

## It's Pancake Day [Shrove Tuesday]

“In the United Kingdom, Ireland and parts of the Commonwealth, Shrove Tuesday is also known as Pancake Day or Pancake Tuesday, as it became a traditional custom to eat pancakes as a meal.” -- [Wikipedia](#)



[The Princess of Wales Catherine "Kate" Middleton Flipping Pancakes](#)  
[BBCAmerica](#)

and  
**Mardi Gras**  
[Fat Tuesday]



R.I.P. [Big Chief Allison "Tootie" Montana](#)  
-- [Wikipedia](#)

and  
**Carnival Day**

[that's *carne-val* from the Latin *carnem levāre*, "to put away meat"]

# The Biggest and Best Carnival Celebrations Around the World: From Caribbean islands to the streets of Europe



- [Charlie Hobbs](#) and [Paul Rubio](#), [Conde Nast Traveler](#) (02 February 20230)



**Lady in White**

[Carnival of Venice - Wikipedia](#)  
[Italy](#)

**And in in the run-up to Shrove Tuesday in the  
medieval town of Ivrea, Italy,  
The Battle of the Oranges takes place**



## We explain why we throw oranges

-- [Italy 24 Press News](#) (19 February 2023:)

## In pictures: The battle of the oranges

-- [BBCnews](#) (20 February 2020)

and

tomorrow is Ash Wednesday

and

Lent begins

[in the Christian world]



A cross marked in ash on a worshipper's forehead -- [Ash Wednesday](#)  
-- [Wikipedia](#)

## **Ash Wednesday: Lenten Food Regulations begin for Roman Catholics and others**



[The Holy See](#)   
(The Vatican)

[Refresher on the rules of fast and abstinence during Lent 2023](#) 

-- [The Catholic Telegraph](#) (Cincinnati, 18 February 2023)

# **So Enjoy the Week!**

# Eat well while you can.

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