

Eating the British Way

British meals.

Breakfast.

- Most people in the UK rush to work in the morning. This means they do not have time to make the traditional English breakfast. During the week, they choose a breakfast of cereal or toast with tea, coffee or fruit juice.



Lunch.

- Lunch is a simple meal. Many children at school and adults at work bring a 'packed lunch' from home. This is a sandwich, a packet of crisps, a piece of fruit and drink.



Dinner.

- Dinner is a meal for the whole family. Spaghetti bolognese and shepherd's pie are favorites. Many British order takeaways as well! Indian, Chinese food and pizzas are all very popular.



A traditional meal.

- On Sundays, the British get together for a traditional Sunday roast. This is roast beef or lamb with potatoes, vegetables and gravy.



Tasty treats.

- But... is there anything for dessert? Homemade puddings like bread and butter pudding, apple pie and trifle are all delicious British dessert. Without them no meal is complete!

