

Lenten Menu: Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Communion Fast	Banana bread, fruit	Cereal or granola, fruit	Oatmeal or bagels	Cereal or granola, fruit	Oatmeal	Pumpkin pancakes, fruit
At church	Leftover Pizza	Peanut butter and jelly, fruit	Leftover koshari	Hummus, pita etc.	Hummus, pita, etc.	Leftover chili or koshari
Vegan Pizza, Vegan chocolate chip cake	Koshari	Leftover koshari	Hummus, baba ghanouj, pita, veggies	Crock-pot chili, skillet cornbread, salad	Crock-pot chili, skillet cornbread, salad	Kh. Nicole's Lentil Soup, bread, salad

Lenten Menu: Week Two

Communion Fast	Pumpkin bread, fruit	Cereal or granola, fruit	Oatmeal or bagels	Cereal or granola, fruit	Oatmeal	Spiced banana pancakes
At church	Leftover chili or soup	Peanut butter and jelly, fruit	Leftovers or PBJ	Hummus, pita, etc.	Hummus, pita, etc or Cuban black beans	Leftovers
Chana Masala or Palak Daal, Vegan cookies	Cuban black beans, rice, salad	Leftover lentil soup or chana masala	Hummus and roasted veggie wraps	Leftover Cuban black beans and rice	Butternut Squash Soup, salad	Falafels!

Lenten Menu: Week Three

Communion Fast	Banana-split bread, fruit	Cereal or granola, fruit	Oatmeal or bagels	Cereal or granola, fruit	Oatmeal	Pumpkin pancakes, fruit
At church	Leftover curry	Peanut butter and jelly	Black bean chimichangas	Hummus, etc.	Leftover pasta	Leftovers
Curried lentils and sweet potatoes or Indian lentil soup, apple crisp	Black bean chimichangas, salsa, guacamole, veggies	Leftover curry or soup	Hummus, baba ghanouj, pita, veggies	Pasta with shrimp, olives, tomatoes, garlic, olive oil, spinach, etc.	Ribollita, bread	Leftover ribollita

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