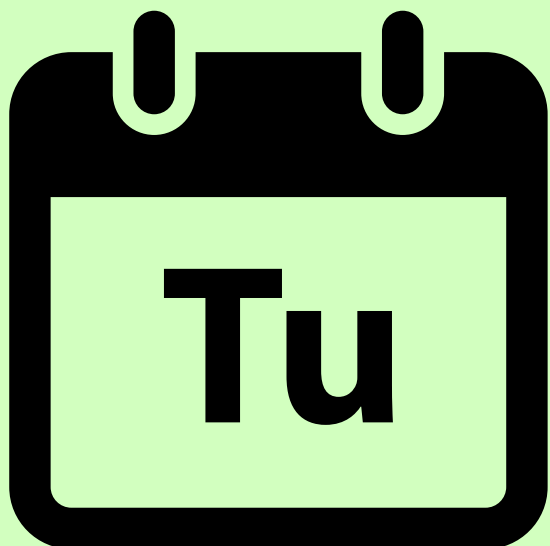


# LBPSB-SAMPLE MENU

## Breakfast



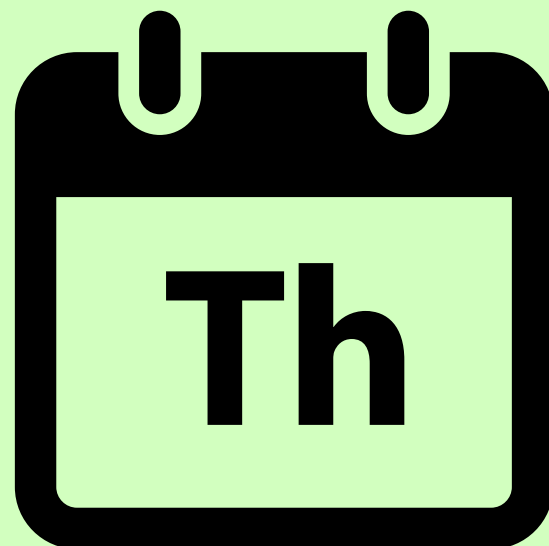
Pumpkin spice  
breakfast  
parfait



Avocado,  
banana and  
greek yogurt  
pancakes



Egg and veggie  
scramble



Apple spice  
overnight oats



Basic oatmeal  
with sliced  
bananas

## Snack AM

Almonds and  
dried fruits

Cheese and  
crackers

Apple and  
roasted  
chickpeas

Celery and  
beet  
hummus

Greek yogurt  
and granola

## Lunch

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)

## Snack PM

Apple and  
roasted  
chickpeas

Celery and  
beet  
hummus

Greek yogurt  
and granola

Almonds and  
dried fruits

Cheese and  
crackers

## Dinner

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