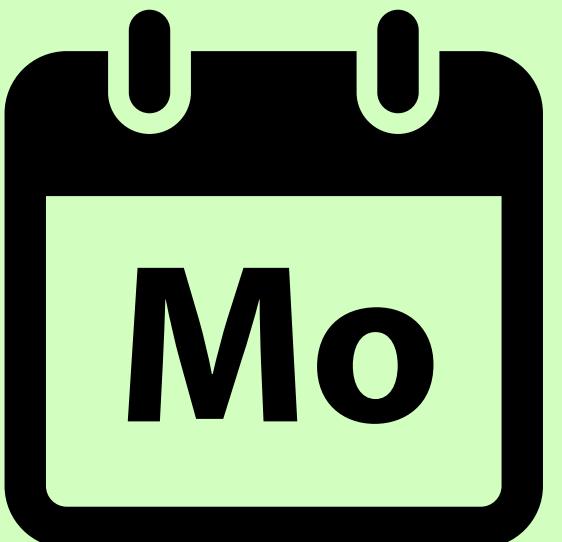
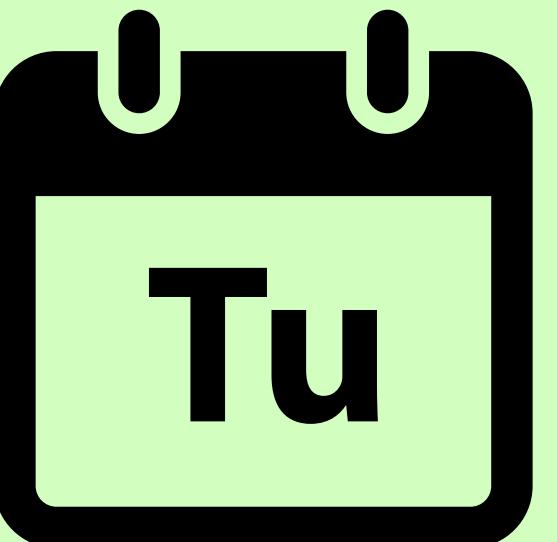


LBPSB-SAMPLE MENU



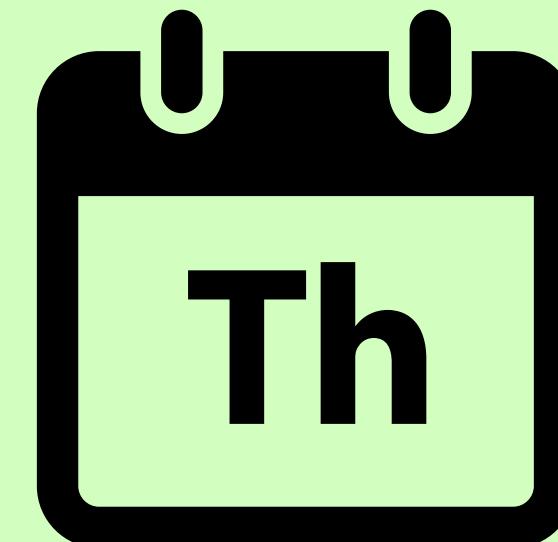
Pumpkin spice
breakfast
parfait



Avocado,
banana and
greek yogurt
pancakes



Egg and veggie
scramble



Apple spice
overnight oats



Basic oatmeal
with sliced
bananas

Breakfast

Snack AM

Lunch

Snack PM

Dinner

Almonds and
dried fruits

Cheese and
crackers

Apple and
roasted
chickpeas

Celery and
beet
hummus

Greek yogurt
and granola

Sandwich (bread,
tuna, lettuce,
tomato, cheese)

Brocoli salad

Salade aux
lentilles et grains
de mais grillé

Minestrone soup

Sandwich (tortilla,
cooked chicken,
grated carrot,
mayo)

Apple and
roasted
chickpeas

Celery and
beet
hummus

Greek yogurt
and granola

Almonds and
dried fruits

Cheese and
crackers

Vermicelli with
brocoli and
grilled beef

Lemtil bolognese

Chicken and
cauliflower
mac n cheese

Braised chicken
thighs with
lentils

Honey grilled
salmon and
asparagus

Click on the words underlined to get the recipes