

## **Roman Meals and Food**

### **Meals**

- Ientaculum - breakfast
- Prandium - lunch
- Cena - dinner
  - The rich had three courses of dinner
    - Gustatio or promulsis - appetizer
    - Prima mensa - main course
    - Secunda mensa - dessert

### **Food**

- Frumentum - grain (wheat)
- Garum - strongly favored fish sauce
- Mulsum - wine with honey
- Mel - honey
- Ova - eggs
  - Uva - grapes

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