

**FAST FOOD FOR LENT:** For several years after returning to the St. Louis area, my wife and I would try different church and VFW fish fries during Lent. Over a few years, the prices went up and taste went down. We had our favorites churches (one in Des Peres and one in Kirkwood), but decided to go to commercial fast food locations and often often obtain more better tasting fish for less money.



**McDonald's Filet O' Fish** which during Lent has a special of buy one Fish Extra value Meal with fries and a soft drink (\$5.69 ), get a second Filet O' Fish for a \$1. The McDonald's fish experience for two fish sandwiches plus fried and a drink will cost you over \$7 with tax. I have grown up eating McDonald's and have the waistline to proof it. I have always found the Filet O' Fish tasty thanks mainly to the cheese and tater sauce, plus a soft bun. But it loses in this taste test.



**The Arby's 2 Fish Sandwiches for \$5** is a great deal. The sandwiches are much bigger than the McDonald's Filet O' Fish, with flaky cod fish. Of course the McDonald's Filet O' Fish even with the heavy dose of tater sauce it is famous for comes in at 370 calories. The bigger Arby's fish sandwich is 540 calories.

The key to getting the best Arby's fish is to get it fresh, even if you have to wait a few minutes. Including the drive home two freshly prepared Arby's Fish sandwiches taste great. However, if the sandwiches have been under a warming light for an extended

period of time you could be disappointed, more so than roast beef on a bun waiting the same time.



### **Culver's fish sandwiches win**

hands down for taste, but not for price, but of course you get what you pay for. The fried Walleye sandwich (front) was \$6.69 and the best tasting. It was 540 calories. The batter was light and fish flaky. It was a real treat.

The Cod sandwich (rear of photo) was the best of the fast food Cod sandwiches we have tried this Lent. At \$6.29 it was costly for fast food fare. Also it had more calories than the other three sandwiches we tried coming in at 600 calories.



**White Castle** has a couple special items for lent. After an absence of a few years the clam strips returned, at \$4.39 for a medium order. Also they have Shrimp Nibblers during Lent for \$3.49 for a small order. Now anyone with any sense knows the White castle Fish Sliders and Fish Nibblers are awful.

However both the clams and shrimp have some redeeming qualities. The clam strips remind me of the last order I had at Red Lobster. I'm not sure if this speaks to the quality of strips at White Castle or the decline of clam strips at Red Lobster. The clam strips come and go for lent in different years.

The shrimp was good for White Castle...it wasn't that great when compared to the competition. If you find yourself at White Castle during Lent because a friend insisted on sliders after a night of beers, the clam strips or shrimp might be easier on stomach than the little sandwiches and they do taste better.

**CHIC-FIL-A** Okay they say you shouldn't order fish at a steakhouse or steak at a seafood restaurant. But, the most popular fish sandwich is at a hamburger place (McDonald's) and the best tasting fish sandwich is at a hamburger place (Culver's) plus the best tasting fish sandwich at a cheaper price is at a roast beef place (Arby's.)

So I had to go to a Chicken place and try the Chic-fil-a fish sandwich during the 2016 lent. I got the deluxe with cheese, lettuce and tomato (\$3.79) while my wife got the regular (\$3.29). The best part of my sandwich was the cheese, lettuce and tomato. The best part of my wife's was the bread. In other words the two sandwiches were awful. My wife kept muttering, "I really like McDonald's Filet O' Fish.

The fish was actually tough and stringy. I had to floss to get remnants off this awful fish that was caught between my teeth. Do yourself a favor and only order chicken when you go to Chic-fil-a.



**TUCKERS:** Tucker's offers a giant piece of beer battered Haddock for \$6.95 and is part of their special Friday lunch sandwich special that includes soup or salad, fries and a beer or soft drink for \$9.95.

