



# BRITISH MEALS



WEATS



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# Daily meal in Britain

- ◆ **Breakfast 7:30 – 9:00 a.m.**
- ◆ **Tea break 11:00 a.m.**
- ◆ **Lunch 12:30 – 2:00 p.m.**
- ◆ **Tea time 3:30-5:00 p.m.**
- ◆ **Supper (dinner) 7:00 – 8:30 p.m.**





# A traditional English breakfast (cooked breakfast)



Sausages, bacon,  
baked beans,  
fried tomatoes

boiled, fried or  
scrambled eggs,  
mushrooms and  
toasts



# The British eat for breakfast



Toasts with butter,  
jam or marmalade



Tea or coffee



Orange, apple or  
grapefruit juice





# The British eat for breakfast



Muesli with milk



Porridge (a mixture of oats, hot milk and sugar).



Cornflakes or cereal

# Continental breakfast

- ❖ a small meal and is not cooked



**bread rolls**



**cheese and ham**



**croissant**

**breakfast  
tea**



# Lunch (luncheon) 12:30 – 2:00 p.m.



a sandwich



soup and bread



cheese and biscuits



salad



# Tea time (5 o'clock tea)



tea



biscuits



cookies



scones with jam





# Supper (dinner) 7:30 – 8:00 p.m.

**meat with vegetables**



**Fruit crumble  
and custard**



**tea**



**Fish and chips**



**Bon appetite!**