



BREAKFAST MENU

SEPT | OCT | NOVEMBER 2023



3 DAYS		5 DAYS		7 DAYS	
PACK 1	PACK 2	PACK 1	PACK 2	PACK 1	PACK 2
1 X UHT Milk	1 X UHT Milk	1 X UHT Milk	1 X UHT Milk	2 X UHT Milk	1 X UHT Milk
3 x Cereal Packets	1 x Loaf of Bread	5 x Cereal Packets	1 x Loaf of Bread	2 x Cereal Packets	1 x Loaf of Bread
3 x Fruit Cups	3 x Vegemite (PC)	5 x Fruit Cups	5 x Vegemite (PC)	2 x Fruit Cups	1 x Fruit Load
3 x Tea Bags	3 x Honey (PC)	5 x Tea Bags	5 x Honey (PC)	2 x Tea Bags	7 x Vegemite (PC)
3 x Coffee	3 x Jam (PC)	5 x Coffee	5 x Jam (PC)	2 x Coffee	7 x Honey (PC)
6 x Sugar	3 x Butter (PC)	10 x Sugar	5 x Butter (PC)	14 x Sugar	7 x Jam (PC)
	3 x Fruit Cups		5 x Fruit Cups		7 x Butter (PC)
	3 x Tea Bags		5 x Tea Bags		7 x Fruit Cups
	3 x Coffee		5 x Coffee		7 x Tea Bags
	6 x Sugar		10 x Sugar		7 x Coffee

(PC) - Portion Control one use packets

1800 786 227

www.suncare.org.au

Facebook: [suncarecommunityservices](https://www.facebook.com/suncarecommunityservices)

ALLERGEN ADVICE: Suncare takes great care to prevent allergens from entering any meals when not stated in ingredients. Suncare products are prepared in kitchens where allergens have been used previously, therefore products may contain traces of peanuts, tree nuts, dairy, wheat, fish, crustaceans, soy, sesame and/or egg.