

# Prayer before meals

## Grace before Meals

(EYFS & KS1)

Bless us, O God, as we sit together. Bless the food  
we eat today.

Bless the hands that made the food. Bless us, O  
God.

Amen.

## Grace before Meals

(KS2)

Bless us o Lord and these thy gifts  
which we are about to receive  
through thy bounty.

Through Jesus Christ our Lord.

Amen