



TYRINI / CHEESEFARE WEEK 2026

FEBRUARY 16 - FEBRUARY 22

Tyrini or Cheesefare week is the week which precedes Great Lent. For those who will be fasting, this is an important week because it is the last week before Great Lent when dairy, eggs, fish, oil and wine are permitted, although we refrain from eating 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.

As well, certain dates are also underlined; click on those links to be taken to the Orthodox reading of the day.

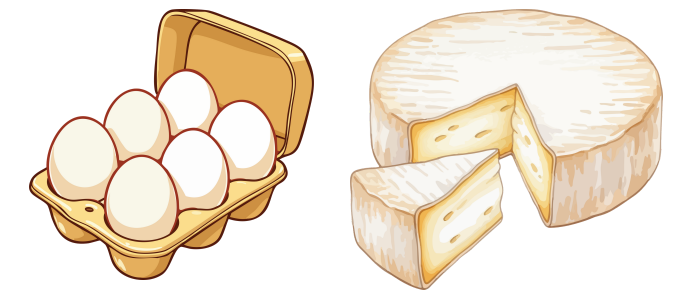
You can find more recipes for Tyrini Week by consulting [our website](#). Any recipe which does not contain meat or chicken would be appropriate. Stay tuned...our 2026 Great Lent Meal Plan will be available soon!

With love,
Helen & Billie



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<u>CHEESEFARE</u> <u>MONDAY</u> FEBRUARY 16	<u>CHEESEFARE</u> <u>TUESDAY</u> FEBRUARY 17 <u>Theodore the Tyro</u>	<u>CHEESEFARE</u> <u>WEDNESDAY</u> FEBRUARY 18	<u>CHEESEFARE</u> <u>THURSDAY</u> FEBRUARY 19	<u>CHEESEFARE</u> <u>FRIDAY</u> FEBRUARY 20	<u>CHEESEFARE</u> <u>SATURDAY</u> FEBRUARY 21	<u>FORGIVENESS</u> <u>SUNDAY</u> FEBRUARY 22
BREAKFAST • <u>Egg zucchini muffins</u> • Fresh berries LUNCH • <u>Alevropita (Easy feta pita)</u> • <u>Chickpea salad</u> DINNER • <u>Seafood salad</u> • <u>Roasted red pepper bread</u> DESSERT/SNACKS • <u>Whipped feta</u> • Crackers	BREAKFAST • <u>Sheet pan eggs and breakfast sandwich</u> LUNCH • <u>Spanakopatata (Baked potato with spinach and feta)</u> DINNER • <u>Baked feta & mushroom pasta</u> DESSERT/SNACKS • <u>Greek yogourt cake with lemon</u>	BREAKFAST • <u>Tomato & feta toast</u> • Fruit LUNCH • <u>Tuna sandwich</u> • <u>Broccoli with olive oil & lemon</u> DINNER • <u>Homemade pizza (skip the pepperoni!)</u> DESSERT/SNACKS • <u>Kefalograviera crackers</u>	BREAKFAST • <u>Greek-style hard boiled eggs</u> • <u>Milk and coffee</u> LUNCH • <u>Grilled cheese</u> • <u>Cream of tomato soup</u> DINNER • <u>Artichoke and peas in an avgolemono sauce</u> DESSERT/SNACKS • <u>Banana muffin</u> • <u>Vanilla milkshake</u>	BREAKFAST • Oatmeal • <u>Orange & berry smoothie</u> LUNCH • <u>Halloumi, lettuce & tomato sandwich</u> DINNER • <u>Stewed Swiss chard and veggies with feta</u> DESSERT/SNACKS • <u>Easy Spanakopitakia without phyllo</u>	BREAKFAST • <u>Soft boiled egg in a cup</u> LUNCH • <u>Eggplant, potato and mozzarella casserole</u> DINNER • <u>Shrimp saganaki</u> • <u>Greek cheese topped bread</u> DESSERT/SNACKS • <u>Tyrokafteri</u> • <u>Pita bread</u>	BREAKFAST • <u>Fried egg with feta</u> • Toast LUNCH • <u>Kourkoutopita with trahana</u> • <u>Maroulosalata</u> DINNER • <u>Herbed baked cod with pasta</u> DESSERT/SNACKS • <u>Bougatsa</u>

