

## Holy Spirit School Tuckshop Menu – Order on the QKR app

### Tuckshop Menu



**Open:**  
**Thursdays + Fridays**

**Order on the  app**

**Ordering cut off –  
7.45am the morning of**

#### Tuckshop Convenors:

Alison Puttee + Rebecca McGuinness

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

3205 3955

#### Ordering

To make it easy to order your child's Tuckshop we 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.

#### Volunteers

Volunteers are an important part of our Tuckshop. We cannot operate without volunteers. Students like to see someone they know in the Tuckshop.

**Our busiest time is in the morning from 8.30am - 11.30am.** So even just an hour or 2 of your time is greatly appreciated! Tuckshop volunteering can be a lot of fun and a great way to meet other parents, families and members of the school community.

Volunteers will be able to sign up through the '**Tuckshop Volunteers**' Tab in the QKR App, after their orientation.

Alternatively, please contact Bec or Alison if you have any questions.

#### Menu Items

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

There will be a changing range of specials each week. Ensure you check QKR for these each time you order.

Whilst we offer some special dietary options and all care is taken, please note it is prepared and handled in the same facility as other allergen foods.

We are aware of students at Holy Spirit School with life-threatening allergies. Please note no items containing nuts will be included in the Tuckshop, however we have no control over our suppliers handling prior to delivery.

We look forward to providing the community with delicious food and treats!



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### Lite Bites (available both breaks)

Apple Slinky	\$1.50
Seasonal Fruit or Veggie Snack	\$1-\$2.50
Chocolate Slice (GF option)	\$2.00
Cheese + Crackers (GF)	\$2.00
Rice Crackers (GF)	\$1.00
Popcorn (GF)	\$1.10
Pretzels	\$1.30
Salami Stick	\$1.70
Variety Fresh Bake (GF options) – check QKR	

### Drinks (available both breaks)

Juice Popper	\$2.50
Krazy Lemon 200ml	\$2.50
Fresh or Flavoured Milk Chocolate / Strawberry / Plain	\$2.50
Water	\$2.00

### Wraps (available First Break only)

Cheese Wrap	\$2.00
Ham Wrap	\$3.00
Ham + Cheese Wrap	\$3.50
Ham + Salad Wrap Lettuce, Cheese, Tomato, carrot	\$4.50

### Sandwich Bar (available First Break only)

*(one slice white, once slice wholemeal unless requested otherwise). Option for Toasted sandwich + wraps. Gluten Free Bread (on request)*

Vegemite Sandwich	\$2.10
Vegemite + Cheese Sandwich	\$2.50
Jam Sandwich	\$2.10
Cheese Sandwich	\$2.50
Ham Sandwich	\$3.00
Ham + Cheese Sandwich	\$3.50
Ham + Salad Sandwich Lettuce, Cheese, Tomato, carrot	\$4.50
Chicken + Salad Sandwich Lettuce, Cheese, Tomato, carrot	\$4.50

### Salad Bar (available First Break only)

*Dressings: Italian or Balsamic*

Garden Salad Lettuce, Tomato, carrot, cheese	\$4.50
Ham with Salad Ham, Lettuce, Tomato, carrot, cheese	\$5.00
Chicken with Salad Chicken, Lettuce, Tomato, carrot, cheese	\$5.00

### Hot Food (available First Break only)

Cheese Pizza (Vegetarian)	\$3.20
Ham + Cheese Pizza	\$3.50
Garlic Bread (Vegetarian)	\$2.80
Crumbed Chicken Tender	\$1.80
Crumbed Chicken Wrap Crumbed chicken, lettuce, cheese + mayo	\$4.50
Chicken Caesar Wrap Crumbed chicken, lettuce, bacon, dressing	\$5.00
Mini Beef Pies 2 per serve (choice of sauce)	\$2.50
Mini Sausage Rolls 2 per serve (choice of sauce)	\$2.50
Weekly Specials (check QKR)	Various
<b><u>Iced Treats</u> (available Second Break only – collect from the Tuckshop with token)</b>	
Mini Calippo	\$2.00
Frozen Yoghurt	\$2.50
Icecream cup Chocolate / Strawberry / Plain	\$2.50
Sugar Free Free-zies	\$1.00
Specials (check QKR)	Various



Holy Spirit School  
BRAY PARK

*Updated January 2024*