

English lunch



For many Englishmen lunch is a fast meal. Lunch is at 1 o'clock. Most people have no time to go back home for lunch so they eat at school, cafes, pubs or restaurants.



In big cities there are a lot of sandwich bars where office clerks can choose all sorts of sandwiches with meat, fish, chicken, ham, prawns, eggs, cheese, vegetables and lettuce.



English pubs also serve good food for lunch, hot and cold. Quite a lot of workers go to famous “fish and chips shops” and buy their favourite deep fried cod or haddock with French fries.



For other people this meal starts with soup or fruit juice. They eat meat with potatoes, different vegetables. Englishmen always drink tea or coffee at lunch. Water is usually on the table.



**Some people prefer for lunch light refreshments,
such as sandwiches, chips and fish, fruit or
chocolate bars.**



It is worth mentioning that sandwiches with different fillings are a traditional British snack. The most popular fillings are cheese, bacon, chicken, cucumber and others.

