



## 2023 Tyrini / Cheesefare Week Meal Plan

*Tyrini or Cheesefare week is the final week before Great Lent. This is the last week in the Orthodox Calendar during which dairy is permitted. This week, 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 website here](#). Any recipe which does not contain meat or chicken would be appropriate.

Stay tuned...our **2023 Great Lent Meal Plan** will be available soon!

*Sincerely,  
Helen & Billie*



# Tyrini Week 2023

## Monday February 20– Sunday February 26

February 20 Cheesefare Monday	February 21 Cheesefare Tuesday	February 22 Cheesefare Wednesday	February 23 Cheesefare Thursday	February 24 Cheesefare Friday	February 25 Cheesefare Saturday	February 26 Forgiveness Sunday
<p><b>Breakfast:</b></p> <p><a href="#">Red pepper and tomato egg muffins</a> <a href="#">Bagel with butter</a></p> <p><b>Lunch:</b></p> <p><a href="#">Citrus salad with fried halloumi</a></p> <p><b>Dinner:</b></p> <p><a href="#">Shrimp saganaki</a></p> <p><a href="#">Part whole wheat flour bread with honey</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Coconut lime zucchini cake</a> Mixed nuts</p>	<p><b>Breakfast:</b></p> <p><a href="#">Fried egg</a> Toast <a href="#">Fruit smoothie</a></p> <p><b>Lunch:</b></p> <p><a href="#">Roasted beet salad</a></p> <p><a href="#">Baked squash fritters</a></p> <p><b>Dinner:</b></p> <p><a href="#">Pasta with tomato sauce and feta</a></p> <p><a href="#">Apple and almond salad</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Rizogalo (rice pudding)</a></p>	<p><b>Breakfast:</b></p> <p><a href="#">Greek yogourt</a> Granola Fresh fruit</p> <p><b>Lunch:</b></p> <p><a href="#">Egg salad sandwich with feta and dill</a> Veggies &amp; hummus</p> <p><b>Dinner:</b></p> <p><a href="#">Spanakopita mac &amp; cheese</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Pear and chocolate bread</a></p>	<p><b>Breakfast:</b></p> <p><a href="#">Zucchini and cheddar muffins</a></p> <p><a href="#">Fruit salad</a></p> <p><b>Lunch:</b></p> <p><a href="#">Cream of tomato soup</a></p> <p><a href="#">Kefalotyri cheese crisps</a></p> <p><b>Dinner:</b></p> <p><a href="#">Pasta with feta and mushrooms</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Baked feta with orange &amp; olives</a> Crackers</p>	<p><b>Breakfast:</b></p> <p>Oatmeal + milk <a href="#">Soft boiled egg</a></p> <p><b>Lunch:</b></p> <p><a href="#">Seafood salad</a> Fresh fruit</p> <p><b>Dinner:</b></p> <p><a href="#">Crustless zucchini tart</a></p> <p><a href="#">Roasted cauliflower and kale salad</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Mixed berry buckle</a> Ice cream</p>	<p><b>Breakfast:</b></p> <p><a href="#">Green Shakshuka</a></p> <p><b>Lunch:</b></p> <p><a href="#">Spanakopatata</a></p> <p><a href="#">Alevropita</a></p> <p><b>Dinner:</b></p> <p><a href="#">Cedar planked salmon</a></p> <p><a href="#">Rice with fide</a></p> <p><a href="#">Rapini</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Sokolatopita (Greek chocolate cake)</a></p>	<p><b>Breakfast:</b></p> <p><a href="#">Strapatsada (egg &amp; tomato scramble)</a> Toast + jam</p> <p><b>Lunch:</b></p> <p><a href="#">Foccacia with feta, tomatoes and olives</a></p> <p><a href="#">Red cabbage salad with apple</a></p> <p><b>Dinner:</b></p> <p><a href="#">Herbed cod with pasta &amp; marinated artichokes</a></p> <p><b>Dessert / Snacks:</b></p> <p><a href="#">Baked feta with honey</a></p>