



SEDER MENU FOR LIFE GROUPS

Prepare These Symbolic Foods

- Roasted lamb shankbone
- Roasted egg
- Maror (any bitter herb, horseradish is most common)
- Charoset (sweet salad of apples, cinnamon, and honey – nuts optional)
- Karpas (green vegetable, usually parsley)
- Chazeret (second bitter herb, most often romaine lettuce)
- Salt water
- Matzah (unleavened bread)
- Red wine or grape juice

Optional Full Meal

- Roasted chicken
- Roasted potatoes
- Salad
- Another vegetable as side dish: all greens, cauliflower, broccoli, carrots, eggplant, zucchini, squash, mushrooms, onions, asparagus

Dessert

- Fruit Salad with orange juice

Preparation

Roasted chicken: You can cook a whole chicken in the oven, or you can do pieces, as you prefer. The main thing is not to use butter. Put chicken legs or chicken breast (your preference). Condiment with salt, pepper, garlic powder or onion powder, oregano, rosemary, or any herb of your preference. You can use some apple juice for the bottom and olive oil or vegetable oil instead of butter.

Roasted potatoes: Prepare potatoes as you normally do when you make roasted potatoes. Use salt, pepper, and whatever herb or spice you like. No butter. Olive oil is the best.

Salad: Green salad with any vegetable at your taste for addition. Like tomatoes, cucumber, onions, carrots. **NO CREAMY SALAD DRESSING.** You can use Italian dressing, Vinaigrettes of different flavors or olive oil, vinegar, and salt.

Another possible side dish if you don't eat potatoes: Any roasted vegetables like zucchinis, squash, mushrooms, eggplants, carrots, cauliflower, broccoli. No butter, just herbs or spices and olive oil. **NO CORN, BEANS, STRING BEANS, CABBAGE.**

Fruit Salad: It can be fresh, canned, or frozen. Add orange juice for flavor and if desired, a little bit of sugar (tastier). If you like/want you can serve the fruits with real sherbet (no milk added).

NO REGULAR BREAD!!!!

ONLY MATZO

NO BUTTER OR CREAM/MILK