

Apostles Fast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana or Zucchini Bread	Scrambled Tofu	Oatmeal	Bagels & Apples	Malto-Meal	Pancakes	
Lunch	Chickpea Mash Sandwiches & Tomato Soup	Bean Veggie Soup	PB & J Fruit	Wheat Berry Tabouli & Lentil Soup	Hummus, Carrot sticks, Flat Bread, and Basil Squash Soup or Sunny Squash Soup	Italian Style Tuna Fish Salad	
Supper Week 1	Shrimp Etoufee	Pasta with Pesto	Wet Burritos	Spinach Artichoke Dip Flat Bread	“Sausage” Bread & Roasted Tomato Sauce	Baked Potatoes w/ Garbanzo Topping and Tomato Gratin	Grilled Fish, Grilled Veggies, Orzo
Supper Week 2	Black-eyed Pea Patties	Pasta with caponata	Enchiladas	Homemade Veggie Burgers	Pot Stickers	- Cioppino (use this recipe, but with only shrimp and cod)	Fried Catfish & Tomato Po-boys

Snacks: Animal Crackers, Fruit, Trail Mix, [Polenta Sqaures](#)

Additional Fruit & Vegetable Sides: varies daily according to what's fresh.