

Sicilian Prayer Before Meals



Signuri, Signuruzzu,

Lord, sweet Lord

Binidiciti stu panuzzu

Bless this precious bread

Binidiciti lu beni chi manciamu

Bless the goodness we are eating

Binidiciti I nostri figghi

Bless our children

a tutta la famigghia.

And our whole family.

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Ringraziamu lu Signuri

We thank the Lord

Pi chiddu chi nn'ha datu

For all He has given us

Comu signu dû so amuri

As a sign of His love.

Gèsu Cristu sia ludatu!

Praised by Jesus Christ

Buon Appetito!

Please send recipes, comments and suggestions to

recipes@lasocietaitaliana.org

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