

There are 5 meals a day, but only 3 main ones.

BREAKFAST

- it is the most important meal
- we should eat the most substantial dishes to have enough energy



CONTINENTAL

- people don't have time for it, they don't make much fuss of it
- people have different breakfast at weekends and on weekdays

ENGLISH

- the most significant meal
- very substantial
- they start with orange juice, which is good for the digestion system

WEEKDAYS

- dishes:
 - o sandwiches
 - o biscuits
 - o toast
 - o frankfurter/sausages/cold-cuts or salami
 - o cereals/muesli



DISHES

- egg dishes:
 - o hard or soft boiled
 - o scrambled eggs
 - o fried or sunny-side up eggs
 - o bacon or ham and eggs



- toast with butter and jam or honey
 - o orange jam → marmalade



- drinks:
 - o a cup of white/ black coffee
 - o a cup of tea with lemon and honey or sugar
 - o a cup of cocoa



- cereals or cornflakes with milk or yoghurt
- fried beans, tomato sauce
- porridge



- have:
 - o some fruits
 - o yoghurt
- OR have nothing



DRINKS

- juice
 - milk
 - white or black coffee
- ↓
with milk



WEEKENDS

- have more time for it
- prepare breakfast:
 - o egg dishes
 - o paprika and tomato stew
 - o gypsy bread



ELEVENS

- it is just some fruits and sandwiches, (sweet) bakery products like buns, milk loaves, scones or biscuits
- children can have it in the school canteen, can bring from home or they can buy some food in the buffet





LUNCH

HUNGARIAN

- there is a longer lunch break
- people have warm dishes= supper
- people have/ eat it in the canteen, restaurant or at home, sometimes people bring some food along

ENGLISH

- they have no lunch break
- at their table they have a sandwich or some salad



English Onion Soup

- fruit soup
- vegetable soup
- broth

COURSES

SOUP

DESSERT

- ice cream
- fruit salad
- cakes
 - o sponge- cake
 - o pancake (filling with jam, nut, sweet cottage cheese)



HUNGARIAN SPECIALITIES

- o fish soup
- o chicken soup (Nyírség/Újházi style)
- o goulash
- o bean soup (Jókai style)
- o Hungarian mushroom soup

HUNGARIAN SPECIALITIES

- sweet cottage cheese dumpling
- Somló sponge- cake
- Gundel pancake
- rock- cake
- chestnut with whipped cream



MAIN COURSE

vegetable-dish with minced meat/meatball

noodles with



- poppy seed
- cottage cheese (and fried bacon on its top)
- walnut
- cabbage



meat dishes with garnish/trimming

- stew
- bread-fried
- grilled
- roasted
- fish/sea fruits
- pig→pork
- sheep→lamb
- cow→beef/ veal
- poultry→chicken, turkey, goose, duck



- salad (with mayonnaise)
- rice (with vegetables)
- potato
 - o mashed
 - o roasted
 - o jacket
 - o french-fries
- dumpling



HUNGARIAN SPECIALITIES

- breaded-fried pork or veal cutlet
- pancake filling with meat Hortobágy style
- layered cabbage Kolozsvár style
- pork medallions Brassó style
- stuffed cabbage Szabolcs style
- cold goose liver
- paprika chicken with sour cream
- paprika catfish stew



SNACK

CONTINENTAL

- it is similar to elevenses



ENGLISH

- **TEA TIME** (it's five o'clock tea)
- they have some tea with biscuits/ muffins or cupcakes
- they drink a cup of tea with some sugar and milk or lemon



DINNER

- it should be a light meal,
- but people have time for cooking in the afternoon, so dinner is often substantial= supper
- it can be some cold meal or left-over

