Some people have their biggest meal in the middle of the day and some have it in the evening, but most people today have a small mid-day meal - usually sandwiches, and perhaps some crisps and some fruit.

We have three main meals a day:

- **Breakfast** - between 7:00 and 9:00,
- **Lunch** - between 12:00 and 1:30 p.m.
- **Dinner** (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m.

Traditionally, and for some people still, the meals are called:

- **Breakfast** - between 7:00 and 9:00,
- **Dinner** (The main meal) - between 12:00 and 1:30 p.m.
- **Tea** - anywhere from 5:30 at night to 6:30 p.m.

On Sundays the main meal of the day is often eaten at midday instead of in the evening. This meal usually consists of a Roast Dinner consisting of a roast meat, Yorkshire pudding and two kinds of vegetables.

**BREAKFAST**

**What is a typical English Breakfast?**

Most people around the world seem to think a typical English breakfast consists of eggs, bacon, sausages, baked beans, etc. with a cup of coffee. However, nowadays, a typical English breakfast is more likely to be a bowl of cereals, a slice of toast, and orange juice, and a cup of coffee.

Many people, especially children, in England will eat a bowl of cereal. They are made with different grains such as corn, wheat, oats, etc.
In the winter many people will eat "porridge" or boiled oats.

The Traditional English Breakfast

![The traditional English breakfast](image)

The traditional English breakfast consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms.

The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.

LUNCH

What is a typical English lunch?
MEALS AND MEAL TIMES IN ENGLAND

Many children at school and adults at work will have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink. The 'packed lunch' is kept in a plastic container.

Sandwiches are also known as a 'butty' or 'sarnie' in some parts of the UK.

My favourite sandwich is prawn and mayonnaise. I also love tuna and mayonnaise and ham and pickle sandwiches.

See a sample menu of food served in pubs

Sample menu of food served for School Dinners

DINNER

The evening meal is usually called 'tea', 'dinner' or 'supper'.

What is a traditional English Dinner?

A typical British meal for dinner is meat and "two veg". We put hot brown gravy, traditionally made from the juices of the meat, on the meat and usually the vegetables. One of the vegetables is almost always potatoes.

This traditional meal is rarely eaten nowadays, a recent survey found that most people in Britain eat curry, rice or pasta as the 'British Dinner'.

Vegetables grown in England, like potatoes, carrots, peas, cabbages and onions, are still very popular.

The Sunday Roast Dinner
Sunday lunch time is a typical time to eat the traditional Sunday Roast. Traditionally it consists of roast meat, usually beef, lamb or pork, served with vegetables and potatoes with a Yorkshire pudding. Gravy is poured over the meat.

Beef is eaten with hot white horseradish sauce, pork with sweet apple sauce and lamb with green mint sauce.