

To the Romans, what you ate each day depended largely on what class you were a member of. But, no matter what you ate, it was fairly common for Romans to have one main meal in the late afternoon, from around four in the afternoon to six in the evening. Breakfast and lunch were typically very light, usually consisting of bread or fruit. If you were part of the lower class, you could expect to eat mostly cereal grains, often spoiled or rancid, at each meal. Gruel or porridge was also very common. Meat was far too expensive for the average Roman, so this luxury would have been a dream for a member of the lower class.