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5 Easy *Shabbos Menus*

Five complete Shabbos meals, each with a soup or starter, a main, two sides and a dessert. Every dish is a full recipe on our site, clearly marked, and no menu ever mixes meat and dairy.

MEAT DAIRY PAREVE

Menus by K.R.





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START HERE

Shabbos, made simple

A beautiful Shabbos table does not need ten dishes. It needs a few good ones, made with care, and time with the people you love.

Each menu in this booklet is built from recipes on KosherRecipes.com. Tap any dish name to open the full recipe with ingredients, steps, make-ahead tips and storage notes. Each menu page also gives you a simple plan, so most of the cooking is done before Friday afternoon.

Read the labels

MEAT dishes contain no dairy. PAREVE dishes have no meat and no dairy, so they go with any meal.

Don’t forget challah

Every menu starts with challah. Try our **Classic Shabbos Challah** or **Honey-Orange Challah**. Both are pareve.

Cook ahead

Soups, kugels and desserts keep for days. Make them Wednesday or Thursday, and Friday stays calm.

Keeping food warm

Use a blech or Shabbos hot plate the way your family does. Ask your rabbi about your custom.

The five menus

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MENU 1 · FRIDAY NIGHT

The Classic Friday Night

The Friday night everyone remembers: golden chicken soup, a bright roast chicken, crispy kugel and a warm apple crisp.



> Begin with challah: **Classic Shabbos Challah** or **Honey-Orange Challah** (pareve).

SOUP	**Golden Chicken Soup with Ginger-Dill Matzo Balls** Serves 8 · kosherrecipes.com/recipes/golden-chicken-soup-ginger-dill-matzo-balls/	MEAT	4 hr
MAIN	**Lemon-Za'atar Roast Chicken over Onions** Serves 5 · kosherrecipes.com/recipes/lemon-zaatar-roast-chicken/	MEAT	1 hr 25 min
SIDE	**Crispy Potato Kugel (Crispy Edges, Tender Middle)** Serves 12 · kosherrecipes.com/recipes/crispy-potato-kugel/	PAREVE	1 hr 45 min
SIDE	**Maple Glazed Carrots (Pareve)** Serves 8 · kosherrecipes.com/recipes/maple-glazed-carrots/	PAREVE	28 min
DESSERT	**Pareve Apple Crisp** Serves 10 · kosherrecipes.com/recipes/apple-crisp-pareve/	PAREVE	1 hr 15 min

Your make-ahead plan

- **Up to 4 days ahead:** make the soup. Keep the matzo balls in a separate container.
- **Thursday:** bake the potato kugel and the apple crisp, and cook the carrots. All keep well in the fridge.
- **Friday afternoon:** roast the chicken, and reheat the kugel uncovered at 375°F for about 20 minutes so the edges crisp again.

Good to know

The soup and chicken are meat, so everything else on this table is pareve. The apple crisp topping uses pareve margarine or coconut oil, never butter.

Times are the total time from each recipe, including baking, chilling or slow cooking.

MENU 2 · FRIDAY NIGHT

The Easy One-Pan Friday Night

For a busy week. The chicken and potatoes roast together in one pan, and almost everything else can be made ahead.



Begin with challah: **Classic Shabbos Challah** or **Honey-Orange Challah** (pareve).

STARTER	**Israeli Chopped Salad with Lemon and Sumac** Serves 6 · kosherrecipes.com/recipes/israeli-chopped-salad-sumac/	PAREVE	15 min
MAIN	**One-Pan Paprika Roast Chicken and Potatoes** Serves 6 · kosherrecipes.com/recipes/paprika-roast-chicken-and-potatoes/	MEAT	1 hr 15 min
SIDE	**Sweet Pareve Corn Kugel** Serves 12 · kosherrecipes.com/recipes/corn-kugel/	PAREVE	1 hr
SIDE	**Maple Roasted Brussels Sprouts** Serves 8 · kosherrecipes.com/recipes/roasted-brussels-sprouts-maple/	PAREVE	40 min
DESSERT	**Pareve Pumpkin Bread** Serves 10 · kosherrecipes.com/recipes/pumpkin-bread-pareve/	PAREVE	1 hr 15 min

Your make-ahead plan

- **Up to 4 days ahead:** bake the corn kugel and the pumpkin bread. Keep the bread wrapped at room temperature.
- **Friday morning:** chop the salad vegetables and keep them in the fridge, undressed. Mix the dressing in a jar.
- **Friday afternoon:** roast the chicken and potatoes, then the Brussels sprouts. Toss the salad with its dressing just before serving.

Good to know

One meat main, four pareve dishes. Check the parsley and mint for bugs before you chop them.

Times are the total time from each recipe, including baking, chilling or slow cooking.

MENU 3 · SHABBOS DAY

The Shabbos Lunch Table

Hot cholent that cooked all night, sweet-and-peppery Yerushalmi kugel, and a slice of chocolate babka with coffee.



Begin with challah: **Classic Shabbos Challah** or **Honey-Orange Challah** (pareve).

STARTER	**Baked Gefilte Fish Loaf with Carrot Horseradish Relish** Serves 12 · kosherrecipes.com/recipes/baked-gefilte-fish-loaf-carrot-horseradish/	PAREVE	5 hr 40 min
MAIN	**Classic Beef and Barley Cholent with Overnight Eggs** Serves 10 · kosherrecipes.com/recipes/classic-beef-barley-cholent/	MEAT	16 hr 30 min
SIDE	**Yerushalmi Kugel (Sweet and Peppery Noodle Kugel)** Serves 12 · kosherrecipes.com/recipes/yerushalmi-kugel-peppery-caramel/	PAREVE	1 hr 50 min
SIDE	**Wild Rice Salad with Cranberries and Pecans** Serves 8 · kosherrecipes.com/recipes/wild-rice-salad-cranberries/	PAREVE	1 hr 10 min
DESSERT	**Pareve Chocolate Babka (Two Loaves)** Serves 16 · kosherrecipes.com/recipes/pareve-chocolate-babka/	PAREVE	5 hr 30 min

Your make-ahead plan

- **Up to 4 days ahead:** bake the gefilte fish loaf and make its relish. Bake the Yerushalmi kugel.
- **Thursday:** make the wild rice salad (it keeps 3 days) and bake the babka.
- **Friday before Shabbos:** set up the cholent so it cooks slowly overnight, as the recipe shows.

Good to know

Serve the fish as its own course before the cholent. Many families use separate plates and forks for fish and meat. Follow your family's custom.

Times are the total time from each recipe, including baking, chilling or slow cooking.

MENU 4 · FOR GUESTS

Company's Coming

A special-occasion Shabbos: rich chopped liver, a glossy pomegranate brisket and a dark chocolate cake.



Begin with challah: **Classic Shabbos Challah** or **Honey-Orange Challah** (pareve).

STARTER	**Classic Chopped Liver with Deeply Browned Onions** Serves 8 · kosherrecipes.com/recipes/classic-chopped-liver-sweet-onions/	MEAT	2 hr
MAIN	**Pomegranate-Braised Holiday Brisket** Serves 10 · kosherrecipes.com/recipes/pomegranate-braised-holiday-brisket/	MEAT	4 hr 25 min
SIDE	**Creamy Dairy-Free Mashed Potatoes with Garlic** Serves 8 · kosherrecipes.com/recipes/dairy-free-mashed-potatoes/	PAREVE	40 min
SIDE	**Dairy-Free Green Bean Casserole from Scratch** Serves 8 · kosherrecipes.com/recipes/dairy-free-green-bean-casserole/	PAREVE	1 hr 15 min
DESSERT	**Flourless Chocolate Olive Oil Cake (Pareve)** Serves 10 · kosherrecipes.com/recipes/flourless-chocolate-olive-oil-cake/	PAREVE	1 hr 55 min

Your make-ahead plan

- **Up to 4 days ahead:** braise the brisket. It slices neatly once chilled; rewarm it covered at 325°F.
- **Up to 3 days ahead:** make the chopped liver and the green bean casserole. Keep the crispy onions in a separate container.
- **Friday:** bake the cake (or up to 5 days ahead and keep it in the fridge) and make the mashed potatoes.

Good to know

Big meat meal, so the potatoes, green beans and cake are all dairy-free and pareve.

Times are the total time from each recipe, including baking, chilling or slow cooking.

MENU 5 · SHABBOS CHANUKAH

The Shabbos Chanukah Table

Latkes belong on the Shabbos table too. Serve them with homemade applesauce, tangy meatballs and chocolate gelt cookies.



Begin with challah: **Classic Shabbos Challah** or **Honey-Orange Challah** (pareve).

SOUP	**Creamy Pareve Butternut Squash Soup** Serves 8 · kosherrecipes.com/recipes/butternut-squash-soup/	PAREVE	55 min
MAIN	**Sweet and Sour Meatballs in Tomato Sauce** Serves 8 · kosherrecipes.com/recipes/sweet-and-sour-meatballs-tomato-sauce/	MEAT	1 hr 20 min
SIDE	**Extra-Crispy Scallion Potato Latkes** Serves 6 · kosherrecipes.com/recipes/extra-crispy-scallion-potato-latkes/	PAREVE	1 hr
SIDE	**Homemade Chunky Applesauce with Honey and Cinnamon** Serves 8 · kosherrecipes.com/recipes/homemade-honey-cinnamon-applesauce/	PAREVE	40 min
DESSERT	**Chanukah Gelt Cookies (Pareve Chocolate Coin Cookies)** Makes about 36 cookies · kosherrecipes.com/recipes/chanukah-gelt-thumbprint-cookies/	PAREVE	1 hr

Your make-ahead plan

- **Up to 4 days ahead:** make the soup, the meatballs in their sauce, and the applesauce (it keeps a week).
- **Thursday:** fry the latkes and bake the gelt cookies. Use pareve chocolate gelt.
- **Friday afternoon:** reheat the latkes on a rack at 400°F until sizzling (not in the microwave).

Good to know

On Friday, light the Chanukah candles before the Shabbos candles. Serve latkes with applesauce, not sour cream, at this meat meal.

Times are the total time from each recipe, including baking, chilling or slow cooking.

BEFORE YOU START

A calm Shabbos week

Sunday to Tuesday

Pick your menu and write a shopping list from the recipe pages. Check what is already in the freezer.

Wednesday

Shop. Make anything that keeps 4 days or more: soups, applesauce, the brisket or meatballs.

Thursday

Bake kugels and desserts. Fry latkes. Make cold salads that keep, like the wild rice salad.

Friday

Roast the main, warm everything through, set the table early, and leave time to breathe before candle lighting.

Kashrus reminders

- Use products with a reliable kosher certification, including broth, wine, margarine and chocolate.
- Check fresh herbs and leafy vegetables for bugs.
- Keep meat and dairy dishes, pots and utensils separate.
- When in doubt, ask your rabbi about your family's standards and customs.

More free menus every week

You're part of the Shabbos Menu Club. Watch your inbox for a fresh, easy Shabbos menu each week, and find more recipes any time at **kosherrecipes.com**.

Ready-made holiday menus: **kosherrecipes.com/holidays**

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