**A Norwegian's Daily Menu**

A typical day in Norwegian cuisine usually consists of 3-4 meals. For breakfast (frokost), often served is whole grain bread (grovbrød) with toppings (pålegg), along with coffee, milk, or juice. It might seem like a fairly mundane solution, but in reality, there is a lot of room for variety, as beneath the mysterious pålegg lies a whole host of possibilities – it could be cheese (with emphasis on brown cheese – brunost), ham, salami, pâté, caviar (!), but also jam, chocolate, or cream cheese. In shops, you'll come across a whole range of products whose names contain the element -pålegg – for example, banana pålegg or fish pålegg.

The next meal is lunsj, which is a meal consumed between breakfast and lunch (usually around 11-12). Something a Norwegian shouldn't leave for work or school without is the so-called matpakke, whose basic element is sandwiches, always meticulously prepared and wrapped in paper to prevent them from falling apart. Parents pay special attention to what their children will eat during school breaks – white bread is avoided, while the so-called knekkebrød, crispbread, is popular. There's also no shortage of vitamins in the form of vegetables and fruits. Matpakke is so popular in Norway that a song by the duo Knutsen og Ludvigsen was even created in its honor.

Norwegian dinner (middag) is usually the first warm meal of the day and typically consists of various meat variations – meatballs (kjøttboller), sausages, and of course, indispensable fish are especially popular. Potatoes are served as side dishes, and occasionally rice or pasta – salmon with pasta is a particularly favored dish. Additionally, vegetables and of course coffee are served – because Norwegians drink it in dizzying amounts, ranking among the top in the world in this regard. The average Norwegian will only be content after drinking the fifth cup of this black beverage.

The last meal of the day (kveldsmat) really depends on personal preferences – some skip it, while others are satisfied with a simple sandwich.