

English meals

For **breakfast**, the British usually eat toast with eggs or marmelade or baked beans. The eggs can be scrambled (brouillés), poached (pochés), fried or boiled (à la coque).



Marmalade



Baked Beans

The British sometimes have a **full English breakfast** composed of sausages, fried eggs, mushrooms(champignons), tomatoes, toast and black pudding (boudin) .They drink tea or coffee with breakfast and they read the morning paper.



=>A full English breakfast

For **lunch in primary schools** : British children have a tray with compartments.



A Tray

On the tray, there is fruit, vegs, meat(viande), fish, pasta, juice, bread and chips but they eat chips only once a week(une fois dans la semaine).

In **secondary school**, British children have a plate(assiette) and they can eat more food.



If they can't go to the canteen, they buy a sandwich because they only have half an hour lunch break (30 minutes de pause).



For dinner, the British eat pies(tourte), it is meat inside pastry. They also eat a toad in the hole, it is sausages, pastry and gravy(sauce). They also have a roast(rôti) dinner, it is meat, roast potatoes, vegs, yorkshire pudding and gravy. They eat this every Sunday. They also eat currys.



For pudding, the British eat cake a few times a week, it is composed of fruit, cream and jam(confiture). They also eat chocolate pudding. Finally they eat trifle, it is jelly(gelée), and cream and they eat this for parties.



Follow this link to discover Mary Berry's Victoria sponge cake :

<https://www.youtube.com/watch?v=UuL1XdTw6EA>

An article by Yannick Beyer 4ème6, thanks to Michael Brown, the English assistant.