40
Chicken Burger (warm)	\$9.65
Butter Chicken on Rice (warm)	\$9.65
Spaghetti Meatballs (warm)	\$9.65
Meatball Sub (warm)	\$9.65
Falafel Sub (warm)	\$9.65
Pie - Mince n Cheese (warm)	\$9.65
Pie - Steak n Cheese (warm)	\$9.65
Mac n Cheese (warm)	\$8.50

SIDES / SNACKS

Steam Bun	\$6.80
Brownie	\$4.55
Cookie Choc Chip	\$4.55
Cookie Caramel Slice	\$4.55
Yoghurt Pottle	\$3.40
Fruit - Seasonal	\$2.30
Mini Muffin - Blueberry	\$3.40

DRINKS

Water (825ml)	\$4.55
Just Juice - Orange & Mango (250ml)	\$4.00
Up n Go Chocolate (350ml)	\$6.80

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)