

We pride ourselves on making as many of our menu items in the Tuckshop as possible using ingredients from the school garden and local producers.

Fridays also have a changing range of specials each week which are advertised on the St Kieran's P and F Facebook page, this page is called St Kieran's Primary School P and F Community.

To make it easy to order your child's Tuckshop we now use an app called QKR (pronounced quicker) from your mobile phone (Android or iOS). The QKR program allows you to order your child's tuckshop online with no need to send cash or paper bags to the Tuckshop.

### **Tuckshop Convenor:**

Simmone Johnson

0409 065 139

[simmone.johnson@bne.catholic.edu.au](mailto:simmone.johnson@bne.catholic.edu.au)

Volunteers are an important part of our Tuckshop. We cannot operate without volunteers. It is a great place to catch up with others and contribute to the school. Students like to see someone they know in the Tuckshop and any help is greatly appreciated. Our busiest time is in the morning from 8.30am - 11.30am. Even 1 hour of your time to make some sandwiches helps out a lot. Please contact Simmone if you can help out.

*Enjoy!*



# **TUCKSHOP**

**Open every  
Thursday & Friday  
Order on QKR**

(pronounced quicker)

## Lite Bites (available both breaks)

made fresh in the tuckshop

**Fresh Bake every Friday** price on QKR

**Air popped Popcorn** \$1.00

**Watermelon "Fries" with Yoghurt dip** \$3.00  
Comes with Vanilla Yoghurt

**Apple Slinky** \$1.50

**Homemade Banana Bread** \$3.00  
With butter

**Chocolate Slice** \$3.00

**Grazing Bowl** \$4.50  
Comes with Salami, Ham, Cheese sticks, cherry tomatoes, Vegetable sticks.

**Fruit Salad Cup** \$2.50

**Homemade Rice Pudding cup** \$3.00

**Aussie Bento Box** \$5.00  
Ham and Cheese Sandwich, Boiled Egg, seasonal fruit, cheese and crackers and sweet slice/biscuit.

## Drinks

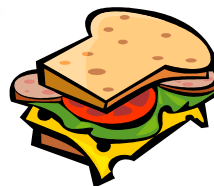
**Nudie Juice** \$2.50  
apple / orange

**Fresh and Flavoured Milk** \$2.50  
chocolate / strawberry/Plain

**Krazy Lemon** \$2.50

## Sandwich Bar

Your choice of wrap or bread (one slice white, one slice wholemeal unless requested otherwise). GF on request.



**Vegemite or Jam** \$1.80

**Cheese** \$2.00  
add Ham/Chicken; + \$1.50

**Salad** \$3.00  
add egg; + \$1.00  
add Ham/chicken; + \$1.50

**Egg** \$2.50

**Ham** \$2.80

**Chicken** \$2.80

**Chicken Caesar Wrap** \$5.00

Toasted option on all wraps and sandwiches is available for no extra cost.

## Salad Bar

**Garden Salad**  
Small / Large \$3.50 / \$5.50  
add Ham/Chicken; + \$1.00  
Dressings: Italian / Caesar / Balsamic

**Chicken Caesar Salad Bowls**  
Small / Large \$4.50 / \$6.50

**Chicken Nachos Salad** \$6.50  
Mexican Shredded chicken breast, avocado, lettuce, tomato, sour cream, cheese and corn chips.

## Hot Food (1st break only)

**Friday Special**  
(check QKR for weekly special)

**Homemade Garlic Bread** \$2.50  
Homemade Dinner roll with garlic butter

**Crumbed Chicken Wraps** \$4.50  
Crumbed chicken, lettuce, cheese & mayo or sauce

**Pizza** \$3.00  
Ham and Cheese

**Toasted Turkish Melt** \$4.00  
Chicken breast, cheese, bbq sauce and Mayo or Bacon, lettuce, cheese and tomato

**Nachos** \$4.00  
Corn chips with cheese and your choice of Salsa, sour cream and avocado (seasonal)

**Mexican Chilli Beef Quesadilla** \$4.50  
Beef Chilli and cheese melted between a wrap with sour cream.

## Ice Treats - Available at Second Break from the Tuckshop

**Sugar Free-zies** \$1.00

**Mini Calippo** \$1.50

**Home Ice Cream** \$1.80

**Vanilla Ice cream cup** \$2.00

**Frozen Orange Juice on a stick** 50c

