



2022 Tyrini / Cheesefare Week Meal Plan

*Tyrini or Cheesefare week is the final week before Great Lent. This is the last week in which dairy is permitted and although we refrain from meat, **dairy, eggs, fish, oil and wine are allowed.***

In the meal plan which follows, menu items which appear in blue and which are underlined have hyperlinks to the actual recipe. Simply click on the menu item and you will be taken to the associated post. The recipe itself is found at the bottom of the post, so scroll to the bottom.

You can find many more recipes appropriate for Tyrini Week by consulting our [Recipe List](#). Any recipe which does not contain meat or chicken would be appropriate.

Stay tuned...our 2022 Great Lent Meal Plan will be available soon!

Sincerely,

Helen & Billie



Tyrini Week 2022

Monday February 28– Sunday March 6

| February 28 | March 1 | March 2 | March 3 | March 4 | March 5 | March 6 |
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| Cheesefare Monday | Cheesefare Tuesday | Cheesefare Wednesday | Cheesefare Thursday | Cheesefare Friday | Cheesefare Saturday | Forgiveness Sunday |
| <p>Breakfast:</p> <p><u>Greek-style hard boiled eggs</u> Toast + jam Fresh fruit</p> <p>Lunch:</p> <p><u>Halloumi, lettuce + tomato sandwich</u> Veggies and dip</p> <p>Dinner:</p> <p><u>Spanakopasta</u> <u>Grated carrot salad</u></p> <p>Dessert / Snacks:</p> <p><u>Oatmeal raisin cookies</u> Mixed nuts</p> | <p>Breakfast:</p> <p><u>Egg zucchini cups</u> <u>Fruit smoothie</u></p> <p>Lunch:</p> <p><u>Tuna sandwich</u> <u>Spinach salad with peaches and dates</u></p> <p>Dinner:</p> <p><u>Stewed Swiss chard with vegetables and feta</u> <u>Pita bread</u></p> <p>Dessert / Snacks:</p> <p><u>Lemon ricotta cookies</u> Fresh fruit</p> | <p>Breakfast:</p> <p><u>Greek yogourt</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Greek pasta salad</u> <u>Tyropitakia (cheese pies)</u></p> <p>Dinner:</p> <p><u>Shrimp saganaki</u> <u>Pita bread</u></p> <p>Dessert / Snacks:</p> <p><u>Lemon ricotta cookies</u> Veggies with dip</p> | <p>Breakfast:</p> <p>Cold cereal + milk Fresh fruit</p> <p>Lunch:</p> <p><u>Cream of tomato soup</u> <u>Grilled cheese sandwich</u></p> <p>Dinner:</p> <p><u>Pasta topped with fried egg</u> <u>Greek village salad</u></p> <p>Dessert / Snacks:</p> <p>Veggies with dip <u>Vanilla milkshake</u></p> | <p>Breakfast:</p> <p>Oatmeal + milk <u>Soft boiled egg</u></p> <p>Lunch:</p> <p><u>Potato salad with smoked herring</u> Fresh fruit</p> <p>Dinner:</p> <p><u>Herbed cod with pasta + marinated artichokes</u></p> <p>Dessert / Snacks:</p> <p><u>Orange muffins with dates and figs</u> Mixed nuts</p> | <p>Breakfast:</p> <p><u>Orange muffins with dates and figs</u> <u>Greek yogourt</u></p> <p>Lunch:</p> <p><u>Easy pumpkin soup</u> <u>Alevropita</u></p> <p>Dinner:</p> <p><u>Fish soup</u> <u>Pita bread</u></p> <p>Dessert / Snacks:</p> <p>Cheese & crackers <u>Dates & almond butter</u></p> | <p>Breakfast:</p> <p><u>Omelette with feta & sun-dried tomatoes</u> Toast + jam</p> <p>Lunch:</p> <p><u>Cretan dakos</u> Mixed nuts</p> <p>Dinner:</p> <p><u>Cedar planked salmon</u> <u>Broccoli</u> <u>Rice & vegetables</u></p> <p>Dessert / Snacks:</p> <p>Fresh fruit <u>Popcorn</u></p> |