

# SHABBAT: MEALS

## INTRODUCTION TO SHABBAT: MEALS

### Introduction to Shabbat: Meals

#### 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 \(Se'uda Shlishit\)](#).

## **SHABBAT: KIDDUSH**

### **SHABBAT: KIDDUSH: REQUIREMENTS**

#### **Shabbat: Kiddush: Requirements**

To do [Shabbat kiddush](#),

- Say, or hear, the [Shabbat kiddush](#) blessings/segments, and
- “Establish a meal” (*kovei'a se'uda*).

For details, see [How To Do Shabbat Evening Kiddush](#) or [How To Do Shabbat Daytime Kiddush](#).

**NOTE** There is never any requirement on an individual to drink [kiddush](#) wine (except at the Passover [seder](#)), but the [kiddush](#) wine must be drunk by one or more persons.

To fulfill [kiddush](#) requirements of “establishing a meal,” you need not drink the wine or grape juice (but someone must drink it). Instead, you may hear [kiddush](#) and then simply eat the required amount of bread or [mezonot](#) (see above). This applies to [Shabbat](#) or [Jewish festivals](#), evening or morning.

### **SHABBAT: KIDDUSH: WHO MAY MAKE**

#### **Jewish Man or Woman Making Kiddush**

As on [Jewish festivals](#), any adult Jew, male or female, may say [kiddush](#) for him/herself and also include any other Jews of any age or gender.

**REASON** Any person who may fulfill the [mitzva](#) of [kiddush](#) may say it for another person.

**NOTE** Women are obligated to say (or have said for them) [Shabbat](#) morning [kiddush](#).

### **SHABBAT: KIDDUSH: WHAT TO DRINK**

#### **Ideal Kiddush Beverage: Wine/Grape Juice**

Wine (or grape juice) is the ideal and proper beverage for [kiddush](#) (and [havdala](#)).

**REASON** Wine is considered to be a prestigious beverage.

#### **Diluting Kiddush Wine**

There is no need to dilute wine before drinking it.

### **SHABBAT: KIDDUSH: HOW MUCH TO POUR**

#### **Pour Revi'it for Shabbat Kiddush**

As on [Jewish festivals](#), the minimum volume of [kiddush](#) beverage on which you may say [Shabbat kiddush](#) (or [havdala](#)) is a [revi'it](#), as follows:

- 4 fl. oz. (119 ml) for d'oraita cases such as Shabbat (or first-day Jewish festival) evening kiddush, and
- 3.3 fl. oz. (99 ml) for d'rabanan cases such as kiddush for Shabbat lunch.

### How High To Fill Shabbat Kiddush Cup

Ideally, fill your kiddush cup to just above the rim, even if the cup is larger than 4 fl. oz. (119 ml). Don't make the cup overflow.

**NOTE** If you did not fill it to the rim, it is still OK.

### If Not Enough Wine

If there is not enough wine or grape juice for Shabbat (or Jewish festival kiddush) and havdala:

- Set aside the first cup for havdala; then, if there is one more cup,
- Use it for the morning kiddush.
- See How To Do Shabbat Daytime Kiddush and How To Do Shabbat Evening Kiddush .

## SHABBAT: KIDDUSH: CUP & WINE BOTTLES

### Shabbat: Your Own Kiddush Cup

As on Jewish festivals, if you want to drink kiddush wine, you may hold your own cup of wine (or grape juice) during kiddush or receive wine or grape juice from the kiddush leader's cup, but neither is required.

### Shabbat: Kos Pagum

Do not use a kos pagum for kiddush. Kos pagum means either:

- “Physically damaged or broken drinking utensil”: (You may not use such a cup for kiddush l'chatchila), OR
- Cup of wine, grape juice, or any beverage that has been drunk from.

This beverage may not be used for a kos shel bracha until at least a small amount more of some beverage has been added to the existing beverage.

### Shabbat: Uncovered Wine Bottles/Cups

You do not need to close the wine bottle or cover the other wine cups while the first of several people says kiddush, whether on Shabbat or Jewish festivals.

### Shabbat: Washing Wine Glass

There is no need to wash a wine glass before using it if it is already clean.

### Shabbat: Pouring Back Wine

You may pour excess wine from kiddush back into the bottle as long as there is more wine already in the bottle than what you are pouring back and as long as the bottle has been toveled.

If there is less wine in the bottle than in your glass, you must pour at least one drop of wine from the bottle into your wine glass or cup before you pour it back into the bottle.

## SHABBAT: KIDDUSH: HOW MUCH TO DRINK

### Drinking Cheekful for Shabbat Kiddush

As on Jewish festivals, the minimum total volume of Shabbat kiddush beverage that must be drunk--usually by the kiddush-maker (mevareich) but it may even be by several people combined--is a cheekful (m'lo lugmov), as follows:

- 2 fl. oz. (59 ml) within 30 seconds of beginning to drink for *d'oraita* cases such as *Shabbat* evening *kiddush* (as well as first-night *Jewish festival kiddush* and all havdala), and
- 1.7 fl. oz. (50 ml) within 30 seconds of beginning to drink for *d'rabanan* cases such as *Shabbat* lunch *kiddush* (as well as first-day *Jewish festival* lunch *kiddush* and all second-day *Jewish festival* kiddushes).

**NOTE** If no one drinks the *kiddush* beverage, a blessing was made in vain (*bracha l'vatala*), and the commandment to say or hear *kiddush* has not been fulfilled.

## SHABBAT: KIDDUSH: WHEN TO SPEAK OR DRINK

### When To Drink or Speak after Kiddush

Once the leader (*mevareich*) has said *kiddush* for other people and someone has drunk at least 2 fl. oz. (59 ml) of wine (or other appropriate beverage) over which *kiddush* was made, you may:

- Speak, even without having drunk anything yourself.
- Drink.
- Eat.

## SHABBAT: KIDDUSH: WHEN TO BLESS AFTER KIDDUSH

### When You Must Say the Kiddush Blessing after Hearing Kiddush

You must say the blessing on wine if you:

- Heard *kiddush*, then
- Spoke, and
- Now want to drink some wine, even from the cup over which *kiddush* was made.

**NOTE** If you heard someone make *kiddush* over a *she'hakol* beverage and you drank from that cup, you must say *borei pri ha'gafen* before drinking wine or grape juice later in the meal.

## SHABBAT KIDDUSH: STANDING OR SITTING

### Shabbat: Kiddush: Standing or Sitting

Various customs apply to whether to stand or sit during *kiddush* (or *havdala*). Follow your tradition.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH)

### SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHY TWO LOAVES

#### Shabbat: Two Loaves: Double Portion

The two loaves of bread on *Shabbat* reminds us of the double portion of *mun* we received in the desert. Even though one portion would have been eaten by *Shabbat* morning, we still use two loaves in the morning and two for *se'uda shlishit* as a reminder of the miracle.

### SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHAT TO USE

#### HaMotzi: Bagels

You may use two bagels for the two *Shabbat* loaves (*lechem mishneh*) even though they are already sliced most of the way through.

#### HaMotzi: Crackers

The minimum volume of a cracker or crispbread (such as Ryvita or Wasa) that may be used for lechem mishneh is 1 oz. (30 ml).

### HaMotzi: Other Foods

You may not substitute other foods for the two loaves (lechem mishneh).

EXAMPLE You may not use two apples or two cans of fish.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHOLE LOAVES

### How Much Challa May Be Missing

Less than 1/48th missing is still considered a whole loaf. So if you only have two challot (or other loaves of bread) for Shabbat, you might be able to use one loaf twice, as follows:

- Wash your hands,
- Say ha'motzi,
- Cut off a piece that is less than 1/48th of the loaf, and
- Eat it.

REASON You may consider the remainder of that loaf as still being a full loaf and you may re-use it for your Shabbat morning meal.

NOTE If you have pieces of bread or other mezonot, you may:

- Cut off less than 1/48th of the loaf,
- Eat the additional pieces of bread to make a total of at least 1.9 fl. oz. (56ml), and then
- Re-use the same loaf for Shabbat morning.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO COVER

### How To Cover the Challot

See How To Cover the Challot.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO WASH FOR

### How To Wash for HaMotzi

See HaMotzi: Washing Hands.

### Shabbat: Two Loaves: What HaMotzi Covers

See HaMotzi: Which Foods HaMotzi Covers.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHICH TO CUT

### Friday Night: Cut Lower Challa

On Friday night, hold the two challot together, one on top of the other, but cut the lower one (for kabbalistic reasons).

### Saturday Morning: Cut Upper Challa

On Saturday morning, cut the upper challa of the two challot. (For Jewish festivals, cut the upper loaf at night and day.)

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): HOW TO CUT

### Mark the Challa

Mark the bread with a light cut before saying ha'motzi. Then make the real cut in the same place.

NOTE It is customary to just make a mark on the challa. You may cut almost all of the way through, but you must be able to pick up the bread by the small end and have it hold up the big end.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): SALT

### Why Dip Challa in Salt?

Before eating bread (at any time, not just on Shabbat or Jewish festivals), dip the bread in some salt.

REASON #1 Salt makes the bread taste better and it is more prestigious for blessing.

REASON #2 Salting the bread makes it like a sacrifice (which had salt added to it).

NOTE You may sprinkle salt on the bread, but kabbala recommends dipping.

## SHABBAT: TWO LOAVES (LECHEM MISHNEH): WHEN TO EAT OR SPEAK AFTER HAMOTZI

### Eating or Speaking after HaMotzi

If someone said ha'motzi for you, you should wait until he or she eats some of the challa before you eat.

NOTE This is an issue of respect and courtesy (*derech eretz*) and not a *halachic* issue. However, you may not speak until after you have eaten some of the bread--any amount is sufficient.

## SHABBAT: DINNER

### SHABBAT: DINNER: SHALOM ALEICHEM AND EISHET CHAYIL

#### Shalom Aleichem and Eishet Chayil

A widespread (but not universal) custom before kiddush is to sing "Shalom Aleichem"; many men also sing "Eishet Chayil."

### SHABBAT: DINNER: BLESSING THE CHILDREN

#### Blessing the Children

A widespread custom is for parents to bless their children before kiddush on Friday night. See [Blessing the Children/Birkat HaBanim](#).

### SHABBAT: DINNER: KIDDUSH

### SHABBAT: DINNER: EATING BEFORE KIDDUSH

#### Eating a Full Meal before Shabbat

See [Appetite for Shabbat Dinner](#).

#### Eating from Start of Shabbat until Kiddush

Once Shabbat begins for you—either at sunset or before (such as if you lit Shabbat candles)--you may not eat or drink before hearing kiddush.

NOTE Women and girls may make kiddush anytime after lighting candles.

### SHABBAT: DINNER: HOW TO DO KIDDUSH

#### How To Do Shabbat Evening Kiddush

To fulfill the two requirements for Shabbat evening kiddush:

1. Say, or hear, the Shabbat evening kiddush blessings/segments:

- Borei pri ha'gafen (on wine or grape juice only), OR Ha'motzi (on two challot if you have no wine or grape juice, as chamar medina is not permitted for Shabbat evening kiddush. See Challot for Evening Kiddush) AND
- Mekadeish HaShabbat.

2. Establish a *halachic* “meal” (kovei'a se'uda) by either:

- Drinking 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds, OR
- Eating at least 1.9 fl. oz. (56 ml) of bread or mezonot of any type (within 4 minutes) shortly after saying or hearing kiddush.

**NOTE** For evening kiddush, the custom is to go straight to the meal without delay (with no mezonot or snacking first). B'di'avad if you snacked, it is still OK.

### What To Drink for Shabbat Dinner Kiddush

Wine (or grape juice) is the only drink permissible for Friday evening (or *Jewish festival evening*) kiddush. If you do not have wine or grape juice with which to make evening kiddush, see Challot for Evening Kiddush.

### Challot for Evening Kiddush

To use two challot for kiddush instead of wine:

- Wash hands and say blessing al netilat yadayim.
- Say kiddush but substitute ha'motzi for borei pri ha'gafen.
- As soon as you finish saying kiddush, eat the bread as normal.

## SHABBAT: LUNCH

### SHABBAT: LUNCH: EATING BEFORE KIDDUSH

### EATING BEFORE SHABBAT SHACHARIT

#### Eating before Making Shabbat Kiddush

You may eat non-mezonot and non-bread food before praying Shabbat shacharit and without making kiddush, in order to avoid hunger or hypoglycemia (low blood sugar).

#### Women and Minimum Prayer before Saying Shabbat Kiddush

The minimum prayer that a woman should say on Shabbat (or *Jewish festival*) morning before saying kiddush and eating some food is birchot ha'shachar.

### EATING AFTER SHABBAT SHACHARIT

#### Eating Only after Fulfilling Shabbat Kiddush Requirements

Once you have said the amida of Shabbat shacharit, you may not eat any food until you have said (or heard) kiddush and finished kiddush requirements by either:

- Drinking at least 4 fl. oz. (119 ml) of wine/grape juice, or
- Eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of mezonot or bread.

#### Eating before Shabbat Midday

Don't fast on Shabbat (except Yom Kippur!) past halachic midday:

- If you will not finish shacharit before halachic midday, you should eat or drink earlier in the day, even before you begin shacharit—water can be sufficient for this purpose.
- If you will finish shacharit but not musaf by halachic midday:
  - Finish shacharit,
  - Make kiddush,
  - Eat some mezonot, and then
  - Return to say musaf.

## SHABBAT: LUNCH: HOW TO DO KIDDUSH

### How To Do Shabbat Daytime Kiddush

There are two requirements for Shabbat daytime kiddush: Say or Hear Kiddush Segments/Blessings and Establish a Halachic Meal (kovei'a se'uda):

#### 1. Say or Hear Kiddush Segments/Blessings

You must say, or hear, the Shabbat daytime kiddush segments/blessings and someone must drink at least 2 fl. oz. (59 ml) of the kiddush beverage:

- **Say or Hear Kiddush Segments/Blessings**
  - **Torah segment(s):** V'shamru bnei Yisrael (even beginning from al kein).
  - **Blessing over at least 3.3 fl. oz. (99ml) of drink:**
    - **Borei pri ha'gafen** (if on wine or grape juice), OR
    - **She'hakol nihiyeh bi'dvaro** (if on other beverage/chamar medina).

**NOTE** For Saturday (or Jewish festival) lunch and havdala, you may use any beverage (chamar medina) commonly drunk for social purposes (not just for thirst) in the country in which you are saying kiddush. The ideal is to use wine or grape juice.

- **Drink at Least 2 fl. oz. (59 ml) of the Kiddush Drink**

This amount may be drunk by one person or by several people together.

#### 2. Establish Halachic Meal (Kovei'a Se'uda)

You must establish a halachic meal (kovei'a se'uda) shortly after saying or hearing Shabbat morning kiddush by either:

- **Drinking Wine**--at least 4 fl. oz (119 ml) of wine (or grape juice) within 30 seconds, OR
- **Eating Bread/Mezonot**--at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or mezonot within four minutes.

**NOTE** The second half of making kiddush, “establishing a meal” (kovei'a se'uda), can be fulfilled simultaneously when you fulfill the subsequent, separate Shabbat requirement for “eating a meal” but in that case, you must eat 1.9 fl. oz. of bread.

**NOTE** If you make, or hear, Shabbat morning kiddush on any beverage except wine or grape juice, you must also eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread or mezonot within four minutes to establish the kiddush meal. If you do not want to eat bread or mezonot, only drinking at least 4 fl. oz. (119 ml) of wine (or grape juice) within 30 seconds will fulfill all the kiddush requirements.



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

**NOTE** Once you have heard kiddush and either eaten the required bread or mezonot or drunk the required 4 fl. oz. of wine or grape juice, you do not need to say or listen to kiddush again if you eat your actual meal later (except if you need to say kiddush for other people who have not yet heard or said kiddush).

## SHABBAT: SECOND MEAL

### How To Fulfill Eating Shabbat Second Meal

You must eat a second meal on Shabbat (or Jewish festival) day with at least 1.9 fl. oz. (56 ml, 1/4 cup) of bread—even if you already said ha'motzi but ate less than 1.9 fl. oz. of bread at kiddush.

**NOTE** Ideally, begin your second meal before halachic midday. But you may eat your second meal anytime after shacharit and before sunset.

## SHABBAT: TORAH AT THE TABLE

### Torah at the Table

Saying some Torah at each meal--anytime bread is eaten and at least two people are eating--is a custom but not a halacha. But, Torah can be said anytime!

### Shir HaMa'alot as Torah

Saying shir ha'ma'alot before birkat ha'mazon fulfills the custom to say Torah at the meal.

## SHABBAT: THIRD MEAL (SE'UDA SHLISHIT)

### SE'UDA SHLISHIT: WHAT TO EAT

#### What To Eat for Se'uda Shlishit

Ideally, fulfill the commandment of a third meal (se'uda shlishit) by:

- Washing hands,
- Saying the ha'motzi blessing over two challot, and
- Eating at least the minimum amount (1.9 fl. oz., or 56 ml) of bread.

You may, however, fulfill the requirements of se'uda shlishit by eating any solid food which gives nourishment—as long as you can say the after-blessing and have eaten at least 1.9 fl. oz. (56 ml) of that food.

**NOTE** If you ate some food after completing your Shabbat day meal (the second meal of Shabbat) and after halachic midday, you can consider that to be your se'uda shlishit, even if you did not intend it to be when you ate it.

### SE'UDA SHLISHIT: WHEN TO EAT

#### When To Eat Se'uda Shlishit with Bread

The ideal is to wash hands and say ha'motzi for se'uda shlishit before sunset. However, you may still say ha'motzi for se'uda shlishit until 2 minutes before dark (tzeit ha'kochavim) if you have not yet eaten your se'uda shlishit. Once you have begun your meal before sunset, you may continue until long after dark.

#### When To Eat Se'uda Shlishit without Bread

If you are eating a snack without bread, you must finish eating and say the after-blessing by at least 2 minutes before dark.

If you washed and ate bread, you may continue your meal even after dark.

## Latest Time You May Eat on Shabbat

If you finished eating (and saying *birkat ha'mazon/bracha achrona* for) a full meal or even a snack that you intended to constitute your *se'uda shlishit*, you may not eat any more once the sun has set on Saturday until after you have made or heard *havdala*.

**NOTE** If you did not intend for the food to constitute your *se'uda shlishit*, see When To Eat *Se'uda Shlishit* with Bread or When To Eat *Se'uda Shlishit* without Bread, above.

## Eating Se'uda Shlishit before Mincha

If you will not have time to start *se'uda shlishit* after *mincha* but before sunset, you may eat *se'uda shlishit* before *mincha*.

**NOTE** Eating *se'uda shlishit* before *mincha* is preferable to beginning eating *se'uda shlishit* after sunset.

## SE'UDA SHLISHIT: WHO MUST EAT

### Who Must Eat Se'uda Shlishit

Women, as well as men, are required to eat *se'uda shlishit*.

## SE'UDA SHLISHIT: BIRKAT HAMAZON

### Wine from Se'uda Shlishit Birkat HaMazon

If you recite *birkat ha'mazon* after *se'uda shlishit* over a cup of wine, you may only drink the wine if the meal ended before sunset.

**NOTE** Wine from *birkat ha'mazon* of *se'uda shlishit* that ended after sunset may be used for *havdala* EXCEPT if the meal was a *sheva brachot* meal.

**REASON** The bridegroom, bride, and leader may drink the wine--and one of them must drink the wine!--as part of the seven blessings, even though they were recited after sunset.

## MELAVE MALKA

### Eating Melave Malka a Halacha

Eating something for the *melava malka* on Saturday night is a *halacha*, not a custom.

### Melave Malka Shir HaMa'alot until Midnight

Say *shir ha'ma'alot* until midnight (*halachic chatzot*) if you eat a meal with bread after *Shabbat* is over, but only if the meal is eaten as a *melave malka*.