

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. 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:

Simmons Johnson

0409 065 139

[simmone.johnson@bne.catholic.edu.au](mailto: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 Simmons on the details above.



# 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

Apple Slinky \$1.00

Yoghurt Berry Crunch tub  
Yoghurt, museli and berries \$2.50

Watermelon Tub \$2.00

Homemade Choc Chip Cookie \$2.50

Homemade Chocolate Slice \$2.00

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

Mini Pikelet pack \$1.50  
5 x mini freshly made pikelets

## Drinks

Nudie Juice \$2.00  
apple / orange

Fresh and Flavoured Milk \$2.00  
chocolate / strawberry

Bottled Water \$2.00

## 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 \$4.50

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

## Salad Bar

Garden Salad \$3.50 / \$5.50  
Small / Large  
add Ham/Chicken; + \$1.50  
Dressings: Italian / Caesar / Balsamic

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

Greek Salad Bowls \$4.50 / \$6.50  
Small / Large

Buddha Bowls (Quinoa, sweet potato, spinach,  
egg, chicken and roasted broccoli)  
Large \$6.50

## Hot Food (1st break only)

Friday Special  
(check QKR for weekly special)

Bacon and Cheese Quiche \$4.00

Nachos \$3.50  
Corn chips, cheese, salsa, sour cream and Avo  
Chicken 50c extra

Chicken Tender Roll \$4.50  
Crumbed chicken tender, lettuce  
+ mayo or sauce

Pizza \$3.00  
Ham and Cheese or Meat lovers  
Served by the slice on Homemade bases

Burrito Bowl \$4.50  
Homemade Mexican mince, rice, salad cheese,  
salsa and sour cream.

Chicken BLT Wrap \$4.00  
Wrap with Grilled chicken, Bacon, lettuce,  
Tomato and Mayo.

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