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## **ONE DAY FROM THE LIFE OF QUEEN ELIZABETH II**

Queen Elizabeth II, who has recently become the longest-reigning British Monarch in history, is busy from morning till midnight. Take a look at the Queen's daily routine and the way she spends most of her time.

### **Morning**

Rising at around 8.30 a. m., Her Majesty is greeted by the sounds of the bagpipes each morning at 9, as a piper plays on the terrace beneath her apartment at Buckingham Palace. The Queen works every day, with the exception of Christmas. By 9 a.m. her own secretary gives her the famous 'red case' with the documents to read and sign.

By this time Prince Philip, the husband of the Queen, usually ends his breakfast. Her Majesty enjoys having breakfast alone, right at 9 a.m. If you think that Queen Elizabeth prefers only the most expensive and delicious dishes, you are definitely wrong! The typical menu of the Royal Family was revealed, and Queen Elizabeth turned out not to be a gourmet.

According to the British newspaper 'The Independent', the Queen is very disciplined. Her day starts with a cup of tea and biscuits. Queen Elizabeth prefers freshly brewed Earl Grey without any milk or sugar. Tea is served in a bone china cup with some biscuits. Only then the Queen starts her breakfast, consisting, as a rule, of cereals, fruit and several toasts with jam.

Sometimes the Queen asks for an omelette with smoked salmon. What is more, the cook uses only brown eggs-the Queen likes them more than white ones. During her breakfast, she usually looks through the latest newspapers, where the most important articles are underlined by her secretary.

It is a well-known fact that the Royal family place great emphasis on what is said and written about them in the media, and moreover, they pay attention at their photos in the media. And as it is said, it is not the appearance that the Queen worries about. From her point of view, the monarch must look perfect for his subjects, that's why it is important for Queen Elizabeth to look nice on the photos. Nevertheless she has a sense of humor and likes really good jokes.

### **Day**

During the day the Queen can have a lot of activities. She adores her dogs and she cooks for them herself, mixing chicken or rabbit fillet with special additives. But dogs are not her only love, as she is a keen owner and breeder of racehorses. So one of her favourite activities during the day is horse-riding. At the weekend she can be seen riding one of her favourite horses through the

Windsor Great Park. This is another way The Queen 'gets away' from the stresses of her job.

The Queen likes fishing and used to spend time in the countryside in Scotland near the river Dee, which was very rich in salmon. Before lunch she drinks a little bit of gin or sweet wine as the aperitif. Fish with vegetables or steak with spinach or vegetable marrows are served for lunch. The Queen is also likes roast chicken with salad. Queen Elizabeth doesn't consume products, containing potato starch, that is why there are no potato or rice dishes on her menu. Also she avoids eating Italian pasta.

#### Tea

It goes without saying, that the Queen follows national traditions and stops carrying out her duties in order to have a five-o'clock tea. With an English tea some appetizers are served. They are cut cucumbers, a little bit of smoked salmon, eggs and mayonnaise, ham and very small buns with raspberry jam. The Queen has a real passion for honey biscuits and ginger, fruit and chocolate cake. There are always jam pennies – Her Majesty's favourites, which are jam sandwiches cut into rounds of the size of an old penny.

One more traditional English habit, typical for all representatives of the English aristocracy is the evening bath before supper. The Queen also has a bath in the morning, but with colder water in order to become more energetic.

#### Evening

As a rule, for dinner Queen Elizabeth asks beef or venison, pheasant or salmon fillet from the Royal farms in Sandringham and Balmoral residences. Gaelic steak is served with a special sauce, made of mushrooms, cream and whisky. The dessert consists of strawberries and sweet white peaches, gathered in the greenhouse of Windsor Castle, with a piece of bitter chocolate. The Queen ends her day with a glass of champagne. On Wednesday evenings, the Queen undertakes a weekly meeting with the Prime Minister, usually at 6.30p.m. At about 7.30p.m., a report of the day's parliamentary proceedings, written by one of the Government's Whips, arrives. At 9p.m. it's party time for The Queen, as her evenings are regularly used to host official receptions, usually with the members of the Royal Family, at Buckingham Palace.