



2025 Great Lent Meal Plan

March 3 - April 20





GREAT LENT MEAL PLAN 2025

HELPFUL HINTS

We have based this Lenten meal plan on the Greek Orthodox Archdiocese of America calendar, which 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**. The significance of this colour coding is found on the top right hand corner of each calendar page.

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

Regarding oil: This 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 another 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.



GREAT LENT MEAL PLAN 2025

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. Recipes that have an * next to them can be found in our Lenten Recipe e-book, available for purchase for less than a price of a coffee!

At least once a week (usually on Thursdays, for lunch) we have listed “*Leftovers*”. This is an invitation to you to see what you have remaining from earlier in the week and enjoy that for lunch. Let’s not waste food!

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-books](#) available on our website. We will be adding more Lenten recipes in the coming weeks, so be sure to check back often!

xoxo Helen & Billie

SHOPPING LIST

Having these items handy makes preparing Lenten meals easier!

- Lentils (red & brown)
- Chickpeas
- Nut butter
- Jam
- Assorted nuts
- Olives & capers
- Potatoes
- Rice
- Fresh vegetables
 - eggplant
 - lettuce and greens
- Frozen vegetables
 - peas
- Tomato sauce
- Pasta
- Fresh fruit
- Non-dairy milk





GREAT LENT MEAL PLAN

March 3 - March 9, 2025

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 style="text-align: center;">MONDAY MARCH 3</p> <p style="text-align: center;">KATHARA DEFTERA CLEAN MONDAY</p>	<p style="text-align: center;">TUESDAY MARCH 4</p>	<p style="text-align: center;">WEDNESDAY MARCH 5</p>	<p style="text-align: center;">THURSDAY MARCH 6</p>	<p style="text-align: center;">FRIDAY MARCH 7</p>	<p style="text-align: center;">SATURDAY MARCH 8</p> <p style="text-align: center;"><u>1ST SATURDAY OF</u> <u>LENT</u></p>	<p style="text-align: center;">SUNDAY MARCH 9</p> <p style="text-align: center;"><u>SUNDAY OF</u> <u>ORTHODOXY</u></p>
<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Healthy brownie baked oatmeal</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Lagana</u> • <u>Taramosalata</u> • <u>Fava</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Fried calamari</u> • <u>French fries</u> • <u>Maroulosalata</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Fresh fruit • <u>Halva</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast & jam • Fresh fruit <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Minestrone soup</u> • Crackers <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Herbed orzo with chickpeas</u> • <u>Zucchini salad</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Healthy brownie baked oatmeal</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Fasolatha (white bean soup)</u> • <u>Olive & oregano bread</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Spanakorizo</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Carrot sticks & <u>fava</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal & non-dairy milk • Nuts & raisins <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers!</i> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Potatoes yahni</u> • <u>Apple and almond salad</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan rizogalo</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Orange berry smoothie</u> • Toast & peanut butter <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Greek potato salad with herbs</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Aginares a la polita (artichokes and peas)</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Fresh fruit 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Bagels with faux smoked salmon</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Greek pasta salad</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Vegan moussaka</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan banana bread</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> • Fresh fruit <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Tofu and cabbage stir-fry*</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Yemista</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Vegan banana bread</u>



GREAT LENT MEAL PLAN

March 10 - March 16, 2025

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 10	TUESDAY MARCH 11	WEDNESDAY MARCH 12	THURSDAY MARCH 13	FRIDAY MARCH 14	SATURDAY MARCH 15 <u>SECOND SATURDAY</u> <u>OF LENT</u>	SUNDAY MARCH 16 <u>SUNDAY OF SAINT</u> <u>GREGORY PALAMAS</u>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • Cold cereal & non-dairy milk • Fresh fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Dandelion greens and grilled bread</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"> • Fresh fruit 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & jam <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Red beans & rice</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Spinach and potato stew</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Dates stuffed with nut butter and coconut</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Cinnamon raisin bread</u> • Banana <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Chickpea wraps</u> • Carrot & celery sticks <p>DINNER</p> <ul style="list-style-type: none"> • <u>Spinach and mushroom orzo *</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>Cinnamon raisin bread</u> • Nuts & fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers!</i> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Orzo with shrimp</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Rice cakes with tahini & honey 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Orange berry smoothie</u> • Toast & jam <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fide soup</u> • Crackers & <u>fava</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Chickpea soup</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 & non-dairy milk • Fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Fried eggplant in tomato sauce</u> • <u>Irish soda bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Octopus and pasta</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Loukoumades</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Apple oatmeal muffins</u> • Fresh fruit <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Greek potato salad with herbs</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Gigantes plaki</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate & blueberry cake</u>



GREAT LENT MEAL PLAN

March 17 - March 23, 2025

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 style="text-align: center;">MONDAY MARCH 17</p>	<p style="text-align: center;">TUESDAY MARCH 18</p>	<p style="text-align: center;">WEDNESDAY MARCH 19</p>	<p style="text-align: center;">THURSDAY MARCH 20</p>	<p style="text-align: center;">FRIDAY MARCH 21</p>	<p style="text-align: center;">SATURDAY MARCH 22</p> <p style="text-align: center;"><u>THIRD SATURDAY</u> <u>OF LENT</u></p>	<p style="text-align: center;">SUNDAY MARCH 23</p> <p style="text-align: center;"><u>SUNDAY OF THE</u> <u>HOLY CROSS</u></p>
<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Vegan oatmeal cups</u> • Banana <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Moroccan chickpea soup</u> * <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Mussels with red sauce</u> • <u>French fries</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Rice cakes & peanut butter 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Brownie baked oatmeal</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Easy pumpkin soup</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Spanakoquinoa (Spinach & quinoa)</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal and non-dairy milk • Fresh fruit <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Split pea soup with rice</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Aginares a la polita (Greek artichoke stew)</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Tahini honey cookies</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & jam <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers!</i> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Red lentil soup</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Dried fruit • <u>Banana date bread</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Fasolatha (Greek bean soup)</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Potatoes yahni</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Quince spoon sweet</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Banana date bread</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Fried zucchini chips</u> • <u>Fava</u> • <u>Pita bread</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Eggplant, zucchini & potato bake</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Nuts & fruit 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Briam</u> • <u>Roasted red pepper bread</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Stuffed calamari</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate orange cake</u>



GREAT LENT MEAL PLAN

March 24 - March 30, 2025

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 MARCH 24</p>	<p>TUESDAY MARCH 25</p> <p><u>ANNUNCIATION OF THE THEOTOKOS</u></p>	<p>WEDNESDAY MARCH 26</p>	<p>THURSDAY MARCH 27</p>	<p>FRIDAY MARCH 28</p>	<p>SATURDAY MARCH 29</p> <p><u>FOURTH SATURDAY OF LENT</u></p>	<p>SUNDAY MARCH 30</p> <p><u>SUNDAY OF ST. JOHN CLIMACUS</u></p>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Apple oatmeal muffins</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Greek potato salad with herbs</u> • Fresh fruit <p>DINNER</p> <ul style="list-style-type: none"> • <u>Sweet potato and black bean sheet pan quesadilla</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Marble halva</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>Psarosoupa (Fish soup)</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Cod & skordalia</u> • <u>Horta</u> • <u>Beet salad</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Marble halva</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"> • <u>Horta & grilled bread</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Calamari and rice</u> • <u>Rapini</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Moustokouloura</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Fruit salad</u> • <u>Pita bread</u> • Almond butter <p>LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers!</i> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Shrimp youvetsi (orzo)</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Moustokouloura</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Vegan rizogalo</u> <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Palikaria (bean salad with wheat berries)</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"> • Vegan yogourt • Berries <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>Bakaliaros me skordalia (Salted cod with garlic potato mash)</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>Ladenia</u> • <u>Maroulosalata (Lettuce salad)</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

March 31 - April 6, 2025

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 MARCH 31</p>	<p>TUESDAY APRIL 1</p>	<p>WEDNESDAY APRIL 2</p>	<p>THURSDAY APRIL 3 <u>THE GREAT CANON</u> <u>OF ST. ANDREW OF</u> <u>CRETE</u></p>	<p>FRIDAY APRIL 4</p>	<p>SATURDAY APRIL 5 <u>FIFTH SATURDAY</u> <u>OF LENT: THE</u> <u>AKATHIST HYMN</u></p>	<p>SUNDAY DECEMBER 15 <u>SUNDAY OF ST.</u> <u>MARY OF EGYPT</u></p>
<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Fresh fruit</u> • <u>Kouloures</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Chickpea wraps</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Spaghetti squash and roasted vegetables</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Peanut butter date bars</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Toast & jam</u> • <u>Orange juice & berry smoothie</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Spinach & rice soup</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Pasta with tomato and red pepper sauce</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Peanut butter date bars</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Brownie baked oatmeal</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Pasta with marinara sauce</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Youvetsi with chickpeas</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Mixed nuts</u> • <u>Fresh fruit</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Toast with peanut butter & banana</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Leftovers</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Stewed green peas & potatoes</u> • <u>Lagana</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Halva</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Apple pie baked oatmeal *</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Manestra</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Fakes (Lentil soup)</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Halva</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Tiganites</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Fried eggplant with tomato sauce</u> • <u>Whole wheat bread with honey</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Stuffed calamari</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Vegan apple cake</u> 	<p><u>BREAKFAST</u></p> <ul style="list-style-type: none"> • <u>Vegan apple cake</u> • <u>Fruit salad</u> <p><u>LUNCH</u></p> <ul style="list-style-type: none"> • <u>Greek beans and potatoes (Fasolakia me patates)</u> <p><u>DINNER</u></p> <ul style="list-style-type: none"> • <u>Vegan moussaka</u> <p><u>DESSERT/SNACKS</u></p> <ul style="list-style-type: none"> • <u>Loukoumades</u>



GREAT LENT MEAL PLAN

April 7 - April 13, 2025

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 style="text-align: center;">MONDAY APRIL 7</p>	<p style="text-align: center;">TUESDAY APRIL 8</p>	<p style="text-align: center;">WEDNESDAY APRIL 9</p>	<p style="text-align: center;">THURSDAY APRIL 10</p>	<p style="text-align: center;">FRIDAY APRIL 11</p>	<p style="text-align: center;">SATURDAY APRIL 12</p> <p style="text-align: center;"><u>LAZARUS</u> <u>SATURDAY</u></p>	<p style="text-align: center;">SUNDAY APRIL 13</p> <p style="text-align: center;"><u>PALM SUNDAY</u></p>
<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Vegan rizogalo (rice pudding)</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Maroulosalata</u> • <u>Revithosoupa (chickpea soup)</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Vegan stuffed eggplant</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Dried fruit & nuts • Veggies 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Horta (dandelion greens) & grilled bread</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Red lentil soup</u> • <u>Pita bread</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Fresh fruit 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal & strawberries <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Red lentil and bulgur wraps</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Cabbage & bean soup</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate & strawberry cookies</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Rice cakes & jam <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers</i> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Artichokes (aginares) a la polita</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Halva with petimezi</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast with peanut butter & banana <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Spanakorizo</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Vegan spanakopita</u> • <u>Pita bread</u> • <u>Taramosalata</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Nachos & <u>guacamole</u> 	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • <u>Banana date bread</u> <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Noodles with peanut butter sauce *</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Vegan stuffed eggplant (Papoutsakia)</u> <p style="text-align: center;">DESSERT/SNACKS</p> <p style="text-align: center;"><i>Today we make <u>Lazarakia!</u></i></p>	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> • Toast & smoked salmon with tomatoes and capers <p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> • <u>Small fried fish</u> • <u>Maroulosalata</u> <p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> • <u>Bakaliaros (cod) and skordalia (garlic mash potatoes)</u> <p style="text-align: center;">DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate halva</u>



GREAT LENT MEAL PLAN

April 14 - April 20, 2025 Holy Week

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 14</p> <p><u>HOLY MONDAY</u></p>	<p>TUESDAY APRIL 15</p> <p><u>HOLY TUESDAY</u></p>	<p>WEDNESDAY APRIL 16</p> <p><u>HOLY WEDNESDAY</u></p>	<p>THURSDAY APRIL 17</p> <p><u>HOLY THURSDAY</u></p>	<p>FRIDAY APRIL 18</p> <p><u>HOLY FRIDAY</u></p>	<p>SATURDAY APRIL 19</p> <p><u>HOLY SATURDAY</u></p>	<p>SUNDAY APRIL 20</p> <p><u>GREAT & HOLY PASCHA</u></p>
<p>BREAKFAST</p> <ul style="list-style-type: none"> • Bread • Olives & sliced tomato <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Lapas</u> (Greek boiled rice porridge) <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> • Sliced tomatoes <p>LUNCH</p> <ul style="list-style-type: none"> • <u>Roasted cauliflower and kale salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Pasta in tomato sauce</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Chocolate and orange 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>Potato salad</u> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Hortosoupa</u> (Greek vegetable soup) <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Marble halva</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Cereal & non-dairy milk <p>LUNCH</p> <ul style="list-style-type: none"> • <i>Leftovers</i> <p>DINNER</p> <ul style="list-style-type: none"> • <u>Vegan pastitsio</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • <u>Marble halva</u> 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • <u>Lagana</u> (or pita) • Sliced tomatoes <p>LUNCH</p> <ul style="list-style-type: none"> • Peanut butter & jelly sandwich <p>DINNER</p> <ul style="list-style-type: none"> • <u>Fide soup</u> • Crudités (carrots, celery, cucumber) <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Rice cakes & tahini 	<p>BREAKFAST</p> <ul style="list-style-type: none"> • Oatmeal with non-dairy milk <p>LUNCH</p> <ul style="list-style-type: none"> • Salad with <u>tahini dressing</u>. <p>DINNER</p> <ul style="list-style-type: none"> • <u>Minestrone soup</u> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"> • Assorted nuts • Fruit 	<p>The day of Pascha is a huge celebration! We feast on all sorts of wonderful things, including these must haves:</p> <ul style="list-style-type: none"> • <u>Greek sausage</u> (loukaniko) • <u>Tyropites</u> • <u>Spanakopites</u> • <u>Lamb</u> • <u>Souvlaki</u> • <u>Pastitsio</u> • <u>Moussaka</u> • <u>Galaktoboureko</u> • <u>Galatopita</u> • <u>Dyed eggs</u>



KOULOURAKIA WITH ORANGE



MOUSTOKOULOURA (GRAPE MUST COOKIES)



CHOCOLATE & STRAWBERRY COOKIES



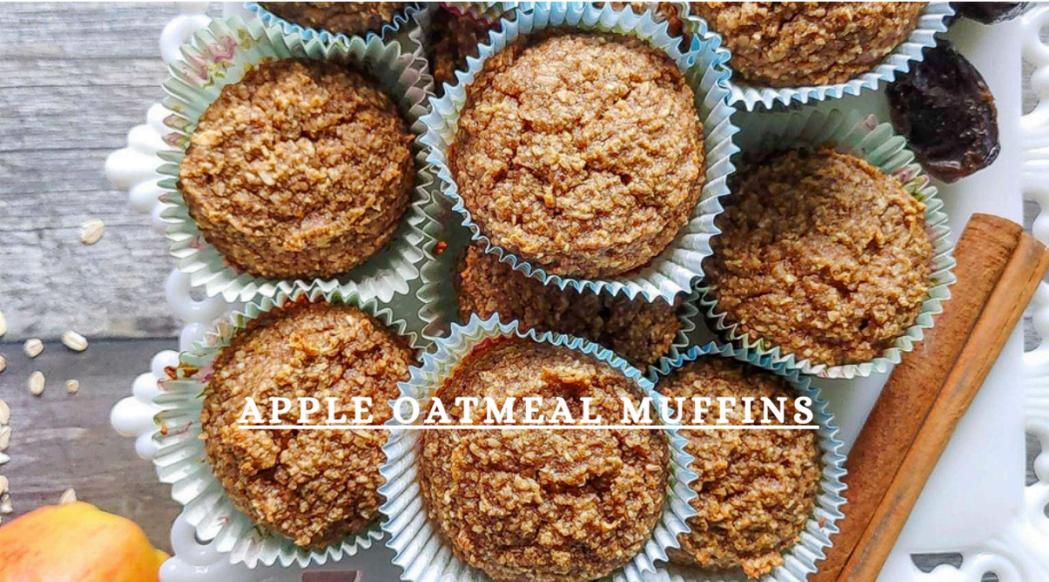
HALVA

Great Lent Sweets
We try to always have these items available during Great Lent - perfect for when you need something sweet, but don't have time to bake in the moment!



CANDIED ORANGE SLICES

Click on photo or title to get to recipe!



APPLE OATMEAL MUFFINS



BANANA DATE BREAD



PEANUT BUTTER DATE BARS

thank
you

*for being here with us!
Kali Sarakosti!*

Helen & Billie Bitzas
co-founders www.miakouppa.com