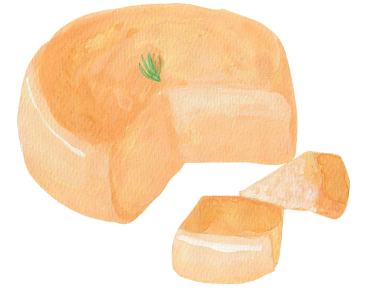




TYRINI / CHEESEFARE WEEK 2024

MARCH 11 - MARCH 17



Tyrini or Cheese fare week is the final week before Great Lent. This is the last week in the Orthodox Calendar during which dairy is permitted. This week dairy, eggs, fish, oil and wine are allowed but we refrain from consuming meat.

In the meal plan which follows, menu items 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 - read the helpful content or press the *Jump to Recipe* button.



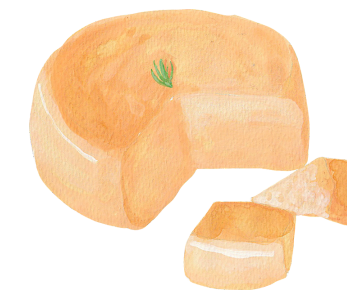
You can find more recipes for Tyrini Week by consulting our website. Any recipe which does not contain meat or chicken would be appropriate. Stay tuned...our 2024 Great Lent Meal Plan will be available soon!

Sincerely,
Helen & Billie



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CHEESEFARE MONDAY MARCH 11	CHEESEFARE TUESDAY MARCH 12	CHEESEFARE WEDNESDAY MARCH 13	CHEESEFARE THURSDAY MARCH 14	CHEESEFARE FRIDAY MARCH 15	CHEESEFARE SATURDAY MARCH 16	FORGIVENESS SUNDAY MARCH 17
<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Greek yogourt • Fresh berries <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Egg salad with feta & dill</u> • Carrot sticks • Hummus <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Cod potato cakes</u> • <u>Rapini</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Whipped feta</u> • Crackers 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Sheet pan eggs and breakfast sandwich</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Fish soup</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Baked feta & mushroom pasta</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Greek yogourt cake with lemon</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast with jam • <u>Milk & coffee</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Caprese salad</u> • <u>Eggplant dip</u> • Crackers <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Cedar planked salmon</u> • <u>Lemon rice</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Galatopita</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Greek-style hard boiled eggs</u> • Fruit <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Spanakopasta</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Shrimp saganaki</u> • <u>Pita bread</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Mixed nuts • <u>Vanilla milkshake</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal • <u>Orange & berry smoothie</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Grilled cheese or a cheese and tomato sandwich</u> • <u>Cream of tomato soup</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Herb baked cod with pasta and artichokes</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Samali cake</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Soft boiled egg</u> • Toast & butter <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Hilopites soup</u> • <u>Marinated olives</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Spanakopita mac & cheese</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tyrokafteri</u> • <u>Pita bread</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Fried egg with feta</u> • Toast <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Tyropites with homemade phyllo</u> • <u>Peach tomato & feta salad</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Crustless zucchini tart</u> • <u>Seafood salad</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Greek nachos</u> • <u>Bougatsa</u>

