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 in the school newsletter and 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. You can order for all of your children at once, a week in advance and still have access to all of the great home-cooked food your kids love from the tuckshop.

**Tuckshop Convenor:**

Simmone Johnson
0409 065 139
simmone.johnson@bne.catholic.edu.au

Our Tuckshop cannot run without the help of our wonderful volunteers. If you have some free time and would love to meet some new people please contact Simmone on the details above.

**Tuckshop**
Open every Wednesday, Thursday & Friday
Order on QKR (pronounced quicker)
**Lite Bites (available both breaks)**

made fresh in the tuckshop

**Fresh Bake every Friday** $2.50

**Apple Slinky** $1.00

**Pretzel and Popcorn Bag** $1.50

**Tub Vanilla Yoghurt** $2.20

**Yoghurt Berry Crunch Cup**
Yoghurt, museli and berry sauce $2.50

**Watermelon Tub** $2.00

**Hard Boiled Egg** $1.00

**Homemade Chocolate Slice** $2.00

**Snack Pack** $3.50
Corn chips/Rice crackers, cheese, carrot sticks, and salsa/hummus.

**Cheese and Cracker Pack** $1.50
4 crackers with cheese

**Mini Pikelet pack** $1.50
5 x mini freshy made pikelets

**Drinks**

**Nudie Juice**
apple / tropical / orange $2.00

**Fresh and Flavoured Milk**
Plain milk/ chocolate / strawberry $2.00

**Crazy Lemon** $2.00

**Bottled Water** $2.00

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

- **Vegetable 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** $4.50
  Toasted option on all wraps and sandwiches is available for no extra cost.

**Salad Bar**

- **Teriyaki Chicken Salad** $6.00
  With chicken, rice, lettuce, cucumber, tomato, mayo and Teriyaki dressing. GF available.
- **Garden Salad**
  Small / Large $3.50 / $5.50
  add Ham/Chicken; + $1.50
  Dressings: Italian / Caesar / Balsamic
- **Chicken Caesar Salad**
  Small / Large $4.50 / $6.50
- **Greek Salad**
  Small / Large $4.50 / $6.50

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**Hot Food (1st break only)**

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

- **3x Homemade Crumbed Chicken Strips**
  With mayo, tomato or BBQ sauce $3.50
  GF available.
- **2 x Rice Paper Rolls**
  With Chicken, carrot, vermicelli, lettuce, cucumber and sweet chili dipping sauce $4.00
- **2 x Arancini Balls with tomato pasta sauce**
  Risotto rice balls with cheese with Homemade tomato pasta sauce $3.50

**Pasta Bolognese Bake** $3.50

**Chicken Burger**
Crumbed chicken, lettuce, tomato, cheese + mayo or sauce $4.20

**Pizza**
Ham and Pineapple / BBQ Meat lovers $2.80
  Small
  Large $3.50

**Nachos**
Corn chips, salsa, sour cream and cheese (avocado only when in season) $3.50
  Add chicken $4.00

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**Ice Treats** Available at Second Break from the Tuckshop

- **Ice Block** $1.00
- **Mini Calippo** $1.50
- **Home Ice Cream** $1.50
- **Frozen Yogurt on a stick** $1.00
- **Frozen Orange Juice on a stick** 50c