

Special Holiday Meals

Ash Wednesday/Lent Menu Ideas

It is customary to abstain from meat on Ash Wednesday and on Fridays through the Lent period.

BREAKFAST

Oatmeal w/fruit

LUNCH

Lentils (no meat) and Grilled Cheese

Tuna Cold Plate

MAIN DISHES

Eggplant Parmesan

Salad or Creamed Spinach

Garlic Breadsticks

DESSERTS

Other Fish Recipes:

[Baked Salmon](#)

[Broiled Parmesan Tilapia](#)

[Fish w/Honey Mustard Sauce](#)

[Salmon Patties](#)

[Super Easy Baked Catfish](#)