



The Assumption School Menu & Price List 2025

NO canteen Monday or Tuesday. We are a NUT aware school.

GREEN: Healthy foods that can be consumed regularly & that promote a balanced diet.

AMBER: Foods that should be eaten sparingly as they are higher in fat, sugar and/or salt.

Canteen staff may limit the quantity of items sold to children to encourage healthy eating. To order please use flexischools app.

RECESS & COUNTER SNACKS

English muffin pizza with lite cheese	1.00	Fruit (seasonal)	0.50
Cookie	0.20	Seasonal fruit salad cups	3.00
Slice of fresh baked cake (Thur & Fri)	0.50	Popcorn	0.50
Warm cheese bread (lite)	0.50	Chips	1.50
		JJs (pizza, bbq, chicken)	1.50

SANDWICHES & WRAPS

Wholemeal & white bread & rolls available. Gluten free and wrap options available

Vegemite	2.50	Salad- lettuce, cheese, tomato, carrot	5.00
Vegemite & Cheese (lite)	3.00	Salad & egg	5.00
Cheese (lite)	2.50	Salad & chicken	5.50
Tomato	2.70	Salad & ham	5.50
Egg	4.00	Salad & tuna	5.50
Chicken	4.50	<i>Bread roll</i>	+0.50
Ham	4.00	<i>Gluten free sliced bread</i>	+1.00
Tuna	4.50	<i>Gluten free roll</i>	+1.50
Sushi roll: chicken or tuna	3.00	<i>Toasted</i>	+0.20

SALAD BOX

Tomato, lettuce, carrot, cheese, beetroot, pineapple, cucumber and egg	6.00
Add chicken, ham or tuna	+1.50



HOT LUNCH

Corn cob	1.00	Sweet chilli wrap- chicken, sweet chilli sauce & lettuce	4.50
Travellers Pie	4.00	Chicken burger (lettuce & lite mayo)	5.00
Party pie	1.50	Macaroni & cheese	5.00
Party sausage roll	1.50	Lasagne	5.00
Hot Chicken Noodles	2.50		
Fish fingers (3)	2.50	Chicken Tenders	1.50
Chicken nuggets (6) & sauce	5.50	Gluten Free Party Pie	2.00
Pizza rounda	3.00	Gluten Free Sausage Roll	2.00
Fried Rice	5.00	Gluten Free Chicken Nuggets (6)	5.50
Pizza single- ham & pineapple	2.50	Paper bags, spoons & forks	0.10
Cheese & spinach triangles (homemade)	3.50	Tomato, BBQ, Sweet & Sour sauce	0.50

DRINKS

Bottled water	1.20
Flavoured Mineral water	2.50
Plain milk	1.50
Just Juice	2.00
Flavoured Milk (choc/straw)	2.50
Slush Puppie	3.50

ICE BLOCKS (Lunch Only)

Mini calippo	1.50
Frozen yoghurt	3.00
Bulla cup - lite	3.00
Icy Poles	2.00
Paddle pop	2.00
Frozen Juice or Milk cup	0.50

Please note that all menu items, and quantities sold, are in line with NSW Healthy Canteen guidelines.