

# Food Resources-Ideas for Holy Week

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# Palm Sunday

Make Palm trees with kiwi, banana, and mandarin oranges

Graham crackers, apples and chocolate-covered raisins (raisinets)

Pears, M&Ms, and a pretzel stick



# Holy Thursday

## Nice Formal Dinner

*On Holy Thursday we celebrate the institution of the Eucharist and the Last Supper. In honor of this, consider having a nice dinner, go out of your way to have it be as extravagant as possible. Make connections between formal dining and a beautifully celebrated Mass.*

### Fine Dining

Fine food  
Good drink  
Fine China  
Stemware  
Large table  
Table Cloth  
Pressed Napkins  
Charger/placemat  
Flowers  
Candles  
Dinner bell  
Wait staff in black and white  
Well trained wait staff  
You personally get dressed up  
Excellent conversation  
Background music  
Elegance  
Not rushed  
Takes a lot of preparation

### The Holy Mass

The Body of the Lord  
The Blood of the Lord  
Golden Ciborium and Patens  
Gold Chalice  
Altar  
Altar Cloth  
Purificators  
Communion patens  
Flowers  
Candles  
Chapel Bells  
Cassock and Surplice  
Well trained servers  
You personally get dressed up  
Sacred Scripture & good homily  
Excellent live music  
Reverence  
Not rushed  
Takes a lot of preparation

## Sedar Meal

The observance commemorates Moses leading the Jewish people out of Egypt to the "promised land" of Canaan, following years of slavery. Every year, Jewish families **celebrate** the first two nights of the festival by sitting around the **Seder** table and eating foods that symbolize the plight of their ancestors.

The six traditional items on the Seder Plate are as follows:

**Maror and Chazeret** – Bitter herbs symbolizing the bitterness and harshness of the slavery that the Hebrews endured in Egypt. In Ashkenazi tradition, fresh romaine lettuce or endives (both representing the bitterness of the Roman invasions) or horseradish may be eaten as Maror in the fulfillment of the mitzvah of eating bitter herbs during the Seder. Chazeret is additional bitter herbs, usually romaine lettuce, used in the korech sandwich.

**Charoset** – A sweet, brown mixture representing the mortar and brick used by the Hebrew slaves to build the storehouses or pyramids of Egypt.

In Ashkenazi Jewish homes, Charoset is traditionally made from chopped nuts, grated apples, cinnamon, and sweet red wine

Karpas – A vegetable other than bitter herbs representing hope and renewal, which is dipped into salt water at the beginning of the Seder. Parsley or another green vegetable.<sup>[1]</sup> Some substitute parsley to slice of green onion (representing the bitterness of slavery in Egypt) or potato (representing the bitterness of the ghetto in Germany and in other European countries), both commonly used. The dipping of a simple vegetable into salt water and the resulting dripping of water off of said vegetables visually represents tears and is a symbolic reminder of the pain felt by the Hebrew slaves in Egypt. Usually, in a Shabbat or holiday meal, the first thing to be eaten after the kiddush over wine is bread. At the Seder table, however, the first thing to be eaten after the kiddush is a vegetable. This leads immediately to the recital of the famous question, *Ma Nishtana*—"Why is this night different from all other nights?" It also symbolizes the springtime, because Jews celebrate Passover in the spring.

**Zeroah** – Also transliterated *Z'roa*, it is special as it is the only element of meat on the Seder Plate. Roasted chicken neck or shankbone; symbolizing the Paschal Lamb (Passover sacrifice), which was a lamb that was offered in the Temple in Jerusalem, then roasted and eaten as part of the meal on Seder night. Since the

destruction of the Temple, the *z'roa* serves as a visual reminder of the Pesach sacrifice; it is not eaten or handled during the Seder. Vegetarians often substitute a beet, quoting *Pesachim 114b* as justification; other vegetarians substitute a sweet potato, allowing a "Paschal yam" to represent the Paschal lamb.

***Beitzah*** – A roasted egg, symbolizing the *korban chagigah* (festival sacrifice) that was offered at the Temple in Jerusalem, then roasted and eaten as part of the meal on Seder night. Although both the Pesach sacrifice and the *chagigah* were meat offerings, the *chagigah* is commemorated by an egg, a symbol of mourning (as eggs are the first thing served to mourners after a funeral), evoking the idea of mourning over the destruction of the Temple and our inability to offer any kind of sacrifices in honor of the Pesach holiday. Since the destruction of the Temple, the *beitzah* serves as a visual reminder of the *chagigah*; it is not used during the formal part of the seder, but some people eat a regular hard-boiled egg dipped in salt water or vinegar as part of the first course of the meal, or as an appetizer.

The sixth symbolic item on the Seder table is a plate of three whole matzot, which are stacked and separated from each other by cloths or napkins. The middle matzah will be broken and half of it put aside for the *afikoman*. The top and another half of the middle matzot will be used for the *hamotzi* (blessing over bread), and the bottom matzah will be used for the *korech* (Hillel sandwich).

A bowl of salt water, which is used for the first "dipping" of the Seder, is not traditionally part of the Seder Plate but is placed on the table beside it. However, it sometimes is used as one of the six items, omitting *chazeret*.



Passover Seder plate. Categories   
(with imaged examples in brackets):  
[edit](#)

1. *Zeroa* (shankbone)
2. *Beitza* (roasted hard-boiled egg)
3. *Maror / Chazeret* (horseradish)
4. *Maror / Chazeret* (onion)
5. *Charoset*
6. *Karpas* (parsley)

- **Wine cups and wine (or grape juice):** At the Passover Meal they were to serve wine (we, symbolically have grape juice). Wine was drunk 4 different times at the meal. The four (4) cups' were known as: thanksgiving, telling, blessing, and righteousness.

As Christians, God wants us to see the connection between the Passover Meal and the NEW meal that Jesus gave us- the Holy Mass. Both have bread, both have wine and both involve the eating of the flesh and blood of a Lamb.

The Jews were looking for freedom from Egypt; we are to look for freedom from sin and death. The Jews were looking for their first-born sons to be spared from death; we look for eternal life for all who eat the flesh and blood of Jesus.

# Unleavened Bread

Because the Jews had to leave Egypt in a hurry (led by Moses), they didn't have time to let their breads rise before going into the desert, so every year when they celebrate Passover they use Unleavened Bread.

## Unleavened flat bread

A delicious unleavened flat bread soft

Prep Time	Cook Time	Restine time	Total Time
15 mins	20 mins	1 hr	35 mins

Course: bread Cuisine: Middle East Servings: 8 serving Calories: 231.3kcal

Author: [Amira](#)



★★★★★  
4.67 from 3 votes

### Ingredients

- 2 c AP flour
- 2 c whole wheat flour.
- 1 ½ c water
- 2 tsp salt
- 2 Tbs olive oil

### Instructions

1. Mix all the dry ingredients until combined.
2. Add olive oil and gradually add water while kneading.
3. Knead with a dough hook attached until you have a nice firm dough.
4. Take the dough out and knead by hand for 3 minutes until smooth and soft.
5. Cover the dough and let it rest for 30 minutes.
6. Divide the dough into 4 pieces and brush with olive oil.
7. Cover again and let it rest for another 30 minutes.
8. Heat your oven to the maximum temp - mine was 500F - putting a pizza stone in it or any baking sheet.
9. Roll your dough on another sheet sprinkled with some corn meal.
10. Place the bread on the pizza stone and bake for 3-4 minutes, poking any air pumps with a fork.
11. Serve immediately or place directly in a plastic bag to keep it from getting hard.
12. Leftovers stays fresh in room temperature for up to 2 days or it can be frozen for up to 3 months.
13. Enjoy.

# Good Friday

## Fast and Abstain

We as Catholics, ages 18 until age 59, are obligated to fast and abstain on Good Friday. A person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Abstinence from meat applies to those age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

## Fish

Why do we abstain from fish on Good Friday? Good Friday marks the day Jesus Christ was crucified.

According to Christianity, Jesus sacrificed his flesh on Good Friday, when he was executed on and died for our sins.

For this reason, the Church encourages followers to abstain from meaty flesh on the anniversary of Christ's death as a reminder of this and so as to 'unite their sufferings.'

## Hot Cross Buns

A hot cross bun is a spiced sweet bun made with currants or raisins, marked with a cross on the top representing the crucifixion of Jesus. The spices inside signify the spices used to embalm him at his burial. The buns are traditionally eaten on Good Friday. The eating of hot cross buns marks the end of Lent because they are made with dairy products which are forbidden during this period.



### Hot Cross Buns



5 from 14 reviews

Prep Time: 3 hours, 25 minutes Cook Time: 22 minutes Total Time: 3 hours, 45 minutes

Yield: 14-16 buns

### Ingredients

- 3/4 cup (180ml) **whole milk**, warmed to about 110°F
- 2 and 1/4 teaspoons **active dry yeast** or **instant yeast** (*1 standard packet*)
- 1 teaspoon **granulated sugar**
- 1/2 cup (100g) packed **light or dark brown sugar**
- 5 Tablespoons (70g) **unsalted butter**, softened to room temperature and cut into 5 pieces
- 1/2 teaspoon **pure vanilla extract**
- 2 large **eggs**, at room temperature
- 1 teaspoon **salt**
- 1 and 1/4 teaspoons **ground cinnamon**
- 1/2 teaspoon **ground nutmeg**
- 1/2 teaspoon **ground allspice**
- 3 and 1/2 cups (435g) **all-purpose flour** or **bread flour** (spoon & leveled)\*
- 1 cup (140g) **raisins** or **currants**\*

### FLOUR CROSS

- 1/2 cup (60g) **all-purpose flour** or **bread flour**
- 6–8 Tablespoons (90–120ml) **water**

### ORANGE ICING

- 1 cup (120g) **confectioners' sugar**
- 3 Tablespoons (45ml) **fresh or bottled orange juice** (*or use milk and a splash of vanilla extract for plain icing*)

## Instructions

- 1 Prepare the dough:** Whisk the warm milk, yeast, and 1 teaspoon of granulated sugar together in the bowl of your stand mixer fitted with a dough hook or paddle attachment. Cover and allow to sit for 5 minutes.
- 2 Add the brown sugar, butter, vanilla extract, eggs, salt, cinnamon, nutmeg, allspice, and 1 cup (125g) flour.** Beat on low speed for 30 seconds, scrape down the sides of the bowl with a rubber spatula, then add the remaining flour and the raisins. Beat on medium speed until the dough comes together and pulls away from the sides of the bowl, about 2 minutes. Dough should be a little sticky and soft. If it's too sticky and not pulling away from the sides of the bowl, mix in additional flour 1 Tablespoon at a time. *\*If you do not own a mixer, you can mix this dough with a large wooden spoon or rubber spatula. It will take a bit of arm muscle!\**
- 3 Knead the dough:** Keep the dough in the mixer and beat for an additional 2 minutes or knead by hand on a lightly floured surface for 2 minutes.
- 4 1st Rise:** Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise in a relatively warm environment for 1-2 hours or until double in size. (I always let it rise on the counter. Takes about 2 hours. For a tiny reduction in rise time, see my answer to *Where Should Dough Rise?* in my [Baking with Yeast Guide](#).)
- 5 Grease a 9×13 inch baking pan or two 9-inch square or round baking pans.** You can also bake the rolls in a cast iron skillet or on a lined baking sheet.
- 6 Shape the rolls:** When the dough is ready, punch it down to release the air. Divide the dough into 14-16 equal pieces. (Just eyeball it– doesn't need to be perfect!) Shape each piece into a smooth ball, pinching it on the bottom to seal. I do this entirely in my hands and you can watch in the [video tutorial](#) for my dinner rolls. Arrange in prepared baking pan.
- 7 2nd Rise:** Cover shaped rolls with aluminum foil, plastic wrap, or a clean kitchen towel. Allow to rise until puffy, about 1 hour.
- 8 Preheat oven to 350°F (177°C).**
- 9 Add the cross:** Whisk the cross ingredients together, starting with 6 Tablespoons of water. You want a thick paste that will pipe easily. Add remaining water if needed. Spoon paste into a piping bag or zipped-top bag. (No need to use a piping tip if using a piping bag.) Snip off a small piece at the corner. Pipe a line down the center of each row of buns, then repeat in the other direction to create crosses.
- 10 Bake the rolls:** Bake for 20-25 minutes or until golden brown on top, rotating the pan halfway through. If you notice the tops browning too quickly, loosely tent the pan with aluminum foil. Remove from the oven and allow rolls to cool for a few minutes as you prepare the icing.
- 11 Make the icing:** Whisk the icing ingredients together, then drizzle or brush on warm rolls. Serve immediately.
- 12 Cover leftover rolls tightly and store at room temperature for 1-2 days or in the refrigerator for up to 1 week.**

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## Notes

- 1 Freezing Instructions:** Prepare recipe through step 6. Place shaped buns in a greased baking pan, cover tightly, and freeze for up to 3 months. Once frozen, the dough balls won't stick together anymore and you can place them in a freezer bag if needed. On the day you serve them, arrange the dough balls in a greased baking pan, cover tightly, then let them thaw and rise for about 4-5 hours. Continue with step 8. You can also freeze the baked hot cross buns. Allow them to cool completely, then freeze without icing for up to 3 months. Thaw in the refrigerator or at room temperature, then reheat as desired and add icing.
- 2 Overnight Instructions:** Prepare the recipe through step 6. Cover the shaped buns tightly and refrigerate for up to about 15 hours. At least 3 hours before you need them the next day, remove the buns from the refrigerator, keep covered, and allow to rise on the counter for about 1-2 hours before baking. Alternatively, you can let the dough have its **1st rise** in the refrigerator overnight. Cover the dough tightly and place in the refrigerator for up to 12 hours. Remove from the refrigerator and allow the dough to fully rise for 2 more hours. Continue with step 5.
- 3 Optional Add-Ins:** Instead of (or in addition to) raisins, try using dried cranberries, chopped pecans or walnuts, chopped candied citrus, or chopped dried apricots. Keep total add ins to about 1 and 3/4 cups total. Feel free to add the zest from 1 lemon or orange to the dough when you add the butter. Add 1/4 teaspoon ground cloves or cardamom, if desired. Feel free to adjust the spices to your liking. You can plump up the raisins, currants, or dried cranberries if desired. Soak in hot water for 5-10 minutes, drain, then pat dry before adding to dough.
- 4 Yeast:** Use instant yeast or active dry yeast. Rise times will be slightly longer using active dry yeast. Reference my [Baking with Yeast Guide](#) for answers to common yeast FAQs.
- 5 Flour:** You can use all-purpose flour or bread flour. All-purpose flour is convenient for most, but bread flour produces chewier hot cross buns. The rolls are still soft no matter which you use. Either flour is fine and there are no other changes to the recipe if you use one or the other.
- 6 Icing Cross:** If you prefer to make a cross from icing and pipe it onto the buns after baking, skip step 9. Use the orange icing recipe and reduce orange juice to 1 Tablespoon to yield a very thick icing. Replace with milk and add a splash of vanilla extract, if desired.

# Holy Saturday

## Pretzel Praying Hands

The pretzel was traditionally Lenten fare. It was made only of flour, water and salt to remind themselves that Lent was a time of prayer. It also reminds us, today, that in times past Catholics fasted from milk, butter, eggs, cheese, cream, and meat. The pretzel is shaped into the form of arms crossed in prayer. Serve them often during Lent, and use them as a springboard for discussing prayer and fasting during this special season.

### What you will need:

- 1 package yeast
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 tablespoon salt
- 4 cups flour
- 1 egg

Mix your yeast, water, sugar, and salt in a large bowl.

Stir in the flour, and knead until the dough is smooth.

Shape into the form of arms crossed in prayer and place it on a baking sheet.

Brush the dough with a beaten egg to give it a shiny finish (you can skip the egg if you like).

Sprinkle the top with salt, and bake in an oven preheated to **425** degrees for **15** minutes.



## **Ceremony of the Pretzel**

1. On Ash Wednesday, father or mother may explain the origin of the holy pretzel, so that the children will understand its significance.
2. The pretzel might be served on each plate for each evening meal until Easter.
3. Added to the grace before meals, is the following "pretzel prayer":

### **PRAYER**

We beg you, O Lord, to bless these breads which are to remind us that Lent is a sacred season of penance and prayer. For this very reason, the early Christians started the custom of making these breads in the form of arms crossed in prayer. Thus they kept the holy purpose of Lent alive in their hearts from day to day, and increased in their souls the love of Christ, even unto death, if necessary.

Grant us, we pray, that we too, may be reminded by the daily sight of these pretzels to observe the holy season of Lent with true devotion and great spiritual fruit. We ask this through Christ our Lord. Amen.

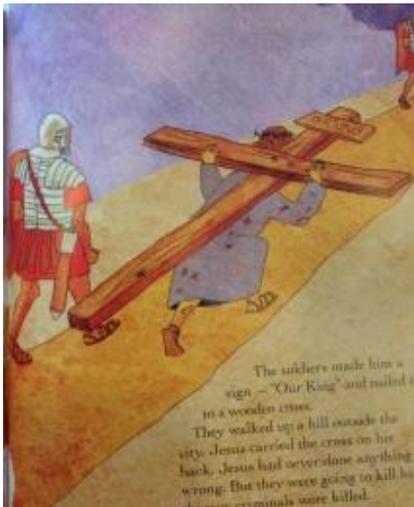
# Easter Sunday

**Resurrection Rolls** are a delicious treat to make! Each step in the cooking process represents parts of the Easter story. It's a wonderful way to tell kids the Easter story and have fun at the same time!

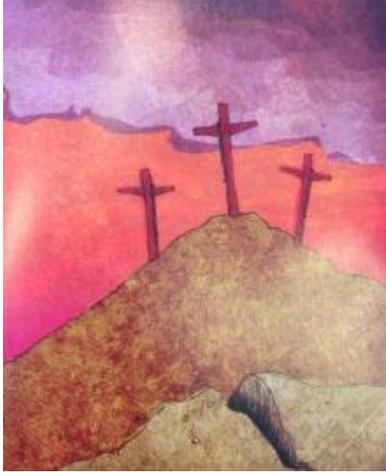
## What you will need:

- 1 package of crescent rolls
- 8 large marshmallows
- 3 Tablespoons melted butter
- 3 Tablespoons sugar plus 1 Tablespoon cinnamon
- Parchment paper
- Baking sheet

Start by preheating your oven to **350 degrees**. While the oven is preheating, get out your Bible and open up to John 19 or find the Easter story in a children's Bible (for example, the Jesus Storybook Bible).



**Say:** "Even though Jesus was perfect and had never sinned—he had never ever done anything wrong— some people did not like him. They wanted to hurt Jesus because he said he was God. They made Jesus carry a cross and they killed him. This made God very sad, but it was all part of His great rescue plan. When Jesus died, his friends took his body off the cross."



**Do:** Give your child a marshmallow

**Say:** “This marshmallow represents Jesus’ body. Jesus died for you and for me, because we have sinned and we need to be rescued from our sin.”

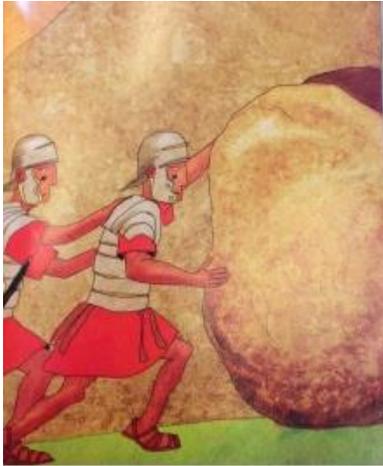


**Say:** “After Jesus died, his friends came and they put special oil and spices on Jesus’ body to get him ready for burial.”

**Do:** Roll the marshmallow in melted butter, then in cinnamon sugar

**Say:** “Next, Jesus’ friends wrapped his body in special cloths—almost like a mummy! Jesus had died, and they were getting his body ready to bury.”

**Do:** Roll the cinnamon-sugar marshmallow up in a crescent roll (it won’t look like a crescent roll). Press all of the seams **firmly**. Repeat for each of the crescent rolls. Place the rolls on a parchment paper-lined baking sheet.



**Say:** “Next, they laid Jesus’ body in a tomb. A tomb is like a big cave carved out of rock. Then big, strong soldiers rolled a heavy rock in front of the tomb so nobody could get in or out of the tomb. They even put a special seal over the entrance so they would know if anybody tried to move the rock that was in front of the entrance. Soldiers stood in front of the tomb to guard it day and night.”

**Do:** Put the rolls in the oven and set your timer for **10-12** minutes. Let the rolls bake until they are golden-brown.

**Say:** “Jesus was dead in the tomb for three days. Let’s count to three: one, two, three. How many days was he in the tomb? That’s right, three days.”

**Do:** When the rolls are done baking, take them out of the oven and let them cool (I let mine cool for about 20 minutes, and that was perfect). The marshmallow will probably have exploded out of your rolls, but that’s to be expected (that’s why we put down the parchment paper!). After the rolls have cooled...



**Say:** “Three days after Jesus had died, an angel of God appeared to one of Jesus’ friends. He told her that Jesus was alive! Jesus’ friends decided to look in the tomb where they had put Jesus’ body, but when they did, it was empty! Jesus had risen! And still today, Jesus is alive. Today he lives in heaven with God.”

**Do:** Cut open one of the rolls. The marshmallow has melted, so the “tomb” is now empty.

**Do:** Eat your yummy rolls!

**Say:** “These rolls are sweet, just like the love of God. God made you and he loves you very much. And some day, if you choose to love and follow God, you will be able to spend forever and ever in heaven with him and Jesus. The Bible tells us that Jesus is our Great Rescuer. The Bible tells us that the only way to Heaven is through loving and believing in Jesus. We celebrate Easter, because Jesus died and rose again so that we could have a way to Heaven.”