

Feast of the Unleavened
Bread & First Fruits Menu

1st Day

Breakfast

[Shakshuka](#), fruits

Lunch

[Cold Plate Lunch w/unleavened bread](#)

Dinner

[Baked Salmon](#) or [Mississippi Pot Roast](#) w/rice

[Lentils](#), Rice, Salad, Seasonal Veggies w/[Dip](#)

[Stuffed Mushrooms w/Dipping Sauce](#) , [unleavened bread](#)

Dessert

[Chocolate Covered Eggs](#) (*updated with more flavors!*) These can be shaped into anything.

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#)

Feast of the Unleavened
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2nd Day

Breakfast

[Cheesy Hash Brown Casserole](#), breakfast meat

Lunch

[Soup w/unleavened bread](#)

Dinner

Smoked Pork BBQ w/[Taco Bar](#)

[Guacamole](#), Sauteed Onions, Salad, Seasonal Veggies w/[Dip](#)

[unleavened bread](#)

Dessert

[Banana Splits](#)

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#), or Coffee

Feast of the Unleavened
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3rd Day

Breakfast

[Breakfast In a Cup](#), yogurt, fruit

Lunch

[Cold Plate Lunch w/unleavened bread](#)

Dinner

[Mom's Oven Stew](#) or other [Soup](#)

[Maple Glazed Brussel Sprouts](#), [Sweet Potatoes](#), [unleavened bread](#)

Dessert

[Just Like Grandma's Chocolate Pudding](#)

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#), or Coffee

Feast of the Unleavened
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4th Day

Breakfast

[Rice Pudding](#), fruit

Lunch

[Soup w/unleavened bread](#)

Dinner

[Broiled Tilapia](#)

[Potato Salad](#), [Baked Beans](#), [Slaw](#)

[Steamed Asparagus](#), [Pickled Eggs](#), [unleavened bread](#)

Dessert

Ice Cream Sundaes

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#), or Coffee

Feast of the Unleavened
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5th Day

Breakfast

[Stuffed Omelets](#), Fruit

Lunch

[Cold Plate Lunch w/unleavened bread](#)

Dinner

[Crunchy Chicken](#)

[Broccoli Slaw](#), [Fried Green Beans](#), [unleavened bread](#)

Dessert

[Orange Congealed Salad](#)

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#), or Coffee

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6th Day

Breakfast

Bird Nests Use bell pepper rings in place of the bread, fruit or breakfast meat

Lunch

Soup w/unleavened bread

Dinner

Weenie Roast or Campfire Meal (No Buns!)

Potato Salad, Baked Beans, Cole Slaw

unleavened bread

Dessert

Sopapillas w/whipped cream and strawberries

SNACKS:

Fresh fruits and veggies

Beverages:

Sweet Tea, Lemonade, Apple Cider, or Coffee

Feast of the Unleavened
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7th Day

Breakfast

[Stuffed Mushroom Omelet](#), fruits

Lunch

Pizza on [unleavened bread](#)

Dinner

[Roast Beef](#) or Lamb

[Mashed Potatoes](#), [Spinach Salad](#),

Carrots & Celery Sticks, Applesauce, Grapes, [unleavened bread](#)

Dessert

[Watergate Salad](#)

SNACKS:

Fresh fruits and veggies

Beverages:

[Sweet Tea](#), [Lemonade](#), [Apple Cider](#), or Coffee

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Notes:

Prepare an extra special meal or dessert, as this is the last day of the FEAST.

You may choose to read Scripture during breakfast, or you may also choose to do a special Bible Study during this time.

Light your candles and say a prayer before sitting down to eat.

When the First Fruits start, you will begin counting the Omer... dinner time might be a good time to do this together. *You can find a lot of neat crafts online, but I'm thinking we may do it similar to an 'Advent Calendar' or paper chain with daily verses from Psalms written for every day.*