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.

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