

SHABBOS TABLE PROJECT

Menu Suggestions

1. Challah
2. Brisket, Chicken, Lamb, Fish (Whitefish or Salmon) must have fins & scales.
3. Gefilte Fish
4. Kugel
5. Matzo Ball Soup
6. Latkes
7. Side veggies & salads
8. Shabbat Candles and matches
9. Kiddush cup/wine glass

This menu is just a “suggestion”, and are typical foods eaten on Shabbos. When preparing your Shabbos Table, it is customary to put out your finest, but it is not required. This is a special time, not just any meal. We are preparing for the Sabbath as if she was a “Queen”. So, we try to put out our white tablecloth, or at least our best. Be sure to set your Shabbos Table ahead of time, before the meal begins, it sets the atmosphere for when the family comes to the table, the mood is changed, and it is something special. Seat the chairs so everyone can face each other and easily see and interact with each other. Don’t forget to download print the siddur prayers!

Shabbat shalom!

R’ Eric