



2024 Great Lent Meal Plan

March 18 - May 5





GREAT LENT MEAL PLAN 2024

HELPFUL HINTS

We have based this Lenten meal plan on the Greek Orthodox Archdiocese of America calendar which not only indicates fast days but also daily Scriptural readings and Saints days. This is a wonderful resource that you can use all year long, and you can consult the calendar by clicking [here](#)

Each day is identified in **Blue**, **Purple** or **Red** and the significance of this colour coding is found on the top right hand corner of each calendar page.

Regarding oil: The meal plan includes recipes which use either olive oil or vegetable oil. If you are refraining from olive oil on oil-free days (those dates identified in Red) then substitute the olive oil in the recipe for vegetable oil or another type of oil. If you are abstaining from all oils on Strict Fast days, in certain recipes you can replace the oil with water (for example, when sautéing the vegetables for fakes, do so in water instead of oil). In some recipes however this substitution does not work (example, in our halva recipes) and therefore you may need to make adjustments to the meal plan schedule.

We have also considered that many of us work out of the house during the day and therefore we have suggested lunches that can easily be packed up and either reheated, or served cold or at room temperature.



GREAT LENT MEAL PLAN 2024

MORE HELPFUL HINTS

If you click on the menu items which are in blue and underlined, you will be taken directly to the recipe post on our website. Also, if you click on the special religious days listed, you will be taken to a page where you can learn more about the particular holiday.

You will see that a few recipes contain cheese. In these cases simply omit the cheese - the recipe will still be great.

The meal plan can be printed out for easy reference, but is ideally used on the computer where you can directly link to the recipes suggested.

For more Lenten Recipes, you can [refer to our website](#) and to our downloadable e-book available on our website.

Keep in mind that we will be adding more Lenten recipes in the coming weeks, so be sure to check back often!

Finally, if you follow us on [Instagram](#), be sure to also follow our Hashtag #Greeklentenrecipes where we, and others, share delicious nistisima foods.

Kali Sarakosti,
Xoxo Helen & Billie



GREAT LENT MEAL PLAN 2024

Week 1: March 18 - March 24

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, MARCH 18	TUESDAY MARCH 19	WEDNESDAY MARCH 20	THURSDAY MARCH 21	FRIDAY MARCH 22	SATURDAY MARCH 23	SUNDAY MARCH 24
<i>KATHARA DEFTERA / CLEAN MONDAY</i>					<i>MIRACLE OF KOLLYVA</i>	<i>SUNDAY OF ORTHODOXY</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Fresh fruit • Toast & peanut butter 	<ul style="list-style-type: none"> • Toast with peanut butter & banana 	<ul style="list-style-type: none"> • <u>Pita bread</u> • <u>Taramosalata</u> • <u>Orange berry smoothie</u> 	<ul style="list-style-type: none"> • Toast with peanut butter & banana 	<ul style="list-style-type: none"> • Oatmeal with non-dairy milk • Fresh fruit 	<ul style="list-style-type: none"> • <u>Tiganites</u> 	<ul style="list-style-type: none"> • <u>Brownie baked oatmeal</u>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> • <u>Marinated olives</u> • <u>Lagana</u> • <u>Taramosalata</u> 	<ul style="list-style-type: none"> • <u>Spanakorizo</u> 	<ul style="list-style-type: none"> • Lettuce and tomato salad with <u>tahini dressing</u>. 	<ul style="list-style-type: none"> • <u>Quinoa & chickpea salad</u> 	<ul style="list-style-type: none"> • <u>Briam</u> • <u>Whole wheat bread with honey</u> 	<ul style="list-style-type: none"> • <u>Squash & pearl couscous salad</u> 	<ul style="list-style-type: none"> • <u>Calamari & rice</u>
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<ul style="list-style-type: none"> • <u>Fava</u> • <u>Fried calamari</u> • <u>Rapini</u> 	<ul style="list-style-type: none"> • <u>Fakes</u> • <u>Taramosalata</u> • <u>Pita bread</u> 	<ul style="list-style-type: none"> • <u>Psilofasoula (Mung bean soup)</u> 	<ul style="list-style-type: none"> • <u>Black bean & sweet potato quesadilla</u> 	<ul style="list-style-type: none"> • <u>Easy vegan chili</u> 	<ul style="list-style-type: none"> • <u>Octopus & pasta</u> 	<ul style="list-style-type: none"> • <u>Yemista (stuffed vegetables)</u>
DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS
<ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<ul style="list-style-type: none"> • Mixed nuts • Fresh fruit 	<ul style="list-style-type: none"> • <u>Koulourakia with orange</u> 	<ul style="list-style-type: none"> • <u>Koulourakia with orange</u> 	<ul style="list-style-type: none"> • <u>Halva</u> 	<ul style="list-style-type: none"> • <u>Chocolate and blueberry cake</u>



GREAT LENT MEAL PLAN 2024

Week 2: March 25 - March 31

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, MARCH 25	TUESDAY MARCH 26	WEDNESDAY MARCH 27	THURSDAY MARCH 28	FRIDAY MARCH 29	SATURDAY MARCH 30	SUNDAY MARCH 31
<u>ANNUNCIATION OF THE THEOTOKOS</u>					<u>SECOND SATURDAY OF LENT</u>	<u>SUNDAY OF ST. GREGORY PALAMAS</u>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<ul style="list-style-type: none"> • Cold cereal & non-dairy milk • Fresh fruit 	<ul style="list-style-type: none"> • <u>Apple oatmeal muffins</u> 	<ul style="list-style-type: none"> • Toast & jam • Banana 	<ul style="list-style-type: none"> • Oatmeal & non-dairy milk • Nuts & raisins 	<ul style="list-style-type: none"> • <u>Orange berry smoothie</u> • Toast & almond butter 	<ul style="list-style-type: none"> • <u>Bagels with faux smoked salmon</u> 	<ul style="list-style-type: none"> • <u>Vegan banana bread</u> • Fresh fruit
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<ul style="list-style-type: none"> • <u>Psarosoupa (fish soup)</u> 	<ul style="list-style-type: none"> • <u>Red beans & rice</u> 	<ul style="list-style-type: none"> • <u>Chickpea wraps</u> • Carrot sticks & hummus 	<ul style="list-style-type: none"> • <u>Minestrone soup</u> 	<ul style="list-style-type: none"> • <u>Red cabbage salad with apple</u> 	<ul style="list-style-type: none"> • <u>Black eyed peas with spinach</u> 	<ul style="list-style-type: none"> • <u>Greek potato salad with herbs</u>
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<ul style="list-style-type: none"> • <u>Bakaliaros (Cod) & Skordalia</u> • <u>Beet salad</u> 	<ul style="list-style-type: none"> • <u>Fasolakia (Green beans) with potatoes</u> • <u>Olive & oregano bread</u> 	<ul style="list-style-type: none"> • <u>Pasta & eggplant tomato sauce</u> 	<ul style="list-style-type: none"> • <u>Orzo with shrimp</u> 	<ul style="list-style-type: none"> • <u>Roasted cauliflower & potatoes</u> 	<ul style="list-style-type: none"> • <u>Pasta with vegetables</u> 	<ul style="list-style-type: none"> • <u>Gigantes plaki</u>
DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS	DESSERT/SNACKS
<ul style="list-style-type: none"> • <u>Chocolate and blueberry cake</u> 	<ul style="list-style-type: none"> • <u>Chocolate halva</u> 	<ul style="list-style-type: none"> • Mixed nuts • Fresh fruit 	<ul style="list-style-type: none"> • Rice cakes with tahini & honey 	<ul style="list-style-type: none"> • <u>Chocolate halva</u> 	<ul style="list-style-type: none"> • <u>Chocolate halva</u> • <u>Dates with almond butter</u> 	<ul style="list-style-type: none"> • <u>Chocolate halva</u> • <u>Dates with almond butter</u>
				<ul style="list-style-type: none"> • Fresh fruit 		



GREAT LENT MEAL PLAN 2024

Week 3: April 1 - April 7

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

<p>MONDAY, APRIL 1</p>	<p>TUESDAY APRIL 2</p>	<p>WEDNESDAY APRIL 3</p>	<p>THURSDAY APRIL 4</p>	<p>FRIDAY APRIL 5</p>	<p>SATURDAY APRIL 6 <i>THIRD SATURDAY OF LENT</i></p>	<p>SUNDAY APRIL 7 <i>SUNDAY OF THE HOLY CROSS</i></p>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast & peanut butter • Banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fasolatha (Greek bean soup)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Prasorizo (Leeks & rice)</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan apple cake</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Brownie baked oatmeal</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Hortosoupa (Greek vegetable soup)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Spanakoquinoa (Spinach & quinoa)</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Vegan oatmeal cups</u> • Fresh fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Easy pumpkin soup</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Aginares a la polita (Greek artichoke stew)</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & jam <p>LUNCH</p> <ul style="list-style-type: none"> • Crackers & <u>melitzanosalata (eggplant dip)</u> • <u>Grated carrot salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Red lentil soup</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Dried fruit 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Greek pasta salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Split pea soup with rice</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Quince spoon sweet</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Banana date bread</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Okra stewed in tomato sauce</u> • <u>Pita bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Mussels with red sauce</u> • <u>French fries</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate orange cake</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fried zucchini chips</u> • <u>Fava</u> • <u>Grilled bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Stewed green peas</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate orange cake</u>



GREAT LENT MEAL PLAN 2024

Week 4: April 8 - April 14

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, APRIL 8	TUESDAY APRIL 9	WEDNESDAY APRIL 10	THURSDAY APRIL 11	FRIDAY APRIL 12	SATURDAY APRIL 13 <i>FOURTH SATURDAY OF LENT</i>	SUNDAY APRIL 14 <i>SUNDAY OF ST. JOHN CLIMACUS</i>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Apple oatmeal muffins</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Taramosalata</u> • Vegan Crackers • Fresh fruit <p>DINNER</p> <ul style="list-style-type: none"> • <u>Shrimp lettuce wraps</u> • <u>Rice with vegetables</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Candied oranges</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Cinnamon raisin bread</u> • Fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fide soup</u> • Veggies & <u>fava</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fakes</u> • <u>Taramosalata</u> • <u>Pita bread</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Pear spoon sweet</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Cinnamon raisin bread</u> • Orange juice <p>LUNCH</p> <ul style="list-style-type: none"> • Peanut butter & jelly sandwich <p>DINNER</p> <ul style="list-style-type: none"> • <u>Chickpea fritters with lemon tahini sauce</u> • <u>Rapini</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Candied oranges</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal & banana with non-dairy milk <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Roasted cauliflower & kale salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Red lentil & bulgur wraps</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Pear spoon sweet</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Spanakorizo</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Spaghetti squash & roasted vegetables</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan shortbread cookies</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Potatoes yahni</u> • <u>Pita bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Vegan pastichio</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Cold cereal with non-dairy milk • Fresh fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Eggplant stew</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fried calamari</u> • <u>Skordalia</u> • <u>Pita bread</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva</u>



GREAT LENT MEAL PLAN 2024

Week 5: April 15 - April 21

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

<p>MONDAY, APRIL 15</p>	<p>TUESDAY APRIL 16</p>	<p>WEDNESDAY APRIL 17</p>	<p>THURSDAY APRIL 18 <i>THE GREAT CANON OF ST. ANDREW OF CRETE</i></p>	<p>FRIDAY APRIL 19</p>	<p>SATURDAY APRIL 20 <i>FIFTH SATURDAY OF LENT: AKATHIST HYMN</i></p>	<p>SUNDAY APRIL 21 <i>SUNDAY OF ST. MARY OF EGYPT</i></p>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • Fresh fruit • Toast & peanut butter <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Palikaria</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Potato salad</u> • <u>Chickpea wraps</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Peanut butter date bars</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Spinach & rice soup</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Okra with cauliflower</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Peanut butter date bars</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Brownie baked oatmeal</u> <p>LUNCH</p> <ul style="list-style-type: none"> • Pasta with <u>marinara sauce</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Youvetsi with chickpeas</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Mixed nuts • Fresh fruit 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Spanakorizo</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Tomato fritters</u> • <u>Grilled zucchini & bell pepper salad</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Manestra</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fasolatha with tomato</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan oatmeal cups</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fried eggplant with tomato sauce</u> • <u>Whole wheat bread with honey</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Stuffed calamari</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Kouloures</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Eggplant, zucchini & potato bake</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Stuffed calamari</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Kouloures</u>



GREAT LENT MEAL PLAN 2024

Week 6: April 22 - April 28

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

<p>MONDAY, APRIL 22</p>	<p>TUESDAY APRIL 23</p>	<p>WEDNESDAY APRIL 24</p>	<p>THURSDAY APRIL 25 <i>MARK THE APOSTLE & EVANGELIST</i></p>	<p>FRIDAY APRIL 26</p>	<p>SATURDAY APRIL 27 <i>LAZARUS SATURDAY</i></p>	<p>SUNDAY APRIL 28 <i>PALM SUNDAY</i></p>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Vegan rizogalo (rice pudding)</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Maroulosalata</u> • <u>Revithosoupa (chickpea soup)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Vegan stuffed eggplant</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Dried fruit & nuts • Veggies 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Horta (dandelion greens) & grilled bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fakes</u> • <u>Pita bread</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Fresh fruit 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal & strawberries <p>LUNCH</p> <ul style="list-style-type: none"> • Pasta & <u>zucchini sauce</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Cabbage & bean soup</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate & strawberry cookies</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Spinach & potato stew</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Grilled octopus</u> • <u>Sautéed green peppers</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva with petimezi</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Spanakorizo</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Vegan spanakopita</u> • <u>Pita bread</u> • <u>Taramosalata</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Nachos & <u>guacamole</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Banana date bread</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Ladenia (Greek flatbread)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fried calamari</u> • <u>Roasted lemon potatoes</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Loukoumades</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Banana date bread</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Potato salad with smoked herring.</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Cod with eggplant & potatoes</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Loukoumades</u>



GREAT LENT MEAL PLAN 2024

Week 7: April 29 - May 5

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, APRIL 29 <i>HOLY MONDAY</i>	TUESDAY APRIL 30 <i>HOLY TUESDAY</i>	WEDNESDAY MAY 1 <i>HOLY WEDNESDAY</i>	THURSDAY MAY 2 <i>HOLY THURSDAY</i>	FRIDAY MAY 3 <i>HOLY FRIDAY</i>	SATURDAY MAY 4 <i>HOLY SATURDAY</i>	SUNDAY MAY 5 <i>GREAT AND HOLY PASCHA</i>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • Bread • Olives & sliced tomato <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Lapas (Greek boiled rice porridge)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Giant beans with greens</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Rice cakes & jam 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Kouloures</u> • <u>Taramosalata</u> <p>LUNCH</p> <ul style="list-style-type: none"> • Peanut butter & jelly sandwich <p>DINNER</p> <ul style="list-style-type: none"> • <u>Pasta with tomato & red pepper sauce</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal & plant based milk • Fresh fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fennel salad</u> • <u>Beans & rice</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Pasta with tomato sauce</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Citrus platter with pomegranate</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Pumpkin pita</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Borlotti bean soup</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Cantaloupe with ouzo</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Maniatiki salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Zucchini salad</u> • <u>Pita bread</u> • Olives • Mixed nuts <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Fresh fruit 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Cucumber salad</u> • <u>Pasta with swiss chard & tomatoes</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fakes</u> • <u>Taramosalata</u> • <u>Pita bread</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Veggies & hummus 	<p>XRISTOS ANESTI ALITHOS ANESTI</p> <p><i>To learn how we celebrate <u>Pascha</u>, you can read this story.</i></p> <p>LUNCH IDEAS (to go with the lamb)</p> <ul style="list-style-type: none"> • <u>Loukaniko with kefalotyri</u> • <u>Spanakopita</u> • <u>Tyrokafteri</u> • <u>Pork filet meze</u> • <u>Greek meatballs</u> • <u>Zambonopita</u> • <u>Galatopita</u> • <u>Galaktoboureko</u> • <u>Revani</u>