



ASSUMPTION COLLEGE SAMPLE BOARDING MENU

Dining at Assumption is more than just a meal – it's a time to connect, share stories, and feel at home. Every meal is thoughtfully planned and prepared in partnership with a specialised catering company to ensure quality and choice.

Special dietary requirements - allergies, intolerances, and personal/cultural preferences - are accommodated with care and attention.

The menu shown here is just an example of the meals our boarders might enjoy over the course of a typical week. Please note that the menu changes weekly throughout the term for balanced nutrition and variety.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Continental breakfast offering a variety of cereals, bread for toasting and spreads. Students also have the option to prepare their own meal.						
MORNING TEA	Cheese and Vegemite Scroll	Sourdough ham and cheese toasties	Oven baked hash browns	Sausage Roll	Pancake with Berries and Cream		
LUNCH	Chicken Schnitzel burger with lettuce, cheese and mayo OR Make your own sandwich or wrap	Beef Burrito OR Make your own sandwich or wrap	Beef or Chicken Pie OR Make your own sandwich or wrap	Grilled Chicken & Avocado Wrap with lettuce and sweet chili mayo OR Make your own sandwich or wrap	Nuggets & Chips OR Make your own sandwich or wrap		
AFTERNOON TEA	Blueberry Muffins	Sandwiches	Fruit Platter	Pumpkin Arancini	Finger Food		
DINNER	Steak and mash OR Spinach & Ricotta tortellini in creamy sauce Salad Bar	Butter Chicken with rice, roast cauliflower and mango chutney OR Moroccan Couscous Salad	Honey Soy Chicken, noodles & stir-fried vegetables OR Sweet potato & chickpea curry Salad Bar	Spaghetti Bolognese with garlic bread OR Creamy Pesto Pasta Salad Bar	Burger Night <i>*Vegetarian option available</i> Salad Bar		
DESSERT	Apple crumble with ice cream	Chocolate pudding	Cheese platter with assorted vegetables and fruits	Fruit Platter	Ice Cream		

To learn more about boarding at Assumption College and the meal options available, please contact the College Registrar on 03 5783 5301. Current families should please raise any questions or feedback directly with the Director of Boarding.