

INTRODUCTION TO SHABBAT: MEALS

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Three *Shabbat* Meals

We are required to eat three *Shabbat* meals, as a *rabbinic* (*d'rabanan*) enactment to enjoy *Shabbat* (*oneg Shabbat*). The first *Shabbat* meal must be at night and the remaining two must be during the day (the third meal must be eaten after *halachic* midday). Friday night dinner and the first meal on Saturday are preceded by *kiddush*. For the first two *Shabbat* meals, say *ha'motzi* over two complete loaves of bread, each of which is at least 1.3 fl. oz. in volume. For the third meal, the ideal is to use two complete loaves of bread, but the requirement of eating the third meal can also be fulfilled by eating any food other than salt or water.

Source of Saying *Shabbat Kiddush*

- Saying *kiddush* on *Shabbat* night is a commandment from the *Torah* (*d'oraita*).
- Saying *kiddush* on Saturday morning is a *rabbinical* (*d'rabanan*) enactment.

NOTE If you did not say Friday night *kiddush*, you must say that version of *kiddush* on *Shabbat* morning and it is then a requirement from the *Torah* (*d'oraita*). Do not begin with *va'yechulu*; instead, begin with *borei pri ha'gafen* and say the second blessing of *kiddush*.

Source of *Kiddush* Location

Saying *kiddush* at the place where you will eat your meal is a *rabbinical* (*d'rabanan*) enactment.

Shabbat Kiddush-Meal Quantities: Evening

- For evening *kiddush*, a minimum of 4 fl. oz. (119 ml) of wine must be blessed on and at least half must be drunk.
- For the evening meal, as on *Shabbat* lunch and all required *Jewish festival* meals, a minimum of 1.9 fl. oz. of bread must be eaten within four minutes.

Shabbat Kiddush-Meal Quantities: First Meal on Saturday

Shabbat day first meal has two separate eating requirements. They may be combined (say/hear *kiddush* and start the main meal right away) but are often done separately (say/hear *kiddush* and then eat some *mezonot*; the main meal is eaten later in the day).

NOTE Since eating and drinking requirements on all morning kiddushes (both *Shabbat* and *Jewish festivals*) are *d'rabanan*, the required beverage amount for morning *kiddush* is only 3.3 fl. oz. (99 ml) instead of the *d'oraita* 4 fl. oz. (119 ml), which is required for *kiddushes* for *Shabbat* evening.

1) Morning *kiddush* requires a halachically legal “meal” with these elements:

- a) Blessing on a minimum of 3.3 fl. oz. (99 ml) of wine (or other beverage),
- b) Someone's drinking at least 2 fl. oz. of the beverage, followed by
- c) Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of some type of *mezonot* (or bread) within four minutes.

NOTE If you drink at least 3.3 fl. oz. (99 ml) of wine within 30 seconds, you do not need to eat *mezonot*.

NOTE You do not need to drink the wine or other *kiddush* beverage to fulfill “establishing a meal.” You may hear *kiddush* and then simply eat the required amount of bread or *mezonot*. This applies to *Shabbat* or *Jewish festivals*, evening or morning.

The *kiddush* “meal” does not have to satiate.

NOTE If you have not fulfilled the requirements for *kiddush*, you may not eat other foods, such as fruit or fish at a *kiddush*.

2) **The real meal (*kovei'a se'uda*) of Shabbat lunch requires eating** at least 1.9 fl. oz. (56 ml) of bread (or matza during Passover!) within four minutes. It should include enough food to satiate.

NOTE You can simultaneously fulfill the requirement to “establish a meal” and to “eat a meal” by eating one (the same) piece of bread.

For details on fulfilling the first two meals' requirements, see [Shabbat: Kiddush](#).

Shabbat: Eating a Meal Requirement: Third Meal

For details on fulfilling the third meal's requirements, see [Shabbat: Third Meal \(Se'uda Shlishit\)](#).