

Breakfast, Lunch, Dinner, Tea, Supper or Brunch?

In the U.K. these expressions not only traditionally relate to the time of day the meal is eaten, the type of food and the size of the meal, but even your social status and location. That's why it can get confusing... traditionally:

- working class: **Breakfast** / **Dinner** (main meal) / **Tea**
- upper class: **Breakfast** / **Lunch** (light) / **Dinner** or **High Tea** (main meal)
- all classes: **Supper** is usually a light meal eaten late at night



First of all, '**Breakfast**' is the simplest, and nearly everyone agrees that it is the first meal of the day, eaten in the morning sometime between **7 and 9 a.m.** In the U.K there is usually a mad rush to get to work and so breakfast is often just **coffee and toast, muesli or biscuits** during the week, but traditional food like **eggs, bacon, sausages and beans** remain the favourites at the weekend.

The **mid-morning snack break for tea or coffee** at around **11 am** is aptly named '**Elevenes**'.

In the middle of the working day, between **12 and 2 p.m.** you usually have '**Lunch**' - generally quick, informal, and rather light, particularly for people who are working. A common lunch in England is a **sandwich**.

People often take a **snack break** called '**Afternoon Tea**' in the late afternoon around **4 p.m.**, especially if they only had a light lunch in the middle of the day. Having tea can be as simple as **a cup of tea and a scone**, but remains a traditionally decadent affair at certain London Hotels.

In the early evening from around **6:00 until 8 p.m.**, often depending on if one has children, those who ate a light lunch will usually have a larger and more complete meal called '**Dinner**'. Sometimes the word '**High Tea**' is used in families to mean the proper evening meal. and might include **soup, meat with 2 vegetables, and followed by a dessert** like pudding or ice cream.

A '**Supper**' is usually a **light meal** in the late evening **after 10 p.m.**, for instance after the theatre, and is probably had after a larger lunch/dinner was eaten earlier in the day. The classic '**Midnight-Snack**'.

'**Brunch**' is a combination of **breakfast and lunch**, and people usually have it on Sundays as a late morning replacement for both lunch and breakfast. Brunch is usually eaten at sometime between **11 a.m. and 2 p.m.**