

SHABBAT KIDDUSH GUIDELINES

**Beth Zion provides green tossed salad,
bagels, desserts and water.**



Kiddush is a BZ community privilege where everyone brings something to share. Due to the large volume of cooking and the reheating of dishes before Kiddush we suggest bringing dishes prepared and ready to eat!

Following is a suggested food list:

- Egg salad, Deviled eggs, Hardboiled eggs
- Tuna, Chicken, Salmon, Whitefish, Chopped Liver Salads
- Lox, Smoked Salmon, Gefelte, Pike n' Whitefish (don't forget the horseradish), Pickled Herring
- Macaroni, Pasta, Potato, 3 or 4 Bean, Green Bean, Beet, Carrot & Raisin, Cole Slaw Salads
- Vegetable trays with dip
- Fruit Salads, Fresh fruit washed and sliced
- Cheese cubes, Block Cheeses sliced, Crackers
- Hummus
- Knishes
- Peanut Butter and Jelly sandwiches
- Roasted Sweet Potatoes, Sweet Potato Casserole, Roasted Vegetables, Roasted Potatoes
- Kugels (noodle, cheese, potato)
- Quiche
- Eggplant Parm.
- Rice & Beans, Franks and Beans, Meatloaf
- Corn Pudding
- Rotisserie or Fried Chicken, Turkey (cut and sliced)
- Cold Cuts plated and ready to serve



The kitchen staff will heat up Soups, Chili, Meatballs, Knishes, Franks & Beans, Mac & Cheese, Lasagna, Baked Ziti if needed. Crock pots can also be used.

Please use microwavable containers and casserole dishes if possible.



Please no Pork, Shrimp, Crab, Clams, Oysters or other shellfish.

At the Kiddush, please refrain from taking seconds until all have eaten. Remember there are those who come late that are involved with dance, choir and of course the Tabernacle Team. Please do not take food home unless cleared by the designated kitchen leader. We appreciate your sharing and co-operation!

Someone from the kitchen staff is at the Beth Zion House until 10:30 a.m. for early drop off.