KING EDWARD'S HOSPITAL FUND FOR LONDON

HOSPITAL CATERING ADVISORY SERVICE

GENERAL HOSPITAL DIETS

A Guide to the Cost of Feeding Patients
(with Menus and Recipes)

JULY, 1956

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(Second Edition, 1956)

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PREFACE

The first edition of this circular on General Hospital Diets was published in July 1954, and was followed in May 1955 by a supplement summarising market trends over the preceding year and giving their effect on the cost of feeding. The demand for the circular, which included some 700 recipes and 36 menus, having exhausted the first edition, it has been decided to publish this second edition and at the same time to bring the figures of cost more up to date.

The costed menus, reproduced in the following pages, are intended as a guide to hospitals in deciding on the standard of feeding that can be expected in relation to the sum of money that is allocated for the purchase of provisions. The menus have been planned primarily for patients on a general diet in acute general hospitals, and it is emphasised that they are intended only as a guide and are not for patients in chronic sick, mental or mental deficiency hospitals or T.B. sanatoria. As conditions and requirements differ so widely between hospitals, three grades of general dietary are given, and this edition also contains a section on the extra cost of feeding maternity patients.

These diets would not necessarily be entirely suitable for geriatric patients, although in this connection it is well to remember that old people need just as much protein and protective foods as any other adult patients. Energy needs of old people are probably less but it is the calorie foods which are the cheapest (bread, potatoes, cereals, sugar and preserves), and meat, eggs, fish, cheese, milk, vegetables and fruits which are the dearest. Thus it is incorrect to assume that a geriatric dietary must of necessity be cheaper than a general diet. Furthermore the energy-consuming rehabilitation treatments introduced in many geriatric units require a full and liberal dietary as part of the regime.

Many factors influence the overall cost per head as calculated by different hospital Groups. One important factor is the proportion of patients on general to that on special diets. Special diets, particularly diabetic, reducing and high protein ones, usually cost more than general diets. Another factor affecting the cost per head is the proportion of beds for maternity cases, chronic sick, T.B., etc. Expectant and nursing mothers have an increased need for best quality protein; to meet this requirement, their dietary should contain at least two pints of milk daily in beverages and cooking, and larger than average servings of meat, cheese, bacon, fish, etc., at the three main meals of the day.

The proportion of staff to patients can also affect the cost. Usually a day's meals for staff cost more than those for general diet patients. However, resident staff frequently do not have all their meals in hospital, particularly on their days off duty. Therefore, whether the feeding of staff costs more or less than the feeding of general patients will depend on the method of costing. The weighting of non-resident staff meals also can have an appreciable effect; the 15 points system may be satisfactory in some hospitals, whereas it will be very inaccurate in others. In a hospital providing a large number of non-resident meals, the cost per head can be affected considerably according to the method of calculation used.

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1. RECIPES EMPLOYED AND MARKET PRICES.

In compiling the menus of this circular, 662 recipes have been used, based on units of 100 portions. The quantities employed in these recipes are given on pages 89 to 131.

Costing at wholesale and retail rates will show the range of cost by which menus can vary; this double information may be of particular interest to those hospitals and convalescent homes which, because of local conditions, are unable to buy their food in the most economical market.

Average prices of fresh fruit and vegetables, fish, poultry, rabbits, meat, bacon and eggs were taken over the twelve months ending December 1955. For all other provisions, including milk and bread, the prices used are those which existed on or immediately prior to December 31st. 1955. As discounts represent a variable factor, they are not taken into consideration.

2. MENUS.

The menus A, B and C contained in this circular comprise sets of twelve weekly menus, one for each month of the year. In this way it has been possible to include all kinds of seasonable foods at the time when they are most economical to use.

Certain differences in the composition of these menus deserve mention. The A menu embodies the use of frozen fruit and vegetables, soup at two main meals, fresh coffee for beverages and three-course dinners and suppers. Menus B and C, on the other hand, do not contain dishes prepared with frozen foods, soups appear occasionally, coffee essence is used for beverages and certain more expensive foods included in the A menus occur less often in B and C.

Although the menus differ in the quality and variety of foods they include, they are all believed to be nutritionally adequate. Each conforms with the dietary allowances recommended by the B.M.A. Committee on Nutrition, and in each the higher figure has been taken for protein allowance, representing 14% of the total calories. The higher figure is considered necessary because many patients are suffering from tissue damage and therefore need more protein than healthy adults.

3. COSTS.

The effect on costs of various factors such as variety, quality and type of provisions is represented by the three levels of general dietary wholesale costs, i.e.. A Menu 29/5½; B. Menu 25/9¾. and C Menu 23/7½. The extra cost of feeding maternity patients, by comparison with the B Menu, is approximately 3/- per head weekly at wholesale rates, although it should be noted that advantage has been taken of the reduced price of milk for these patients.

In each case, the cost will be slightly less after subtracting traders' discounts. On the other hand it will be seen that no account has been taken of squash and fruit juice, beers, spirits or special foods, for which of course allowance will have to be made.

The following table, extracted from the summaries of costs appendices 1A, 1B and 1C, shows the difference in average daily costs of the three grades of general dietary.

MEAL	MENU A		MENU B		MENU C	
	W	R	W	R	W	R
Breakfasts	8.97	11.06	8.54	10.56	8.35	10.35
Mid-morning drinks	2.15	2.58	2.06	2.45	1.80	2.16
Dinners	16.49	20.78	13.53	17.04	12.50	15.77
Teas	4.23	5.21	4.31	5.29	3.85	4.69
Suppers	13.98	17.68	11.29	14.37	9.39	11.89
Late evening drinks	2.16	2.58	2.00	2.40	2.04	2.43
	47.98	59.89	41.73	52.11	37.93	47.29

These differences can be analysed as follows:—

(a) BREAKFASTS.

The slight increase of A over B is principally due to the exclusive use of Pork Sausages. No specific difference is intended between B and C.

(b) MID-MORNING DRINK.

Fresh ground coffee is used only in the A Menu. Bottled coffee is used in B and C. Chocolate with milk appears in the A Menu but not in the others, and Milk Drinks are used to a similar extent in A and B, but by half the amount in C.

(c) DINNERS.

(i) A Menu

Soups have been calculated at half cost on the assumption that 50% of patients will take them when they are offered at the two principal main meals. Thus although soup appears daily, it has been assumed that only 42 portions will be consumed during the twelve weeks. Bread appears at all Dinners and Suppers; more roasts, frozen fruits and vegetables are included, and chicken appears occasionally.

(ii) B Menu

Soups are not included in the Dinner meals. No frozen vegetables or fruit are used and chicken seldom appears. Roasts are included less frequently than in the A Menu.

(iii) C Menu

Roasts appear less often than in B. Chicken and frozen fruit and vegetables are not represented at all.

(d) TEAS.

No difference is intended between the A and B Menus. In Menu C there is less cake and other extras to bread, jam and tea.

(e) SUPPERS.

(i) A Menu

The same remarks concerning soup and bread apply as for dinners, i.e. 84 appearances at a cost of 42 full portions. Frozen fruits are again included in sweets, and chicken dishes sometimes appear. The general standard of this meal is superior to that in the other two menus.

(ii) B Menu

Soups appear 37 times, each at full cost. No frozen food is included and chicken rarely appears. The standard is slightly lower than the A Menu.

(iii) C Menu

Soups are included 29 times at full cost. Neither chicken nor frozen food is used. This meal is roughly the same as in B Menu, but costs are lower because of the inclusion of some cheaper sweets.

(f) LATE EVENING DRINK.

Similar remarks as those for the Mid-morning Drink apply to the A and B Menus.

Certain items themselves differ in cost and these are explained as follows:—

(i) Bread.

(a) A full portion costing .75/.85d. is served with every breakfast and tea.

(b) With certain main dishes, a half portion is served at a cost of .37/.42d.

(e) Where soup is served, a quarter portion is included at .19/.21d.

(ii) Fruit.

In some instances where fruit appears as part of a sweet, e.g. with ice cream, the portion is halved.

(iii) Ice Cream.

A full portion is served on its own, and with melba or chocolate sauce, at a cost of 2.00/2.50d. With fruit, a smaller portion is given costing 1.50/1.87d.

(iv) Bacon.

Where sliced rashers are used, especially at breakfast, a proportion of half back and half streaky is regarded as a satisfactory method of using both cuts.

(v) Tea.

Two cups have been allowed for all breakfasts and teas.

PATIENTS

SUMMARY OF AVERAGE DAILY COSTS

MONTH	JAN.		FEB.		MAR.		APL.		MAY		JUN.		JUL.	
MEAL	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	8·64	10·70	8·70	10·61	8·63	10·62	8·81	10·90	8·57	10·57	9·32	11·63	9·53	11·68
Mid-morning Drinks	2·08	2·49	2·07	2·51	2·23	2·67	2·25	2·71	2·36	2·85	2·02	2·43	2·27	2·73
Dinners	16·41	20·63	15·79	20·20	17·55	22·12	15·27	19·17	15·57	19·80	16·75	20·49	16·85	21·30
Teas	4·10	5·11	4·03	4·91	4·42	5·45	4·28	5·25	4·12	5·07	4·15	5·07	4·17	5·12
Suppers	13·19	16·48	18·09	22·70	11·46	14·63	12·14	15·40	14·70	18·50	16·78	21·14	12·90	16·36
Late Evening Drinks	2·05	2·45	2·28	2·71	2·28	2·71	2·19	2·60	1·94	2·36	2·00	2·41	1·95	2·33
TOTALS	**46·47**	**57·86**	**50·96**	**63·64**	**46·57**	**58·20**	**44·94**	**56·03**	**47·26**	**59·15**	**51·02**	**63·17**	**47·67**	**59·52**

R = Retail

W = Wholesale

* These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs., which may be issued to patients individually or collectively.

MENU — A

PER HEAD (IN PENCE) FOR 1955

AUG.		SEPT.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		MONTH
W	R	W	R	W	R	W	R	W	R	W	R	W	R	MEAL
8·84	10·90	8·23	10·15	9·38	11·66	9·42	11·50	9·63	11·80	**107·70**	**132·72**	**8·97**	**11·06**	Breakfasts
2·19	2·60	2·18	2·62	2·00	2·41	2·23	2·66	1·91	2·29	**25·79**	**30·97**	**2·15**	**2·58**	Mid-morning Drinks
15·05	18·82	17·17	21·70	17·52	22·06	15·44	19·66	18·47	23·39	**197·84**	**249·34**	**16·49**	**20·78**	Dinners
4·16	5·12	4·19	5·17	4·45	5·47	4·45	5·48	4·27	5·29	**50·79**	**62·51**	**4·23**	**5·21**	Teas
16·12	20·44	12·33	15·83	13·46	17·02	14·13	17·76	12·50	15·95	**167·80**	**212·21**	**13·98**	**17·68**	Suppers
1·99	2·43	2·53	3·01	2·44	2·90	2·28	2·71	2·00	2·37	**25·93**	**30·99**	**2·16**	**2·58**	Late Evening Drinks
48·35	**60·31**	**46·63**	**58·48**	**49·25**	**61·52**	**47·95**	**59·77**	**48·78**	**61·09**	**575·85**	**718·74**	**47·98**	**59·89**	TOTALS
								*Add cost of personal issues				**2·50**	**2·77**	
								Total Costs				**50·48**	**62·66**	
												4/2½	**5/2¾**	

PATIENTS MENU—A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Grilled Kipper	3·00	4·00	Tomatoes on Toast	3·81	5·13	Scrambled Egg & Bacon	5·89	7·31
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1.00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·40	**9·07**		**7·44**	**9·34**		**8·25**	**10·47**		**10·33**	**12·65**
Mid-morning drink	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Chocolate	**2·51**	**3·10**
Dinner	Leek & Potato Soup	1·78	2·36	Cream of Tomato Soup	1·26	1·68	Minestrone Soup	1·46	1·91	Tomato Soup	1·26	1·68
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Steak Pie	6·22	7·45	Braised Beef	8·48	10·19	Fried Fillet of Plaice	9·81	12·09	Stewed Rabbit	11·06	14·22
	Cabbage	·88	1·06	Carrots ½	·52	·60	Lemon	·33	·42	Carrots	1·05	1·21
	Creamed Potatoes	·93	1·25	Peas (Fr) ½	1·31	1·62	Cauliflower	3·00	4·01	Mashed Potatoes	·92	1·25
	Baked Apple	1·82	2·34	Mashed Potatoes	·92	1·25	Cream Sauce	·67	·81	Sponge Pudding	2·06	2·48
	Custard	1·08	1·31	Lemon Meringue Pie	1·24	1·54	Parsley Potatoes	·73	1·01	Lemon Sauce	·28	·36
							Baked Rice Pudding	1·81	2·24			
		12·90	**15·98**		**13·92**	**17·09**		**18·00**	**22·70**		**16·82**	**21·41**
Tea	Sweet Biscuits	·90	1·15	Chocolate Eclair	1·27	1·71	Sandwich Spread	·97	1·30	Watercress	1·00	1·35
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Honey	1·12	1·62	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·97	**5·04**		**4·03**	**5·04**		**3·73**	**4·63**		**3·76**	**4·68**
Supper	Windsor Soup	1·02	1·36	Lentil Soup	·91	1·28	Cream of Celery Soup	1·82	2·34	Potato Soup	1·78	2·36
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Luncheon Meat	4·00	4·87	Fried Egg & Chips	5·39	6·90	Cold Ham	9·60	12·00	Minced Beef & Vegetable Pie	7·72	9·28
	Mixed Salad	2·08	2·86	Grilled Tomato	1·62	2·25	Mixed Salad	2·08	2·86	Creamed Potatoes	·93	1·25
	Mashed Potatoes	·92	1·25	Semolina Pudding	1·76	2·17	Mashed Potatoes	·92	1·25	Rice & Jelly Mould	2·57	3·19
	Ice Cream	1·50	1·87	Stewed Blackcurrants (Fr)	2·97	3·68	Gooseberry Flan (T)	1·66	2·15			
	Apricots (T)	3·00	3·30				Cream	·36	·54			
		12·71	**15·72**		**12·84**	**16·49**		**16·63**	**21·35**		**13·19**	**16·29**
Late evening drink	Milk	**2·17**	**2·54**	Chocolate	**2·51**	**3·10**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**
	Total costs	**40·99**	**50·58**		**42·91**	**53·60**		**50·62**	**63·92**		**48·78**	**60·67**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JANUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Bacon and Tomatoes	3·99	5·28	Sausage & Bacon	5·68	6·99					
Bread	·75	·85	Toast	·58	·67	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·69	**10·59**		**8·26**	**10·44**		**10·12**	**12·33**	**60·49**	**74·89**	**8·64**	**10·70**	**Mid-morning drink**
Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	**14·54**	**17·41**	**2·08**	**2·49**	
Cream of Turnip Soup	1·16	1·51	Cream of Vegetable Soup	1·06	1·28	Cream of Chicken Soup	1·09	1·41					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Fillet of Cod	4·30	5·76	Boiled Chicken & Rice	15·24	19·25	Roast Leg of Lamb	10·03	12·04					
Anchovy Sauce	·41	·49	Brussel Sprouts	·27	·40	Onion Sauce	·51	·63					
Curly Kale	1·32	1·67	Creamed Potatoes	2·28	2·29	Gravy	·12	·16					
Saute Potatoes	·98	1·38	Cabinet Pudding	·93	1·25	Savoy Cabbage	1·02	1·32					
Steamed Apple Pudding	2·58	3·34	Custard	2·92	3·58	Roast Potatoes	·96	1·36					
Custard	1·08	1·31		1·08	1·31	Plum & Apple Pie	2·25	2·85					
						Custard	1·08	1·31					
	12·02	**15·67**		**23·97**	**30·27**		**17·25**	**21·29**	**114·88**	**144·41**	**16·41**	**20·63**	
French Jam Sponge (P)	2·25	3·00	Sultana Scone	·79	·98	Fruit Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	5·01	**6·33**		**3·55**	**4·31**		**4·66**	**5·73**	**28·71**	**35·76**	**4·10**	**5·11**	
Scotch Broth	·80	1·07	Mock Turtle Soup	·90	1·20	Celery Soup	1·82	2·34					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Cold Roast Topside of Beef	7·96	9·52	Cornish Pastie	4·08	4·93	Bacon & Egg Pie	4·49	5·58					
Lettuce	1·30	1·80	Mixed Vegetables	·93	1·18	Parsley Potatoes	·73	1·01					
Potato Mayonnaise	1·50	2·05	Mashed Potatoes	·92	1·25	Ice Cream	1·50	1·87					
Cheese & Biscuits	2·20	2·61	Peaches (T)	3·00	3·30	Orange	3·15	3·85					
			Custard	1·08	1·31								
	13·95	**17·26**		**11·10**	**13·38**		**11·88**	**14·86**	**92·30**	**115·35**	**13·19**	**16·48**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**14·34**	**17·19**	**2·05**	**2·45**	**Late evening drink**
	43·68	**54·62**		**50·36**	**62·64**		**47·92**	**58·98**	**325·26**	**405·01**	**46·47**	**57·86**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**342·76**	**424·38**	**48·97**	**60·63**	

PATIENTS MENU – A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Chipolata Sausages & Baked Beans	5·84	6·86	Bacon & Fried Bread	2·96	3·73	Pork Sausage	4·28	4·91
	Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		8·43	**10·62**		**10·48**	**12·44**		**7·40**	**9·07**		**8·72**	**10·25**
Mid-morning drink	Coffee	**1·84**	**2·23**	Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**	Chocolate	**2·51**	**3·10**
Dinner	Celery Soup	1·82	2·34	Vegetable Soup	1·24	1·60	Cream of Potato Soup	1·77	2·57	Cream of Vegetable Soup	1·06	1·28
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Lancashire Hot Pot	3·53	4·74	Boiled Gammon	9·60	12·00	Breaded Lamb Cutlet	8·88	10·55	Roast Leg of Pork	9·03	11·04
	Mashed Turnips	·87	1·23	Parsley Sauce	·60	·73	Spring Greens	1·49	1·85	Gravy	·12	·16
	Parsley Potatoes	·73	1·01	Brussel Sprouts	2·28	2·99	Saute Potatoes	·98	1·38	Apple Sauce	·69	·83
	Apple Pie (T)	1·99	2·57	Mashed Potatoes	·92	1·25	Stewed Plums (T) & Semolina Pudding	1·35	1·62	Stuffing	·52	·65
	Custard	1·08	1·31	Baked Rice Pudding	1·81	2·24		1·76	2·17	Savoy Cabbage	1·02	1·32
										Creamed Potatoes	·93	1·25
										Strawberry Mould & Cream	1·44 ·36	1·74 ·54
		10·21	**13·41**		**16·64**	**21·02**		**16·42**	**20·35**		**15·36**	**19·02**
Tea	Watercress	1·00	1·35	Chelsea Bun	·93	1·14	Coconut Bun	·88	1·08	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·76	**4·68**		**3·69**	**4·47**		**3·64**	**4·41**		**5·91**	**7·18**
Supper	Pea Soup	·91	1·21	Windsor Soup	1·02	1·36	Tomato Soup	1·26	1·68	Lentil Soup	·91	1·28
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Grilled Fillet of Sole	11·67	15·51	Roast Chicken & Bacon	22·87	28·39	Assorted Cold Meats	6·69	8·06	Grilled Fillet of Plaice	8·92	11·01
	Runner Beans (Fr)	4·05	4·95	Bread Sauce	·34	·42	Lettuce & Tomato Salad	2·08	2·86	Tartare Sauce	1·20	1·67
	Boiled Potatoes	·61	·88	Tinned Peas	2·98	3·66	Parsley Potatoes	·73	1·01	Carrots	1·05	1·21
	Fruit Salad (T)	5·08	5·74	Croquette Potatoes	1·55	2·09	Bread & Butter Pudding	2·51	3·15	Parsley Potatoes	·73	1·01
	Cream	·36	·54	Ice Cream	2·00	2·50	Vanilla Sauce	·84	1·02	Ice Cream	1·50	1·87
				Melba	·55	·72				Raspberries (Fr)	2·97	3·68
				Wafer Biscuits	·10	·13						
		22·87	**29·04**		**31·60**	**39·48**		**14·30**	**17·99**		**17·47**	**21·94**
Late evening drink	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total costs	**49·28**	**62·52**		**65·56**	**81·34**		**45·77**	**56·59**		**52·14**	**64·03**

R = Retail

W = Wholesale

SPECIMEN WEEK for – FEBRUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg on Toast	4·79	5·95	Bacon & Saute Potatoes	3·34	4·41	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread ½	·37	·42					
Marmalade	·75	1·00	Marmalade	·75	1·00	Toast	·58	·67					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00					
						Tea (2 cups)	1·20	1·42					
	9·23	**11·29**		**7·78**	**9·75**		**8·89**	**10·83**	**60·93**	**74·25**	**8·70**	**10·61**	
Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**	**14·48**	**17·58**	**2·07**	**2·51**	**Mid-morning drink**
Leek & Potato Soup	1·78	2·36	Cream of Carrot Soup	1·24	1·56	Vegetable Soup	1·24	1·60					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Fried Wing of Skate	8·66	12·09	Braised Stuffed Hearts	8·48	11·37	Roast Sirloin of Beef	8·29	9·81					
Cauliflower	3·00	4·01	Cabbage	·88	1·06	Gravy	·12	·16					
Cream Sauce	·67	·81	Boulangere Potatoes	·69	·97	Yorkshire Pudding	1·58	1·99					
Mashed Potatoes	·92	1·25	Steamed Jam Roll	2·25	2·95	Brussel Sprouts	2·28	2·99					
Apple Charlotte (T)	2·07	2·75	Custard	1·08	1·31	Roast Potatoes	·96	1·36					
Custard	1·08	1·31				Stewed Apples (T)	2·25	3·06					
						& Tapioca Pudding	1·78	2·22					
	18·37	**24·79**		**14·81**	**19·43**		**18·69**	**23·40**	**110·50**	**141·42**	**15·79**	**20·20**	
Scone	·79	·98	Almond Slice	1·39	1·70	Swiss Bun	·73	·96					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·55	**4·31**		**4·15**	**5·03**		**3·49**	**4·29**	**28·19**	**34·37**	**4·03**	**4·91**	
Minestrone Soup	1·46	1·91	Mulligatawny Soup	1·43	1·94	Tomato Soup	1·26	1·68					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Curried Beef & Rice	7·37	9·05	Salmon Salad (T)	11·65	14·44	Veal & Ham Pie	6·00	7·20					
Parsley Potatoes	·73	1·01	Potato Mayonnaise	1·50	2·05	Parsley Potatoes	·73	1·01					
Blackcurrant Flan (Fr)	3·57	4·40	Banana Jelly & Cream	2·28	2·88	Welsh Rarebit ½	1·47	1·72					
Cream	·36	·54											
	13·68	**17·12**		**17·05**	**21·52**		**9·65**	**11·82**	**126·62**	**158·91**	**18·09**	**22·70**	
Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	**15·96**	**18·97**	**2·28**	**2·71**	**Late evening drink**
	50·60	**64·40**		**47·80**	**60·50**		**45·53**	**56·12**	**356·68**	**445·50**	**50·96**	**63·64**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**373·18**	**464·87**	**53·46**	**66·41**	

PATIENTS' MENU—A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Grilled Kippers	3·00	4·00	Pork Sausage & Tomato	5·90	7·16	Bacon & Saute Potatoes	3·34	4·41
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·40	**9·07**		**7·44**	**9·34**		**10·34**	**12·50**		**7·78**	**9·77**
Mid-morning drink	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk Drink	**3·60**	**4·35**
Dinner	Cream of Chicken Soup	1·09	1·41	Mulligatawny Soup	1·43	1·94	Cream of Vegetable Soup	1·06	1·28	Cream of Turnip Soup	1·16	1·51
	Bread	·19	·21	Bread	·19	21	Bread	·19	·21	Bread	·19	·21
	Curried Beef & Rice	7·37	9·05	Boiled Leg of Mutton	6·21	8·26	Fried Fillet of Plaice	9·81	12·09	Beef Olives	9·09	10·86
	Spinach	2·10	2·64	Carrots & Turnips	·96	1·22	Lemon	·33	·42	Spring Greens	1·49	1·85
	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Peas (F)	2·62	3·25	Creamed Potatoes	·93	1·25
	Apple & Blackcurrant Pie (T)	2·34	2·94	Treacle Tart	1·33	1·55	Chipped Potatoes	1·07	1·52	Steamed Marmalade Roll	2·22	2·93
	Custard	1·08	1·31	Custard	1·08	1·31	Ground Rice Pudding & Stewed Gooseberries (T)	1·79	2·17	Custard	1·08	1·31
		15·10	**18·81**		**11·93**	**15·50**		**18·99**	**23·80**		**16·16**	**19·92**
Tea	Sweet Biscuits	·90	1·15	Orange	3·15	3·85	Devonshire Split	1·31	1·75	Swiss Roll (P)	1·69	2·21
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Honey	1·12	1·62	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·97	**5·04**		**5·91**	**7·18**		**4·07**	**5·08**		**4·45**	**5·54**
Supper	Lentil Soup	·91	1·28	Scotch Broth	·80	1·07	Pea Soup	·91	1·21	Tomato Soup	1·26	1·68
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Cold Ham (T)	8·58	10·92	Fried Egg	4·32	5·38	Assorted Cold Meats	6·69	8·06	Grilled Fillet Herring	3·40	4·54
	Mixed Salad	2·08	2·86	Chipped Potatoes	1·07	1·52	Mixed Salad	2·08	2·86	Mustard Sauce	·22	·28
	Parsley Potatoes	·73	1·01	Rice & Jelly Mould & Cream	2·57	3·19	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25
	Semolina Pudding & Jam	1·76	2·17		·36	·54	Cheese & Biscuits	2·20	2·61	Baked Rice Pudding & Blackcurrant Puree	1·81	2·24
											·72	·96
		15·03	**19·47**		**9·31**	**11·91**		**12·80**	**15·96**		**8·52**	**11·16**
Late evening drink	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
	Total costs	**46·31**	**58·17**		**38·93**	**49·01**		**50·21**	**62·11**		**41·82**	**52·44**

R = Retail

W = Wholesale

SPECIMEN WEEK for – MARCH

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Tomatoes on Toast	3·81	5·13	Scrambled Egg on Toast (F)	4·41	5·27	Bacon &Sausage (P)	5·68	6·99					
Bread	·75	·85	Bread	·75	·85	Bread (½)	·37	·42					
Marmalade	·75	1·00	Marmalade	·75	1·00	Toast	·58	·67					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00					
						Tea (2 cups)	1.20	1.42					
	8·25	**10·47**		**8·85**	**10·61**		**10·32**	**12·57**	**60·38**	**74·33**	**8·63**	**10·62**	
Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	**15·63**	**18·66**	**2·23**	**2·67**	**Mid-morning drink**
Minestrone Soup	1·46	1·91	Mutton Broth	·77	1·02	Leek & Potato Soup	1·78	2·36					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Codsteak	5·77	7·65	Braised Silverside of Beef	8·04	10·41	Roast Chicken & Stuffing	20·51	25·36					
Parsley Sauce	·60	·73	Carrots	1·05	1·21	Gravy	·52	·65					
Cauliflower	3·00	4·01	Creamed Potatoes	·93	1·25	Peas (Fr)	·12	·16					
Mashed Potatoes	·92	1·25	Blackberry & Apple Pie (T)	3·01	3·62	Parsley Potatoes	2·62	3·25					
Baked Fruit Sponge	2·43	2·93	Custard	1·08	1·31	Peach Flan	·73	1·01					
Apricot Sauce	·55	·72				Cream	3·87	4·84					
							·36	·54					
	14·92	**19·41**		**15·07**	**19·03**		**30·70**	**38·38**	**122·87**	**154·85**	**17·55**	**22·12**	
Banbury Cake	1·43	1·76	Chelsea Bun	·93	1·14	Fruit Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·19	**5·09**		**3·69**	**4·47**		**4·66**	**5·73**	**30·94**	**38·13**	**4·42**	**5·45**	
Cream of Celery Soup	1·82	2·34	Brown Windsor Soup	1·02	1·36	Cream of Carrot Soup	1·24	1·56					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Pork Sausages (2)	8·06	9·83	Soft Roes on Toast	2·39	3·08	Luncheon Meat	4·00	4·87					
Brown Sauce	·40	·59	Watercress	1·00	1·35	Mixed Salad	2·08	2·86					
Lyonnaise Potatoes	1·03	1·44	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25					
Ice Cream & Apricot Caps	1·50	1·87	Lemon Rice Meringue	2·82	3·56	Meringue & Ice Cream	1·13	1·51					
	1·84	2·34					2·00	2·50					
	14·84	**18·62**		**8·15**	**10·57**		**11·56**	**14·76**	**80·21**	**102·45**	**11·46**	**14·63**	
Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**15·93**	**18·96**	**2·28**	**2·71**	**Late evening drink**
	47·34	**59·68**		**39·77**	**49·45**		**61·58**	**76·52**	**325·96**	**407·38**	**46·57**	**58·20**	
						Add Cost of Personal Issues: Butter 4 oz.. Margarine 3 oz,, Sugar 8 os.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**343·46**	**426·75**	**49·07**	**60·97**	

PATIENTS MENU — A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Baked Beans	3·92	5·01	Smoked Haddock	4·37	6·00	Bacon & Saute Potatoes	3·34	4·41	Scrambled Egg on Toast (F)	4·41	5·27
	Toast	·58	·67	Toast	·58	·67	Bread	·75	·85	Bread	·75	·85
	Bread (½)	·37	·42	Bread ½	·37	·42	Marmalade	·75	1·00	Marmalade	·75	1·00
	Marmalade	·75	1·00	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42						
		8·56	**10·59**		**9·01**	**11·58**		**7·78**	**9·75**		**8·85**	**10·61**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Chocolate	**2·51**	**3·10**	Milk Drink	**3·60**	**4·35**
Dinner	Chicken Broth	·99	1·28	Windsor Soup	1·02	1.36	Rabbit Broth	·59	·78	Cream of Chicken Soup	1·09	1·41
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Steak & Kidney Pie	8·20	9·82	Stewed Rabbit	11·06	14·22	Grilled Fillet of Plaice	8·92	11·01	Stewed Steak	6·75	8·12
	Savoy Cabbage	1·02	1·32	Vichy Carrots	1·15	1·32	Cauliflower	3·00	4·01	Mashed Swedes	·86	1·14
	Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Cream Sauce	·67	·81	Creamed Potatoes	·93	1·25
	Semolina Pudding & Stewed Prunes	1·76	2·17	Plum & Apple Pie (T)	1·96	2·43	Mashed Potatoes	·92	1·25	Apple Pie (T)	1·99	2·57
		1·80	2·62	Custard	1·08	1·31	Steamed Jam Roll	2·25	2·95	Custard	1·08	1·31
							Custard	1·08	1·31			
		14·88	**18·67**		**17·19**	**21·86**		**17·62**	**22·33**		**12·89**	**16·01**
Tea	Genoa Cake (P)	1·80	2·40	Rock Cake	1·12	1·34	Tea Cake	·77	·95	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		4·56	**5·73**		**3·88**	**4·67**		**3·53**	**4·28**		**5·91**	**7·18**
Supper	Cream of Celery Soup	1·82	2·34	Tomato Soup	1·26	1·68	Lentil Soup	·91	1·28	Vegetable Soup	1·24	1·60
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Assorted Cold Meats	6·69	8·06	Lamb Cutlet	9·00	10·75	Chicken Patties	10·83	13·27	Fishcake	2·63	3·41
	Cole Slaw	·34	·44	Grilled Tomatoes	1·62	2·25	Spinach	2·10	2·64	Tomato Sauce	·42	·55
	Parsley Potatoes	·73	1·01	Croquette Potatoes	1·55	2·09	Mashed Potatoes	·92	1·25	Chipped Potatoes	1·07	1·52
	Apple Flan (T)	1·70	2·17	Sago Pudding & Stewed Rhubarb (F)	1·74	2·14	Tapioca Pudding	1·78	2·22	Ice Cream	2·00	2·50
	Cream	·36	·54		1·41	1·74				Chocolate Sauce	·79	·98
										Wafer Biscuits	·10	·13
		11·83	**14·77**		**16·77**	**20·86**		**16·73**	**20·87**		**8·44**	**10·90**
Late evening drink	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total Costs	**43·31**	**54·00**		**50·86**	**63·74**		**50·34**	**62·87**		**41·86**	**51·59**

W = Wholesale

R = P[illegible]

SPECIMEN WEEK for – APRIL

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Tomato	3·99	5·28	Sausage (P) & Bacon	5·68	6·99	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00					
						Tea (2 cups)	1·20	1·42					
	8·43	**10·62**		**10·12**	**12·33**		**8·89**	**10·83**	**61·64**	**76·31**	**8·81**	**10·90**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	**15·77**	**19·00**	**2·25**	**2·71**	**Mid-morning drink**
Mulligatawny Soup	1·43	1·94	Scotch Broth	·80	1·07	Mock Turtle Soup	·90	1·20					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Roast Leg of Lamb	10·03	12·04	Stewed Neck of Veal (Brown)	5·23	6·84	RoastTopside of Beef	7·96	9·52					
Mint Sauce	·23	·33	Garden Peas (T)	2·98	3·66	Horseradish Sauce	1·14	1·44					
Gravy	·12	·16	Mashed Potatoes	·92	1·25	Gravy	·12	·16					
Spring Greens	1·49	1·85	Apple Charlotte	1·52	1·96	Cabbage	·88	1·06					
Mashed Potatoes	·92	1·25	Custard	1·08	1·31	Roast Potatoes	·96	1·36					
Trifle & Cream	2·04	2·63				Rhubarb & Apple Pie (T)	1·90	2·35					
						Custard	1·08	1·31					
	16·45	**20·41**		**12·72**	**16·30**		**15·13**	**18·61**	**106·88**	**134·19**	**15·27**	**19·17**	
Hot Cross Bun	·89	1·16	Watercress	1·00	1·35	Fruit Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·65	**4·49**		**3·76**	**4·68**		**4·66**	**5·73**	**29·95**	**36·76**	**4·28**	**5·25**	
Cream of Tomato Soup	1·26	1·68	Cream of Vegetable Soup	1·06	1·28	Potato Soup	1·78	2·36					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Sardine Salad	6·04	7·81	Cheese & Potato Croquette	2·83	3·52	Herring Salad	5·32	7·27					
Potato Mayonnaise	1·50	2·05	Grilled Tomatoes	1·62	2·25	Potato Mayonnaise	1·50	2·05					
Bakewell Tart	1·88	2·32	Brown Gravy	·40	·59	Bread	·37	·42					
Custard	1·08	1·31	Baked Rice Pudding	1·81	2·24	Cheese & Biscuits	2·20	2·61					
	11·95	**15·38**		**7·91**	**10·09**		**11·36**	**14·92**	**84·99**	**107·79**	**12·14**	**15·40**	
Milk Drink	**2·97**	**3·55**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	**15·33**	**18·17**	**2·19**	**2·60**	**Late evening drink**
	45·62	**56·99**		**38·52**	**48·17**		**44·05**	**54·86**	**314·56**	**392·22**	**44·94**	**56·03**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**332·06**	**411·59**	**47·44**	**58·80**	

PATIENTS MENU—A

	1	Cost in pence W	R	2	Cost in pence W	R	3	Cost in pence W	R	4	Cost in pence W	R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Boiled Egg	4·25	5·25	Bacon & Tomato	3·99	5·28	Grilled Kipper	3·00	4·00	Sausage (P) & Baked Beans	5·84	6·86
	Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42									
		8·89	**10·83**		**8·42**	**10·62**		**7·44**	**9·34**		**10·28**	**12·20**
Mid-morning drink	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Coffee	**1·84**	**2·23**
Dinner	Windsor Soup	1·02	1·36	Scotch Broth	·80	1·07	Cream of Chicken Soup	1·09	1·41	Tomato Soup	1·26	1·68
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Stewed Neck of Mutton	3·73	4·94	Grilled Lemon Sole	11·22	14·91	Liver & Bacon	6·11	7·88	Boiled Leg of Pork	9·00	11·00
	Mashed Swedes	·86	1·14	Tartare Sauce	1·20	1·67	Brown Sauce	·40	·59	Pease Pudding	·80	1·05
	Parsley Potatoes	·73	1·01	Cauliflower	3·00	4·01	Spring Greens	1·49	1·85	Parsnips	1·14	1·41
	Mincemeat Slice	1·89	2·38	Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Boiled Potatoes	·61	·88
	Custard	1·08	1·31	Steamed Apple Pudding (T)	2·45	3·23	Baked Rice Pudding	1·81	2·24	Bread & Butter Pudding	2·51	3·15
				Custard	1·08	1·31						
		9·49	**12·25**		**20·86**	**27·66**		**11·82**	**15·19**		**15·51**	**19·38**
Tea	Currant Bun	·69	·86	Scone	·79	·98	Meat Paste	·87	1·22	Dessert Apple	3·00	3·90
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·45	**4·19**		**3·55**	**4·31**		**3·63**	**4·55**		**5·76**	**7·23**
Supper	Celery Soup	1·82	2·34	Cream of Turnip Soup	1·16	1·51	Pea Soup	·91	1·21	Mock Turtle Soup	·90	1·20
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Assorted Cold Meats	6·69	8·06	Egg Mayonnaise	7·43	9·75	Minced Chicken	9·97	12·27	Minced Beef & Vegetable Pie	7·72	9·28
	Mixed Salad	2·08	2·86	Bread	·37	·42	Peas (Fr)	2·62	3·25	Spinach	2·10	2·64
	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Duchess Potatoes	·88	1·22	Creamed Potatoes	·93	1·25
	Ground Rice Pudding & Stewed Gooseberries (T)	1·79 2·42	2·17 2·86	Cabinet Pudding	2·92	3·58	Trifle & Cream	2·04	2·63	Tapioca Pudding	1·78	2·22
										Stewed Plums (T)	1·35	1·62
		15·92	**19·75**		**12·80**	**16·48**		**16·61**	**20·79**		**14·97**	**18·42**
Late evening drink	Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
	Total costs	**40·90**	**50·95**		**49·64**	**63·84**		**45·27**	**56·76**		**49·67**	**61·16**

R = Retail

SPECIMEN WEEK for – MAY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fishcake	2·63	3·41	Bacon & Fried Bread	2·96	3·73	Fried Egg & Tomato	5·85	7·57					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00					
						Tea (2 cups)	1.20	1.42					
	7·07	**8·75**		**7·40**	**9·07**		**10·49**	**13·15**	**59·99**	**73·69**	**8·57**	**10·57**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk Drink	**3·60**	**4·35**	**16·53**	**19·94**	**2·36**	**2·85**	**Mid-morning drink**
Cream of Watercress Soup	2·09	2·78	Lentil Soup	·91	1·28	Vegetable Soup	1·24	1·60					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Rump Steak & Onions	14·17	17·40	Fried Fillet of Haddock	5·93	7·59	Roast Sirloin of Beef	8·29	9·81					
Cabbage	·88	1·06	Parsley Sauce	·60	·73	Yorkshire Pudding	1·58	1·99					
Creamed Potatoes	·93	1·25	Peas (Fr)	2·62	3·25	Gravy	·12	·16					
Raspberry Flan (Fr) &	3·57	4·40	Chipped Potatoes	1·07	1·52	Cabbage	·88	1·06					
Cream	·36	·54	Stewed Rhubarb	1·41	1·74	Roast Potatoes	·96	1·36					
			Custard	1·08	1·31	Gooseberry Flan (T)	1·66	2·15					
						Cream	·36	·54					
	22·19	**27·64**		**13·81**	**17·63**		**15·28**	**18·88**	**108·96**	**138·63**	**15·57**	**19·80**	
Eccles Cake	1·58	1·87	Swiss Roll (P)	1·69	2·21	Sweet Biscuits	·90	1·15					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·34	**5·20**		**4·45**	**5·54**		**3·66**	**4·48**	**28·84**	**35·50**	**4·12**	**5·07**	
Cream of Carrot Soup	1·24	1·56	Cream of Lettuce Soup	1·61	2·11	Leek & Potato Soup	1·78	2·36					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Braised Ox Tongue	5·17	6·67	Pork Sausages (2)	8·06	9·83	Cold Ham (T)	8·58	10·92					
Macedoine of Vegetables (T)	2·00	2·48	Brown Gravy	·40	·59	Mixed Salad	2·08	2·86					
Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01					
Ice Cream	2·00	2·50	Sago Pudding	1·74	2·14	Cheese & Biscuits	2·20	2·61					
Melba	·55	·72	Stewed Apricots (Dried)	2·10	2·70								
Wafer Biscuits	·10	·13											
	11·98	**15·28**		**15·02**	**18·83**		**15·56**	**19·97**	**102·86**	**129·52**	**14·70**	**18·50**	
Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	**13·61**	**16·49**	**1·94**	**2·36**	**Late evening drink**
	49·59	**61·64**		**44·96**	**56·32**		**50·76**	**63·37**	**330·79**	**414·04**	**47·26**	**59·15**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			17·50	19·37	2·50	2·77	
						Grand Total Costs			**348·29**	**433·41**	**49·76**	**61·92**	

PATIENTS MENU — A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Scrambled Egg	5·89	7·31	Pork Sausage & Tomato	5·90	7·16	Bacon & Saute Potatoes	3·34	4·41	Smoked Haddock	4·37	6·00
	Toast	·58	·67	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Bread ½	·37	·42	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42									
		10·53	**12·89**		**10·34**	**12·50**		**7·28**	**9·75**		**8·81**	**11·34**
Mid-morning drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**
Dinner	Cream of Leek & Potato Soup	1·77	2·57	Minestrone Soup	1·46	1·91	Tomato Soup	1·26	1·68	Mock Turtle Soup	·90	1·20
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Sausage Toad (Pork)	5·42	6·86	Roast Leg of Lamb	10·03	12·04	Grilled Fillet of Cod	4·30	5·76	Breaded Lamb Cutlet	8·88	10·55
	Brown Sauce	·40	·59	Mint Sauce	·23	·33	Cauliflower	3·00	4·01	Vegetable Marrow	·90	1·21
	Cabbage	·88	1·06	Gravy	·12	·16	Cream Sauce	·67	·81	Brown Gravy	·40	·59
	Creamed Potatoes	·93	1·25	Broad Beans in Parsley Sauce	3·00	3·94	Chipped Potatoes	1·07	1·52	New Potatoes	1·06	1·45
	Strawberries & Cream	6·30	7·80	Roast Potatoes	·60	·73	Gooseberry Pie	3·43	4·11	Semolina Pudding & Stewed Rhubarb	1·76	2·17
		·36	·54	Stewed Rhubarb & Custard	1·41	1·74	Custard	1·08	1·31		1·41	1·74
		16·25	**20·88**		**19·08**	**23·73**		**15·00**	**15·41**		**15·50**	**19·12**
Tea	Madeira Cake (P)	1·90	2·40	Bath Bun	1·12	1·41	Meat Paste	·87	1·22	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		4·66	**5·73**		**3·88**	**4·74**		**3·63**	**4·55**		**5·91**	**7·18**
Supper	Mutton Broth	·77	1·02	Windsor Soup	1·02	1·36	Cream of Chicken Soup	1·09	1·41	Potato Soup	1·78	2·36
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Cold Chicken	20·52	25·37	Poached Egg on Spinach	6·12	7·65	Cold Ham	9·60	12·00	Chipolata Sausages & Bacon	10·42	12·86
	Lettuce & Tomato Salad	2·08	2·86	Mashed Potatoes	·92	1·25	Mixed Salad	2·08	2·86	Grilled Tomato	1·62	2·25
	New Potatoes	1·06	1·45	Raspberry Blancmange & Jam	1·44	1·74	New Potatoes	1·06	1·45	Saute Potatoes	·98	1·38
	Baked Rice Pudding	1·81	2·24		·78	1·02	Rhubarb Fool	1·77	2·17	Ice Cream	2·00	2·50
							Wafer Biscuits	·10	·13	Melba Sauce	·55	·72
										Wafer Biscuits	·10	·13
		26·43	**33·15**		**10·47**	**13·23**		**15·89**	**20·23**		**17·64**	**22·41**
Late evening drink	Coffee	**1·84**	**2·23**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Chocolate	**2·51**	**3·10**
	Total costs	**61·98**	**77·42**		**46·92**	**58·13**		**45·81**	**54·71**		**52·54**	**65·69**

R = Retail

W = [illegible]

SPECIMEN WEEK for – JUNE

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Tomatoes	3·99	5·28	Boiled Egg	4·25	5·25	Cold Ham	6·72	8·40					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	8·43	**10·62**		**8·69**	**10·59**		**11·16**	**13·74**	**65.24**	**81·43**	**9·32**	**11·63**	
Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**	Coffee	**1·84**	**2·23**	**14·14**	**17·02**	**2·02**	**2·43**	**Mid-morning drink**
Cream of Lettuce Soup	1·61	2·11	Chicken Broth	·99	1·28	Scotch Broth	·80	1·07					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Beef Hot Pot	6·66	8·02	Salmon Mayonnaise (T)	12·67	15·88	Roast Leg of Pork	9·03	11·04					
Spring Greens	1·49	1·85	Bread	·19	·21	Apple Sauce	·69	·83					
Parsley Potatoes	·73	1·01	New Potatoes	1·06	1·45	Stuffing	·52	·65					
Steamed Jam Roll	2·25	2·95	Stewed Cherries &	3·44	4·20	Gravy	·12	·16					
Custard	1·08	1·31	Rice Pudding	1·72	2·13	Cabbage	·88	1·06					
						New Potatoes	1·06	1·45					
						Stewed Apricots (D)	2·10	2·70					
						Tapioca Pudding	1·78	2·22					
	14·01	**17·46**		**20·26**	**25·36**		**17·17**	**21·39**	**117·27**	**143·35**	**16·75**	**20·49**	
Chelsea Bun	·93	1·14	Jam Puff	1·11	1·33	Currant Bun	·69	·86					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	3·69	**4·47**		**3·87**	**4·66**		**3·45**	**4·19**	**29·09**	**35·52**	**4·15**	**5·07**	
Mulligatawny Soup	1·43	1·94	Tomato & Potato Soup	1·49	1·97	Cream of Vegetable Soup	1·06	1·28					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Fillet of Sole	11·67	15·51	Cold Roast Topside of			Egg Salad	4·41	4·81					
Tinned Peas	2·98	3·66	Beef	7·96	9·52	Bread	·37	·42					
Parsley Potatoes	·73	1·01	Tomato	1·62	2·25	Salad Cream	1·02	1·44					
Blancmange &	1·44	1·74	Mashed Potatoes	·92	1·25	New Potatoes	1·06	1·45					
Fresh Raspberries	4·40	5·40	Custard Flan	1·72	2·10	Cheese & Biscuits	2·20	2·61					
	22·84	**29·47**		**13·90**	**17·30**		**10·31**	**12·22**	**117·48**	**148·01**	**16·78**	**21·14**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**14·01**	**16·88**	**2·00**	**2·41**	**Late evening drink**
	52·98	**66·79**		**51·00**	**63·16**		**46·10**	**56·31**	**357·13**	**442·21**	**51·02**	**63·17**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**374·63**	**461·58**	**53·52**	[illegible]	

PATIENTS MENU—A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Boiled Egg	4·25	5·25	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Bread (½)	·37	·42	Pork Sausage & Tomato	5·90	7·16	Cold Ham	6·72	8·40
	Bread	·75	·85	Toast	·58	·67	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42
		7·40	**9·07**		**8·89**	**10·83**		**10·34**	**12·50**		**11·16**	**13·74**
Mid-morning drink	Coffee	**1·84**	**2·23**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
Dinner	Tomato Soup	1·26	1·68	Windsor Soup	1·02	1·36	Cream of Watercress Soup	2·09	2·78	Leek & Potato Soup	1·78	2·36
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Braised Rabbit	11·07	14·24	Stewed Neck of Mutton	3·73	4·94	Grilled Fillet of Plaice	8·92	11·01	Boiled Chicken	15·24	19·26
	Runner Beans	1·80	2·21	Caper Sauce	·61	·75	Tartare Sauce	1·20	1·67	Parsley Sauce	·60	·73
	New Potatoes	1·06	1·45	Garden Peas	2·38	3·26	Vegetable Marrow	·90	1·21	Garden Peas	2·38	3·26
	Cherry Pie	4·24	5·16	New Potatoes	1·06	1·45	New Potatoes	1·06	1·45	New Potatoes	1·06	1·45
	Custard	1·08	1·31	Gooseberry Flan & Cream	2·28	2·73	Bread & Butter Pudding	2·51	3·15	Stewed Rhubarb	1·41	1·74
					·36	·54				Sago Pudding	1·74	2·14
		20·70	**26·26**		**11·63**	**15·24**		**16·87**	**21·48**		**24·40**	**31·14**
Tea	Watercress	1·00	1·35	Sandwich Spread	·97	1·30	Orange	3·15	3·85	Madeira Cake (P)	1·90	2·40
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42
		3·76	**4·68**		**3·73**	**4·63**		**5·91**	**7·18**		**4·66**	**5·73**
Supper	Lentil Soup	·91	1·28	Mutton Broth	·77	1·02	Chicken Broth	·99	1·28	Minestrone Soup	1·46	1·91
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Fishcake	2·63	3·41	Stewed Ox Kidney & Bacon	11·56	14·11	Cold Best End of Lamb	9·03	10·79	Sardine Salad	6·04	7·81
	Parsley Sauce	·60	·73	Mashed Potatoes	·92	1·25	Mixed Salad	2·08	2·86	Bread	·37	·42
	Chipped Potatoes	1·07	1·52	Stewed Blackcurrants & Ice Cream	2·39	2·78	Salad Cream	1·02	1·44	New Potatoes	1·06	1·45
	Milk Jelly & Cream	2·68	3·36		1·50	1·87	Bread	·37	·42	Cheese & Biscuits	2·20	2·61
							Raspberry Flan	2·68	3·27			
							Cream	·36	·54			
		8·08	**10·51**		**17·33**	**21·24**		**16·72**	**20·81**		**11·32**	**14·41**
Late evening drink	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Cocoa	1·31	1·70	Milk	**2·17**	**2·54**
	Total costs	**43·95**	**55·29**		**47·02**	**58·52**		**53·32**	**66·21**		**55·02**	**69·26**

R = Retail

SPECIMEN WEEK for – JULY

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Tomato	3·99	5·28	Scrambled Egg & Chipolata Sausages	7·81	9·19	Tomatoes on Toast	3·81	5·13					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·43	**10·62**		**12·25**	**14·53**		**8·25**	**10·47**	**66·72**	**81·76**	**9·53**	**11·68**	
Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**	**15·90**	**19·14**	**2·27**	**2·73**	**Mid-morning drink**
Vegetable Soup	1·24	1·60	Mock Turtle Soup	·90	1·20	Cream of Carrot Soup	1·24	1·56					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Steak & Kidney Pie	8·20	9·82	Irish Stew	3·60	4·83	Roast Leg of Lamb	10·03	12·04					
Cabbage	·88	1·06	Carrots	1·05	1·21	Mint Sauce	·23	·33					
Mashed Potatoes	·92	1·25	New Potatoes	1·06	1·45	Gravy	·12	·16					
Fresh Raspberries & Cream	4·40	5·40	Apple Pie	2·13	2·68	Cabbage	·88	1·06					
	·36	·54	Custard	1·08	1·31	Roast Potatoes	·96	1·06					
						Stewed Gooseberries & Tapioca Pudding	2·71	3·24					
							1·78	2·22					
	16·19	**19·88**		**10·01**	**12·89**		**18·14**	**22·18**	**117·94**	**149·07**	**16·85**	**21·30**	
Scone	·79	·98	Mille Feuilles	1·30	1·70	Swiss Bun	·73	·96					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·55	**4·31**		**4·06**	**5·03**		**3·49**	**4·29**	**29·16**	**35·85**	**4·17**	**5·12**	
Cream of Chicken Soup	1·09	1·41	Cream of Lettuce Soup	1·61	2·11	Scotch Broth	·80	1·07					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Fried Fillet of Cod	5·19	6·85	Cold Ham (T)	8·58	10·92	Cauliflower Cheese au Gratin	4·47	5·74					
Chipped Potatoes	1·07	1·52	Mixed Salad	2·08	2·86	Bread	·37	·42					
Ground Rice Pudding	1·79	2·17	New Potatoes	1·06	1·45	Saute Potatoes	·98	1·38					
Stewed Plums	1·71	2·24	Ice Cream	2·00	2·50	Lemon Rice Meringue	2·82	3·56					
			Melba Sauce	·55	·72								
			Wafer Biscuits	·10	·13								
	11·04	**14·40**		**16·17**	**20·90**		**9·63**	**12·38**	**90·29**	**114·65**	**12·90**	**16·36**	
Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**13·67**	**16·32**	**1·95**	**2·33**	**Late evening drink**
	43·22	**53·98**		**46·50**	**58·12**		**44·65**	**55·41**	**333·68**	**416·79**	**47·67**	**59·52**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**351·18**	**436·16**	**50·17**	**62·29**	

PATIENTS MENU – A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Saute Potatoes	3·34	4·41	Sausage (P) & Baked Beans	5·84	6·86	Tomatoes on Toast	3·81	5·13	Fried Egg on Toast	4·79	5·95
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·78	**9·75**		**10·28**	**12·20**		**8·25**	**10·47**		**9·23**	**11·29**
Mid-morning drink	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**
Dinner	Vegetable Soup	1·24	1·60	Chicken Broth	·99	1·28	Mutton Broth	·77	1·02	Cream of Vegetable Soup	1·06	1·28
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Brown Beef Stew	7·21	8·72	Cold Ham	9·60	12·00	Fried Fillet of Haddock	5·93	7·59	Roast Loin of Lamb	8·03	10·04
	Carrots	1·05	1·21	Mixed Salad	2·08	2·86	Anchovy Sauce	·41	·49	Mint Sauce	·23	·33
	Mashed Potatoes	·92	1·25	Bread	·37	·42	Spinach	2·10	2·64	Runner Beans	1·80	2·21
	Rhubarb Pie &	2·13	2·50	New Potatoes	1·06	1·45	Chipped Potatoes	1·07	1·52	Gravy	·12	·16
	Custard	1·08	1·31	Steamed Currant Sponge	2·84	3·44	Baked Rice Pudding	1·81	2·24	New Potatoes	1·06	1·45
				Custard	1·08	1·31	& Jam	·78	1·02	Gooseberry Flan & Cream	2·28	2·73
											·36	·54
		13·82	**16·80**		**18·21**	**22·97**		**13·06**	**16·73**		**15·13**	**18·95**
Tea	Strawberry Tartlets (Fr.)	3·53	4·36	Coffee Eclairs	1·12	1·50	Sponge Cake (P)	1·00	1·25	Currant Bun	·69	·86
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		6·29	**7·69**		**3·80**	**4·83**		**3·76**	**4·58**		**3·45**	**4·19**
Supper	Windsor Soup	1·02	1·36	Lentil Soup	·91	1·28	Cream of Leek & Potato Soup	1·77	2·57	Cream of Lettuce Soup	1·61	2·11
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Cold Chicken	20·52	25·37	Fried Egg & Tomato	5·94	7·63	Braised Ham	9·87	12·38	Salmon Salad	11·65	14·44
	Garden Peas (Fr)	2·62	3·25	Saute Potatoes	·98	1·38	Macedoine of Vegetables (T)	2·00	2·48	Salad Cream	1·02	1·44
	New Potatoes	1·06	1·45	Raspberry Blancmange	1·44	1·74	New Potatoes	1·06	1·45	Bread	·37	·42
	Cheese & Biscuits	2·20	2·61	& Stewed Plums	1·71	2·24	Blackcurrant Flan	2·36	2·78	New Potatoes	1·06	1·45
							Cream	·36	·54	Rice & Jelly Mould	2·57	3·19
										Cream	·36	·54
		27·61	**34·25**		**11·17**	**14·48**		**17·61**	**22·41**		**18·83**	**23·80**
Late evening drink	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**
	Total costs	**61·29**	**75·38**		**47·55**	**59·25**		**46·96**	**59·44**		**50·65**	**63·00**

R = Retail

W = Wholesale

SPECIMEN WEEK for – AUGUST

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Fried Bread	2·96	3·73	Scrambled Egg & Bacon	5·89	7·31	Bacon & Tomatoes	3·99	5·28					
Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85					
Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42					
			Tea (2 cups)	1·20	1·42								
	7·40	**9·07**		**10·51**	**12·89**		**8·43**	**10·62**	**61·88**	**76·29**	**8·84**	**10·90**	
Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	**15·33**	**18·17**	**2·19**	**2·60**	**Mid-morning drink**
Pea Soup	·91	1·21	Mock Turtle Soup	·90	1·20	Potato Soup	1·78	2·36					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Assorted Cold Meats	6·69	8·06	Pork Sausage Toad	5·42	6·86	Roast Topside of Beef	7·96	9·52					
Lettuce & Tomato Salad	2·08	2·86	Cabbage	·88	1·06	Yorkshire Pudding	1·58	1·99					
New Potatoes	1·06	1·45	Brown Gravy	·40	·59	Gravy	·12	·16					
Eve's Pudding	2·35	2·92	Parsley Potatoes	·73	1·01	Vegetable Marrow	·90	1·21					
Custard	1·08	1·31	Stewed Cherries & Semolina Pudding	3·44	4·20	New Potatoes	1·06	1·45					
				1·76	2·17	Stewed Blackcurrants & Custard	2·39	2·78					
							1·08	1·31					
	14·36	**18·02**		**13·72**	**17·30**		**17·06**	**20·99**	**105·36**	**131·76**	**15·05**	**18·82**	
Scone	·79	·98	Genoa Cake (P)	1·80	2·40	Fish Paste	·87	1·22					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·55	**4·31**		**4·56**	**5·73**		**3·63**	**4·55**	**29·12**	**35·88**	**4·16**	**5·12**	
Cream of Tomato Soup	1·26	1·68	Cream of Turnip Soup	1·16	1·51	Scotch Broth	·80	1·07					**Supper**
Bread Roll	·59	·72	Bread	·19	·21	Bread	·19	·21					
Baked Stuffed Marrow	3·68	4·94	Cold Roast Ribs of Beef	7·79	9·31	Egg Mayonnaise	7·43	9·75					
Mashed Potatoes	·92	1·25	Horseradish Sauce	1·14	1·44	Bread	·37	·42					
Tapioca Pudding & Stewed Redcurrants	1·78	2·22	Mixed Salad	2·08	2·86	New Potatoes	1·06	1·45					
	2·39	2·91	New Potatoes	1·06	1·45	Trifle & Cream	2·04	2·63					
			Custard Flan	1·72	2·10								
	10·62	**13·72**		**15·14**	**18·88**		**11·89**	**15·53**	**112·87**	**143·07**	**16·12**	**20·44**	
Coffee	**1·84**	**2·23**	Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**	**13·91**	**16·98**	**1·99**	**2·43**	**Late evening drink**
	39·94	**49·89**		**47·08**	**58·73**		**45·02**	**56·46**	**338·47**	**422·15**	**48·35**	**60·31**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**355·97**	**441·52**	**50·85**	**63·08**	

PATIENTS MENU—A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Tomatoes on Toast	3·81	5·13	Bacon & Fried Apple	2·95	3·82	Chipolata Sausages & Baked Beans	5·84	6·86	Bacon & Fried Bread	2·96	3·73
	Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		8·25	**10·47**	Tea (2 cups)	1.20	1.42		**10·28**	**12·20**		**7·40**	**9·07**
					7·59	**9·40**						
Mid-morning drink	Coffee	**1·84**	**2·23**	Cocoa	**1·31**	**1·79**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**
Dinner	Windsor Soup	1·02	1·36	Vegetable Soup	1·24	1·60	Leek & Potato Soup	1·78	2·36	Mulligatawny Soup	1·43	1·94
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Boiled Leg of Mutton	6·21	8·26	Beefsteak Pudding	7·53	9·12	Braised Stuffed Ox Hearts	8·48	11·37	Fried Fillet of Plaice	9·81	12·09
	Caper Sauce	·61	·75	Brown Gravy	·40	·59	Garden Peas (Fr)	2·38	3·26	Tomato Sauce	·42	·55
	Runner Beans	1·80	2·21	Cabbage	·88	1·06	Mashed Potatoes	·92	1·25	Runner Beans	1·80	2·21
	New Potatoes	1·06	1·45	Mashed Potatoes	·92	1·25	Apple Charlotte	1·52	1·96	Parsley Potatoes	·73	1·01
	Bread & Butter Pudding	2·51	3·15	Semolina Pudding & Stewed Plums	1·76	2·17	Custard	1·08	1·31	Cherry Pie (T)	3·92	4·72
					1·71	2·24				Custard	1·08	1·31
		13·40	**17·39**		**14·63**	**18·24**		**16·35**	**21·72**		**19·38**	**24·04**
Tea	Fish Paste	·87	1·22	Gingerbread	1·35	1·66	Watercress	1·00	1·35	Tea Cake	·77	·95
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Honey	1·12	1·62	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·63	**4·55**		**4·42**	**5·55**		**3·76**	**4·68**		**3·53**	**4·28**
Supper	Scotch Broth	·80	1·07	Tomato Soup	1·26	1·68	Cream of Lettuce Soup	1·61	2·11	Minestrone Soup	1·46	1·91
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Liver & Bacon	6·11	7·88	Cold Ham (T)	7·80	10·14	Grilled Fillet of Cod	4·30	5·76	Stuffed Vegetable Marrow	3·68	4·94
	Brown Sauce	·40	·59	Mixed Salad	2·08	2·86	Tartare Sauce	1·20	1·67	Grilled Tomato	1·62	2·25
	Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Croquette Potatoes	1·55	2·09	Brown Sauce	·40	·59
	Ice Cream	1·50	1·87	Cheese & Biscuits	2·20	2·61	Tapioca Pudding & Stewed Blackberries	1·78	2·22	Mashed Potatoes	·92	1·25
	Tinned Apricots	3·00	3·30					2·64	3·16	Trifle & Cream	2·04	2·63
		12·92	**16·17**		**14·26**	**18·51**		**13·27**	**17·22**		**10·31**	**13·78**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**
	Total costs	**42·21**	**53·35**		**44·38**	**55·94**		**49·43**	**62·71**		**45·76**	**57·26**

R = Retail

SPECIMEN WEEK for – SEPTEMBER

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Grilled Kipper	3·00	4·00	Bacon & Saute Potatoes	3·34	4·41					
Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85					
Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00					
Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
Tea (2 cups)	1.20	1.42											
	8·89	**10·83**		**7·44**	**9·34**		**7·78**	**9·75**	**57·63**	**71·06**	**8·23**	**10·15**	
Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	**15·27**	**18·34**	**2·18**	**2·62**	**Mid-morning drink**
Lentil Soup	·91	1·28	Cream of Carrot Soup	1·24	1·56	Mock Turtle Soup	·90	1·20					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Stewed Rabbit	11·06	14·22	Braised Chicken with Tomatoes & Mushrooms	17·55	21·66	Steak & Kidney Pie	8·20	9·82					
Carrots & Turnips	·96	1·22	Vegetable Marrow	·90	1·21	Cabbage	·88	1·06					
Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	New Potatoes	1·06	1·45					
Steamed Jam Roll	2·25	2·95	Plum & Apple Pie	1·96	2·43	Ground Rice Pudding	1·79	2·17					
Custard	1·08	1·31	Custard	1·08	1·31	Stewed Blackcurrants	2·39	2·78					
	17·38	**22·44**		**23·65**	**29·39**		**15·41**	**18·69**	**120·20**	**151·91**	**17·17**	**21·70**	
Orange	3·15	3·85	Swiss Roll (P)	1·69	2·21	Coconut Bun	·88	1·08					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	5·91	**7·18**		**4·45**	**5·54**		**3·64**	**4·41**	**29·34**	**36·19**	**4·19**	**5·17**	
Rabbit Broth	·59	·78	Chicken Broth	·99	1·28	Pea Soup	·91	1·21					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Cold Roast Topside of Beef	7·96	9·52	Poached Egg on Spinach	6·12	7·65	Soused Herring	3·24	4·41					
Mixed Salad	2·08	2·86	Bread	·37	·42	Mixed Salad	2·08	2·86					
Parsley Potatoes	·73	1·01	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01					
Baked Rice Pudding	1·81	2·24	Cheese & Biscuits	2·20	2·61	Peach Flan (T) & Cream	3·87	4·84					
							·36	·54					
	13·36	**16·62**		**10·80**	**13·42**		**11·38**	**15·08**	**86·30**	**110·80**	**12·33**	**15·83**	
Coffee	**1·84**	**2·23**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	**17·72**	**21·09**	**2·53**	**3·01**	**Late evening drink**
	50·35	**62·85**		**52·11**	**64·58**		**42·22**	**52·70**	**326·46**	**409·39**	**46·63**	**58·48**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**343·96**	**428·76**	**49·13**	**61·25**	

PATIENTS MENU — A

	1	Cost in pence W	R	2	Cost in pence W	R	3	Cost in pence W	R	4	Cost in pence W	R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Pork Sausage & Saute Potatoes	5·26	6·29	Grilled Tomatoes on Toast	3·81	5·13	Bacon & Baked Beans	3·92	5·01
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42
		7·40	**9·07**		**9·70**	**11·63**		**8·25**	**10·47**		**8·36**	**10·35**
Mid-morning drink	Hot Chocolate	**2·51**	**3·10**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
Dinner	Mutton Broth	·77	1·02	Cream of Vegetable Soup	1·06	1·28	Tomato Soup	1·26	1·68	Lentil Soup	·91	1·28
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Braised Steak	6·75	8·12	Fried Fillet of Plaice	9·81	12·09	Roast Chicken	20·51	25·36	Boiled Silverside of Beef	8·32	9·99
	Carrots ½ / Cabbage ½	·96	1·13	Lemon	·33	·42	Gravy	·12	·16	Cabbage ½ / Carrots ½	·96	1·13
	Mashed Potatoes	·92	1·25	Stewed Leeks	2·14	2·81	Bread Sauce	·34	·42	Parsley Potatoes	·73	1·01
	Blackcurrant Flan (T)	2·65	3·23	Creamed Potatoes	·93	1·25	Peas (Fr)	2·62	3·25	Plum & Apple Pie	2·25	2·85
	Cream	·36	·54	Blackberry & Apple Pudding	3·67	4·63	Roast Potatoes	·96	1·36	Custard	1·08	1·31
				Custard	1·08	1·31	Stewed Apricots (Caps)	1·84	2·34			
							Milky Rice Pudding	1·72	2·13			
		12·60	**15·50**		**19·21**	**24·00**		**29·56**	**36·91**		**14·44**	**17·78**
Tea	Sandwich Spread	·97	1·30	Watercress	1·00	1·35	Lemon Cake	1·30	1·63	Cherry Cake (P)	2·70	3·50
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42
		3·73	**4·63**		**3·76**	**4·68**		**4·06**	**4·96**		**5·46**	**6·83**
Supper	Minestrone Soup	1·46	1·91	Windsor Soup	1·02	1·36	Cream of Chicken Soup	1·09	1·41	Celery Soup	1·82	2·34
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Veal & Ham Pie	6·00	7·20	Rabbit Pie	8·46	10·79	Cold Ham (T)	7·80	10·14	Grilled Split Herring	3·40	4·54
	Mixed Salad	2·08	2·86	Spinach	2·10	2·64	Russian Salad	2·38	3·13	Mustard Sauce	·22	·28
	Tapioca Pudding & Stewed Damsons (T)	1·78	2·22	Parsley Potatoes	·73	1·01	Lettuce	1·30	1·80	Watercress	1·00	1·35
		1·94	2·68	Ice Cream	1·50	1·87	Stewed Apples	1·33	1·72	Bread	·37	·42
				Tinned Pineapple	3·57	4·08	Custard	1·08	1·31	Gooseberry Flan (T)	1·66	2·15
										Cream	·36	·54
		13·45	**17·08**		**17·57**	**21·96**		**15·17**	**19·72**		**9·62**	**11·83**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk Drink	**2·97**	**3·55**
	Total costs	**41·86**	**51·92**		**54·25**	**67·04**		**61·05**	**76·83**		**43·02**	**52·88**

R = Retail

W = Wholesale

SPECIMEN WEEK for – OCTOBER

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Scrambled Egg & Tomatoes on Toast	7·34	9·41	Smoked Haddock	4·37	6·00	Bacon & Fried Egg	6·67	8·41					
Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85					
Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42					
	11·78	**14·75**		**9·01**	**11·58**		**11·11**	**13·75**	**65·61**	**81·60**	**9·38**	**11·66**	
Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	**14·01**	**16·88**	**2·00**	**2·41**	**Mid-morning drink**
Cream of Carrot Soup	1·24	1·56	Mock Turtle Soup	·90	1·20	Tomato Soup	1·26	1·68					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Fillet of Sole	11·67	15·51	Haricot Mutton	3·66	4·85	Roast Sirloin of Beef	8·29	9·81					
Cauliflower	3·00	4·01	Carrots & Turnips	·96	1·22	Yorkshire Pudding	1·58	1·99					
Cream Sauce	·67	·81	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Parsley Potatoes	·73	1·01	Steamed Marmalade Roll	2·22	2·93	Cabbage	·88	1·06					
Baked Rice Pudding & Jam	1·81	2·24	Custard	1·08	1·31	Roast Potatoes	·96	1·36					
	·78	1·02				Semolina Pudding	1·76	2·17					
						Stewed Damsons (T)	1·94	2·68					
	20·09	**26·37**		**9·74**	**12·73**		**16·98**	**21·12**	**122·62**	**154·41**	**17·52**	**22·06**	
Sultana Scone	79	·98	Orange	3·15	3·85	Fruit Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·55	**4·31**		**5·91**	**7·18**		**4·66**	**5·73**	**31·13**	**38·32**	**4·45**	**5·47**	
Scotch Broth	·80	1·07	Leek & Potato Soup	1·78	2·36	Vegetable Soup	1·24	1·60					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Ox Liver	6·53	8·46	Jellied Pork Pie	4·37	5·37	Braised Ox Tongue	5·17	6·67					
Brown Sauce	·40	·59	Mixed Salad	2·08	2·86	Bread	·37	·42					
Runner Beans (Fr)	4·05	4·95	Mashed Potatoes	·92	1·25	Mashed Potatoes	·92	1·25					
Mashed Potatoes	·92	1·25	Cheese & Biscuits	2·20	2·61	Trifle & Cream	2·04	2·63					
Tinned Peaches	3·00	3·30											
Custard	1·08	1·31											
	16·97	**21·14**		**11·54**	**14·66**		**9·93**	**12·78**	**94·25**	**119·17**	**13·46**	**17·02**	
Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	**17·09**	**20·29**	**2·44**	**2·90**	**Late evening drink**
	55·87	**70·81**		**41·97**	**53·04**		**46·69**	**58·15**	**344·71**	**430·67**	**49·25**	**61·52**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**362·21**	**450·04**	**51·75**	**64·29**	

PATIENTS MENU—A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Cold Ham	6·72	8·40	Bacon & Tomatoes	3·99	5·28	Fried Egg on Toast	4·79	5·95	Pork Sausage & Fried Tomatoes	5·90	7·16
	Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
	Tea (2 cups)	1·20	1·42									
		11·36	**13·98**		**8·43**	**10·62**		**9·23**	**11·29**		**10·34**	**12·50**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**
Dinner	Cream of Lettuce Soup	1·61	2·11	Scotch Broth	·80	1·07	Mock Turtle Soup	·90	1·20	Celery Soup	1·82	2·34
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Fried Fillet of Haddock	5·93	7·59	Stuffed Shoulder of Lamb	8·30	10·39	Beef Goulash	6·71	8·09	Grilled Codsteak & Lemon	5·77	7·65
	Parsley Sauce	·60	·73	Roast Gravy	·12	·16	Cauliflower	3·00	4·01	Peas (T)	·33	·42
	Grilled Tomato	1·62	2·25	Carrots	1·05	1·21	Cream Sauce	·67	·81	Duchess Potatoes	2·98	3·66
	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Parsley Potatoes	·73	1·01	Steamed Date Pudding	·88	1·22
	Ice Cream & Stewed Apricots (Caps)	1·50	1·87	Apple Pie	2·13	2·68	Baked Syrup Sponge	2·82	3·34	Custard	1·76	2·31
		1·84	2·34	Custard	1·08	1·31	Custard	1·08	1·31		1·08	1·31
		14·22	**18·35**		**14·40**	**18·04**		**16·10**	**19·98**		**14·81**	**19·12**
Tea	Chocolate Cake	1·51	1·91	Madeira Cake (P)	1·90	2·40	Watercress	1·00	1·35	Tea Cake	·77	·95
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42
		4·27	**5·24**		**4·66**	**5·73**		**3·76**	**4·68**		**3·53**	**4·28**
Supper	Tomato Soup	1·26	1·68	Lentil Soup	·91	1·28	Vegetable Soup	1·24	1·60	Cream of Turnip Soup	1·16	1·51
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Minced Beef & Vegetable Pie	7·72	9·28	Pork Sausages (2)	8·06	9·83	Assorted Cold Meats	6·69	8·06	Lamb Cutlet	9·00	10·75
	Runner Beans (Fr)	4·05	4·95	Spinach	2·10	2·64	Mixed Salad	2·08	2·86	Brussel Sprouts	2·28	2·99
	Macaire Potatoes	1·20	1·62	Chipped Potatoes	1·07	1·52	Creamed Potatoes	·93	1·25	Brown Gravy	·40	·59
	Caramel Cream	1·87	2·42	Blackcurrant Flan (T)	2·65	3·23	Apple Crumble & Cream	2·27	2·77	Fondant Potatoes	·81	1·14
				Cream	·36	·54		·36	·54	Baked Rice Pudding	1·81	2·24
		16·29	**20·16**		**15·34**	**19·25**		**13·70**	**17·29**		**15·65**	**19·43**
Late evening drink	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**
	Total costs	**49·29**	**61·66**		**47·97**	**59·76**		**48·56**	**60·13**		**48·34**	**60·10**

R = Retail

W = Wholesale

SPECIMEN WEEK for – NOVEMBER

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Bacon & Fried Bread	2·96	3·73	Pork Sausage & Baked Beans	5·84	6·86					
Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85					
Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00					
Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
Tea (2 cups)	1.20	1.42											
	8·89	**10·83**		**7·40**	**9·07**		**10·28**	**12·20**	**65·93**	**80·49**	**9·42**	**11·50**	
Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	**15·60**	**18·65**	**2·23**	**2·66**	**Mid-morning drink**
Cream of Chicken Soup	1·09	1·41	Tomato Soup	1·26	1·68	Mutton Broth	·77	1·07					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Grilled Liver & Bacon	6·11	7·88	Braised Rabbit	11·07	14·24	Roast Leg of Pork	9·03	11·04					
Brown Sauce	·40	·59	Force-meat Balls	·93	1·21	Apple Sauce	·69	·83					
Cabbage	·88	1·06	Carrots & Turnips	·96	1·22	Stuffing	·52	·65					
Lyonnaise Potatoes	1·03	1·44	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Gooseberry Flan (T)	1·66	2·15	Apple Charlotte	1·52	1·96	Brussel Sprouts	2·28	2·99					
Cream	·36	·54	Custard	1·08	1·31	Creamed Potatoes	·93	1·25					
						Tapioca Pudding & Stewed Redcurrants (F)	1·78	2·22					
							2.77	3·58					
	11·72	**15·28**		**17·74**	**22·84**		**19·08**	**23·95**	**108·07**	**137·59**	**15·44**	**19·66**	
Swiss Roll (P)	1·69	2·21	Orange	3·15	3·85	Genoa Cake (P)	1·80	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·45	**5·54**		**5·91**	**7·18**		**4·56**	**5·73**	**31·14**	**38·38**	**4·45**	**5·48**	
Leek & Potato Soup	1·78	2·36	Windsor Soup	1·02	1·36	Pea Soup	·91	1·21					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Chicken Vol au Vent	4·41	5·35	Fillet of Plaice Meuniere	9·61	11·90	Scotch Egg	3·85	4·92					
Grilled Tomato	1·62	2·25	Garden Peas (Fr)	2·62	3·25	Mixed Salad	2·08	2·86					
Creamed Potatoes	·93	1·25	Saute Potatoes	·98	1·38	Parsley Potatoes	·73	1·01					
Semolina Pudding & Stewed Plums (T)	1·76	2·17	Mincemeat Slice	1·89	2·38	Welsh Rarebit ½	1·47	1·72					
	1·35	1·62	Cream	·36	·54								
	12·04	**15·21**		**16·67**	**21·02**		**9·23**	**11·93**	**98·92**	**124·29**	**14·13**	**17·76**	
Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**15·96**	**18·97**	**2·28**	**2·71**	**Late evening drink**
	41·11	**51·63**		**52·86**	**66·20**		**47·49**	**58·89**	**335·62**	**418·37**	**47·95**	**59·77**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**353·12**	**437·74**	**50·45**	**62·54**	

PATIENTS MENU — A

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Pork Sausage & Tomatoes	5·90	7·16	Bacon & Baked Beans	3·92	5·01	Boiled Egg	4·25	5·25	Bacon & Tomatoes	3·99	5·28
	Bread	·75	·85	Bread	·75	·85	Toast	·58	·67	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42				Tea (2 cups)	1.20	1.42			
		10·34	**12·50**		**8·36**	**10·35**		**8·89**	**10·83**		**8.43**	**10.62**
Mid-morning drink	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**
Dinner	Vegetable Soup	1·24	1·60	Tomato Soup	1·26	1·68	Cream of Turnip Soup	1·16	1·51	Cream of Vegetable Soup	1·06	1·28
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Roast Topside of Beef	7·96	9·52	Roast Chicken & Stuffing	20·51	25·36	Roast Leg of Veal	9·61	11·41	Grilled Fillet of Sole	11·67	15·51
	Horseradish Sauce	1·14	1·44		·52	·65	Stuffing	·52	·65	Lemon	·33	·42
	Gravy	·12	·16	Bread Sauce	·34	·42	Gravy	·12	·16	Runner Beans (Fr)	4·05	4·95
	Savoy Cabbage	1·02	1·32	Gravy	·12	·16	Carrots	1·05	1·21	Saute Potatoes	·98	1·38
	Creamed Potatoes	·93	1·25	Brussel Sprouts	2·28	2·99	Mashed Potatoes	·92	1·25	Baked Apple Dumpling	2·25	2·83
	Semolina Pudding & Stewed Gooseberries (Fr)	1·76	2·17	Roast Potatoes	·96	1·36	Sago Pudding & Stewed Damsons (T)	1·74	2·14	Custard	1·08	1·31
		2·89	3·53	Christmas Pudding	3·32	4·20		1·94	2·68			
				Custard	1·08	1·31						
		17·25	**21·20**		**30·58**	**38·34**		**17·25**	**21·22**		**21·61**	**27·89**
Tea	Sultana Scone	·79	·98	Chocolate Swiss Roll	1·69	2·21	Watercress	1·00	1·35	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·55	**4·31**		**4·45**	**5·54**		**3·76**	**4·68**		**5·91**	**7·18**
Supper	Leek & Potato Soup	1·78	2·36	Chicken Broth	·99	1·28	Windsor Soup	1·02	1·36	Mutton Broth	·77	1·02
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21
	Soused Herring	3·24	4·41	Egg Mayonnaise	7·43	9·75	Fishcake	2·63	3·41	Cold Ham	9·60	12·00
	Mixed Salad	2·08	2·86	Parsley Potatoes	·73	1·01	Parsley Sauce	·60	·73	Lettuce & Tomato Salad	2·08	2·86
	Parsley Potatoes	·73	1·01	Mince Pie	1·23	1·55	Grilled Tomato	1·62	2·25	Parsley Potatoes	·73	1·01
	Cheese & Biscuits	2·20	2·61				Chipped Potatoes	1·07	1·52	Gooseberry Flan (T)	1·66	2·15
							Ice Cream & Tinned Peaches	1·50	1·87	Cream	·36	·54
								3·00	3·30			
		10·22	**13·46**		**10·57**	**13·80**		**11·63**	**14·65**		**15·39**	**19·79**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total costs	**45·37**	**56·24**		**58·30**	**73·11**		**45·54**	**56·15**		**55·68**	**70·56**

R = Retail

SPECIMEN WEEK for – DECEMBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg on Toast	4·79	5·95	Pork Sausage & Bacon	6·64	7·94	Bacon & Fried Egg	6·68	8·41					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	9·23	**11·29**		**11·08**	**13·28**		**11·12**	**13·75**	**67·45**	**82·62**	**9·63**	**11·80**	
Cocoa	**1·31**	**1·70**	Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	**13·34**	**16·01**	**1·91**	**2·29**	**Mid-morning drink**
Mulligatawny Soup	1·43	1·94	Scotch Broth	·80	1·07	Celery Soup	1·82	2·34					**Dinner**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Stuffed Ox Heart	8·48	11·37	Boiled Pickled Pork	5·00	6·75	Roast Shoulder of Lamb	8·03	10·04					
Cabbage	·88	1·06	Pease Pudding	·80	1·05	Mint Sauce	·23	·33					
Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Baked Rice Pudding	1·81	2·24	Semolina Pudding & Blackcurrants (Fr)	1·76 2·97	2·17 3·68	Brussel Sprouts Creamed Potatoes Plum & Apple Pie (T) Custard	2·28 ·93 1·96 1·08	2·99 1·25 2·43 1·31					
	13·71	**18·07**		**12·25**	**15·94**		**16·64**	**21·06**	**129·29**	**163·72**	**18·47**	**23·39**	
Lettuce	1·30	1·80	Butterfly Cake	1·43	1·83	Chelsea Bun	·93	1·14					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Honey	1·12	1·62	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·06	**5·13**		**4·50**	**5·72**		**3·69**	**4·47**	**29·92**	**37·03**	**4·27**	**5·29**	
Cream of Lettuce Soup	1·61	2·11	Potato Soup	1·78	2·36	Cream of Chicken Soup	1·09	1·41					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Cheese & Potato Cutlets	2·83	3·52	Veal & Ham Pie	6·00	7·20	Salmon Salad	11·65	14·44					
Piquante Sauce	·39	·57	Lettuce & Potato Salad	2·08	2·86	Salad Cream	1·02	1·44					
Garden Peas (Fr)	2·62	3·25	Ice Cream	2·00	2·50	Parsley Potatoes	·73	1·01					
Apple Slice & Cream	2·12 ·36	2·67 ·54	Melba Sauce Wafer Biscuits	·55 ·10	·72 ·13	Cheese & Biscuits	2·20	2·61					
	10·12	**12·87**		**12·70**	**15·98**		**16·88**	**21·12**	**87·51**	**111·67**	**12·50**	**15·95**	
Coffee	**1·84**	**2·23**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**14·00**	**16·63**	**2·00**	**2·37**	**Late evening drink**
	40·27	**51·29**		**44·54**	**55·69**		**57·81**	**64·64**	**341·51**	**427·68**	**48·78**	**61·09**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**359·01**	**447·05**	**51·28**	**63·86**	

MATERNITY PATIENTS MENU—B

SUMMARY OF AVERAGE COSTS INCLUDING EXTRAS (IN PENCE) FOR 1955

Weekly Cost General Diet Menu B		Additional Requirements and Costs			Weekly Cost Maternity Diets	
W	R	Item	Cost W	Cost R	W	R
		Milk	12.00	14.00		
		Fish Fresh and Cured	3.27	4.37		
		Fresh Meat and Offal	9.37	11.47		
		Sausages and Sausagemeat	1.59	1.92		
		Meats Tinned	1.00	1.22		
		Bacon and Ham	4.03	4.99		
		Poultry	2.83	3.52		
		Rabbits	1.09	1.40		
		Eggs	2.60	3.25		
		Cheese	.67	.77		
309.61	384.16		36.45	46.01	346.06	430.17

Extra Cost per week:	W	R
	36.45	46.01
or	3/0½	3/10 i.e., approximately 3/5¼.

R = Retail
W = Wholesale

PATIENTS

SUMMARY OF AVERAGE DAILY COSTS

MONTH	JAN.		FEB.		MAR.		APR.		MAY		JUN.		JUL.	
MEAL	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	8·96	11·08	8·77	10·69	8·92	11·17	8·40	10·37	8·35	10·43	8·71	10·72	8·04	9·97
Mid-morning Drinks	2·19	2·62	2·22	2·64	2·31	2·74	1·75	2·10	2·19	2·62	1·99	2·38	1·77	2·14
Dinners	11·46	14·49	13·91	17·46	13·24	16·56	14·36	18·33	14·22	18·06	13·73	17·10	14·10	17·73
Teas	4·37	5·32	4·24	5·19	4·47	5·49	4·24	5·21	4·44	5·48	4·31	5·25	4·26	5·23
Suppers	10·73	13·57	10·60	13·38	10·93	14·11	13·81	17·38	11·23	14·42	11·60	14·86	11·86	15·20
Late Evening Drinks	2·19	2·62	1·80	2·18	1·62	1·98	2·07	2·46	1·84	2·20	2·16	2·56	2·37	2·82
TOTALS	**39·90**	**49·70**	**41·54**	**51·54**	**41·49**	**52·05**	**44·63**	**55·85**	**42·27**	**53·21**	**42·50**	**52·87**	**42·40**	**53·09**

R = Retail

W = Wholesale

* These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs., which may be issued to patients individually or collectively.

MENU — B

PER HEAD (IN PENCE) FOR 1955

AUG.		SEPT.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		MONTH
W	R	W	R	W	R	W	R	W	R	W	R	W	R	MEAL
8·74	10·85	8·71	10·73	8·22	10·19	8·15	10·11	8·53	10·41	**102·50**	**126·72**	**8·54**	**10·56**	Breakfasts
2·11	2·48	2·07	2·48	1·99	2·36	1·86	2·24	2·22	2·64	**24·67**	**29·44**	**2·06**	**2·45**	Mid-morning Drinks
13·40	16·74	14·21	17·78	12·21	15·39	11·98	15·13	15·53	19·66	**162·34**	**204·43**	**13·53**	**17·04**	Dinners
4·36	5·39	4·22	5·19	4·35	5·37	4·22	5·19	4·21	5·19	**51·69**	**63·50**	**4·31**	**5·29**	Teas
10·38	13·18	10·06	12·76	11·80	14·91	11·72	15·04	10·73	13·62	**135·45**	**172·43**	**11·29**	**14·37**	Suppers
2·04	2·46	1·98	2·36	2·07	2·48	2·07	2·48	1·83	2·20	**24·04**	**28·80**	**2·00**	**2·40**	Late Evening Drinks
41·03	**51·10**	**41·25**	**51·30**	**40·64**	**50·70**	**40·00**	**50·19**	**43·05**	**53·72**	**500·70**	**625·32**	**41·73**	**52·11**	TOTALS
								*Add cost of personal issues				**2·50**	**2·77**	
										Total Costs		**44·23**	**54·88**	
												3/8¼	**4/6¾**	

PATIENTS MENU – B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Fried Egg on Toast	4·79	5·95	Bacon and Tomatoes	3·99	5·28	Smoked Haddock	4·37	6·00	Bacon & Fried Bread	2·96	3·73
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		9·23	**11·29**		**8·43**	**10·62**		**8·81**	**11·34**		**7·40**	**9·07**
Mid-morning drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Coffee	**1·55**	**1·84**
Dinner	Stewed Steak	6·75	8·12	Poached Fillet of Cod	3·99	5·39	Steak Pie	6·22	7·45	Fried Fillet of Haddock	5·93	7·59
	Savoy Cabbage	1·02	1·32	Stewed Leeks	2·14	2·81	Spring Greens	1·49	1·85	Cauliflower	3·00	4·01
	Mashed Potatoes	·92	1·25	Parsley Sauce	·60	·73	Mashed Potatoes	·92	1·25	Cream Sauce	·67	·81
	Steamed Marmalade Roll	2·22	2·93	Parsley Potatoes	·73	1·01	Semolina Pudding	1·76	2·17	Creamed Potatoes	·93	1·25
	Custard	1·08	1·31	Rhubarb Pie	2·13	2·50	Stewed Blackcurrants ½ (T)	1·39	1·70	Baked Rice Pudding	1·81	2·24
		11·99	**14·93**		**10·67**	**13·75**		**11·78**	**14·42**		**12·34**	**15·90**
Tea	Scone	·79	·98	Fruit Cake (P)	1·90	2·40	Cheese	1·69	1·95	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·55	**4·31**		**4·66**	**5·73**		**4·45**	**5·28**		**5·91**	**7·18**
Supper	Pea Soup	·91	1·21	Celery Soup	1·82	2·34	Sausage & Bacon	4·43	5·37	Rabbit Pie	8·46	10·79
	Bread	·19	·21	Bread	·19	·21	Grilled Tomato	1·62	2·25	Creamed Spinach	2·14	2·66
	Cold Luncheon Meat	4·00	4·87	Beef & Vegetable Pie	7·79	9·36	Chipped Potatoes	1·07	1·52	Parsley Potatoes	·73	1·01
	Tomatoes	1·62	2·25	Brown Gravy	·40	·59	Trifle & Cream	2·04	2·63	Dried Apricots & Cream	2·10	2·70
	Mashed Potatoes	·92	1·25	Mashed Potatoes	·92	1·25					·36	·54
	Sago Pudding & Stewed Gooseberries ½ (T)	1·74	2·14	Cheese & Biscuits	2·20	2·61						
		1·06	1·43									
		10·44	**13·36**		**13·32**	**16·36**		**9·16**	**11·77**		**13·79**	**17·70**
Late evening drink	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Cocoa	**1·31**	**1·70**
	Total costs	**40·35**	**49·98**		**40·56**	**50·70**		**39·35**	**49·00**		**42·30**	**53·39**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JANUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Beef Sausage & Tomato	4·40	5·54	Cold Ham	6·72	8·40	Scrambled Egg on Toast	4·41	5·27					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·84	**10·88**		**11·16**	**13·74**		**8·85**	**10·61**	**62·72**	**77·55**	**8·96**	**11·08**	**Mid-morning drink**
Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk Drink	**2·97**	**3·55**	**15·32**	**18·36**	**2·19**	**2·62**	
Lancashire Hot Pot	3·53	4·74	Grilled Ox Liver	6·53	8·46	Roast Topside of Beef	7·96	9·52					**Dinner**
Cabbage	·88	1·06	Onion Gravy	·51	·63	Roast Gravy	·12	·16					
Mashed Potatoes	·92	1·25	Spinach	2·10	2·64	Cabbage	·88	1·06					
Apple Flan & Cream	1·70	2·17	Creamed Potatoes	·93	1·25	Roast Potatoes	·96	1·36					
	·36	·54	Steamed Sultana Pudding	1·85	2·33	Rice Pudding & Stewed Plums (T)	1·81	2·24					
			Custard	1·08	1·31		1·35	1·62					
	7·39	**9·76**		**13·00**	**16·62**		**13·08**	**16·06**	**80·25**	**101·44**	**11·46**	**14·49**	
Ginger Cake	1·12	1·40	Swiss Roll (P)	1·69	2·21	Chelsea Bun	·93	1·14					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·88	**4·73**		**4·45**	**5·54**		**3·69**	**4·47**	**30·59**	**37·24**	**4·37**	**5·32**	
Scotch Broth	·80	1·07	Tomato Soup	1·26	1·68	Brown Windsor Soup	1·02	1·36					**Supper**
Bread	·19	·21	Bread	·19	·21	Bread	·19	·21					
Spaghetti Cheese au gratin	1·86	2·25	Sausage Roll	3·70	4·27	Sardine Salad	6·04	7·81					
Chipped Potatoes	1·07	1·52	Brown Gravy	·40	·59	Potato Mayonnaise	1·50	2·05					
Blanc Mange & Stewed Redcurrants (T)	1·44	1·74	Mashed Potatoes	·92	1·25	Lemon Curd Tart	1·56	1·83					
	2·78	3·40	Stewed Apples	1·33	1·72	Custard	1·08	1·31					
			Custard	1·08	1·31								
	8·14	**10·19**		**8·88**	**11·03**		**11·39**	**14·57**	**75·12**	**94·98**	**10·73**	**13·57**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**15·32**	**18·36**	**2·19**	**2·62**	**Late evening drink**
	31·97	**39·94**		**43·26**	**53·82**		**41·53**	**51·10**	**279·32**	**347·93**	**39·90**	**49·70**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**296·82**	**367·30**	**42·40**	**52·47**	

PATIENTS MENU—B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Grilled Herring	3·40	4·54	Bacon & Tomatoes	3·99	5·28	Beef Sausage & Saute Potatoes	2·78	3·29	Scrambled Egg on Toast	4·41	5·27
	Bread ½	·37	·42	Bread	·75	·85	Bread	·98	1·38	Bread	·75	·85
	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	·85	Marmalade	·75	1·00
	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·00	Tea (2 cups)	1·20	1·42
	Tea (2 cups)	1·20	1·42					1·20	1·42			
		8·04	**10·12**		**8·43**	**10·62**		**8·20**	**10·01**		**8·85**	**10·61**
Mid-morning drink	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Roast Leg of Lamb	10·03	12·04	Irish Stew	3·60	4·83	Meat & Vegetable Pie	7·79	9·36	Boiled Hock of Bacon	7·26	9·24
	Onion Sauce	·51	·63	Mashed Turnips	·87	1·23	Brown Sauce	·40	·59	Parsley Sauce	·60	·73
	Gravy	·12	·16	Parsley Potatoes	·73	1·01	Brussel Sprouts	2·28	2·99	Spinach	2·10	2·64
	Spring Greens	1·49	1·85	Baked Syrup Sponge	2·82	3·34	Mashed Potatoes	·92	1·25	Boiled Potatoes	·61	·88
	Creamed Potatoes	·93	1·25	Custard	1·08	1·31	Lemon Rice Meringue	2·82	3·56	Steamed Jam Roll	2·25	2·95
	Apple & Blackcurrant Pie (T)	2·34	2·94							Custard	1·08	1·31
	Custard	1·08	1·31									
		16·50	**20·18**		**9·10**	**11·72**		**14·21**	**17·75**		**13·90**	**17·75**
Tea	Currant Bun	·69	·86	Watercress	1·00	1·35	Scone	·79	·98	Swiss Roll (P)	1·69	2·21
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·45	**4·19**		**3·76**	**4·68**		**3·55**	**4·31**		**4·45**	**5·54**
Supper	Mutton Broth	·77	1·02	Tomato Soup	1·26	1·68	Grilled Fillet of Cod	4·30	5·76	Lentil Soup	·91	1·28
	Bread	·19	·21	Bread	·19	·21	Anchovy Sauce	·41	·49	Bread	·19	·21
	Veal & Ham Pie	6·00	7·20	Fried Egg	4·32	5·38	Grilled Tomato	1·62	2·25	Pork Luncheon Meat	4·00	4·87
	Mixed Salad	2·08	2·86	Chipped Potatoes	1·07	1·52	Duchess Potatoes	·88	1·22	Lettuce & Tomato Salad	2·08	2·86
	Parsley Potatoes	·73	1·01	Semolina Pudding	1·76	2·17	Bread & Butter Pudding	2·51	3·15	Creamed Potatoes	·93	1·25
	Cheese & Biscuits	2·20	2·61	& Stewed Gooseberries (T) ½	1·06	1·43				Baked Rice Pudding	1·81	2·24
		11·97	**14·91**		**9·66**	**12·39**		**9·72**	**12·87**		**9·92**	**12·71**
Late evening drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
	Total costs	**43·68**	**53·78**		**34·43**	**43·65**		**39·40**	**49·32**		**40·60**	**50·85**

R = Retail

W = Wholesale

SPECIMEN WEEK for – FEBRUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Fried Bread	2·96	3·73	Tomatoes on Toast	3·81	5·13	Cold Ham (T)	6·60	8·40					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00					
						Tea (2 cups)	1·20	1·42					
	8·40	**9·07**		**8·25**	**10·47**		**11·24**	**13·98**	**61·41**	**74·88**	**8·77**	**10·69**	**Mid-morning drink**
Coffee	**1·55**	**1·84**	Milk Drink	**3·60**	**4·35**	Milk Drink	**2·97**	**3·55**	**15·56**	**18·50**	**2·22**	**2·64**	
Pork Sausage Toad	5·42	6·86	Fried Fillet of Whiting	5·81	7·34	Roast Leg of Pork	9·03	11·04					**Dinner**
Brown Sauce	·40	·59	Parsley Sauce	·60	·73	Apple Sauce	·69	·83					
Cauliflower	3·00	4·01	Peas (T)	2·98	3·66	Gravy	·12	·16					
Mashed Potatoes	·92	1·25	Chipped Potatoes	1·07	1·52	Cabbage	·88	1·06					
Sago Pudding &	1·74	2·14	Ice Cream &	1·50	1·87	Creamed Potatoes	·93	1·25					
Stewed Damsons (T)	1·94	2·68	Tinned Peaches	3·00	3·30	Baked Apple &	1·82	2·34					
						Ground Rice Pudding	1·79	2·17					
	13·42	**17·53**		**14·96**	**18·42**		**15·26**	**18·85**	**97·35**	**122·20**	**13·91**	**17·46**	
Coconut Cake	1·11	1·34	Orange	3·15	3·85	Madeira Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42					
	3·87	**4·67**		**5·91**	**7·18**		**4·66**	**5·73**	**29·65**	**36·30**	**4·24**	**5·19**	
Windsor Soup	1·02	1·36	Roast Topside of Beef	7·96	9·52	Cream of Vegetable Soup	1·06	1·28					**Supper**
Bread	·19	·21	Gravy	·12	·16	Bread	·19	·21					
Chicken Vol au Vent	4·41	5·35	Carrots	1·05	1·21	Egg Salad	4·41	5·81					
Grilled Tomatoes	1·62	2·25	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01					
Parsley Potatoes	·73	1·01	Mincemeat Tart	1·89	2·38	Cheese & Biscuits	2·20	2·61					
Apricots (T) and	3·00	3·30	Custard	1·08	1·31								
Cream	·36	·54											
	11·33	**14·05**		**13·03**	**15·83**		**8·59**	**10·92**	**74·22**	**93·68**	**10·60**	**13·38**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**12·61**	**15·26**	**1·80**	**2·18**	**Late evening drink**
	40·74	**49·70**		**47·92**	**58·79**		**44·03**	**54·73**	**290·80**	**360·82**	**41·54**	**51·54**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**308·30**	**380·19**	**44·04**	**54·31**	

PATIENTS MENU – B

	1	Cost in pence W	R	2	Cost in pence W	R	3	Cost in pence W	R	4	Cost in pence W	R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Tomato on Fried Bread	4·27	5·77	Bacon & Bubble & Squeak	3·30	4·33	Beef Sausage & Tomato	4·40	5·54	Cold Ham (T)	6·60	8·40
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		8·71	**11·11**		**7·74**	**9·67**		**8·84**	**10·88**		**11·04**	**13·74**
Mid-morning drink	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**
Dinner	Braised Rabbit	11·07	14·24	Beef & Tomato Hot Pot	7·22	8·79	Boiled Silverside of Beef	8·32	9·99	Grilled Beef Sausages (2)	5·56	6·58
	Carrots & Turnips	·96	1·22	Cabbage	·88	1·06	Curly Kale	1·32	1·67	Brown Sauce	·40	·59
	Parsley Potatoes	·73	1·01	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Spring Greens	1·49	1·85
	Mincemeat Slice	1·89	2·38	Steamed Fig Pudding	1·84	2·35	Apple Crumble	2·21	2·77	Lyonnaise Potatoes	1·03	1·44
	Custard	1·08	1·31	Ginger Sauce	1·02	1·21	Custard	1·08	1·31	Rhubarb & Apple Pie	2·05	2·53
										Custard	1·08	1·31
		15·73	**20·16**		**11·89**	**14·66**		**13·66**	**16·75**		**11·61**	**14·30**
Tea	Cherry Cake (P)	2·70	3·50	Watercress	1·00	1·35	Chelsea Bun	·93	1·14	Sultana Scone	·79	·98
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		5·46	**6·83**		**3·76**	**4·68**		**3·69**	**4·47**		**3·55**	**4·31**
Supper	Fried Fillet of Cod	5·19	6·85	Grilled Ox Liver	6·53	8·46	Grilled Split Mackerel	4·40	6·05	Tomato Soup	1·26	1·68
	Grilled Tomato	1·62	2·25	Lyonnaise Sauce	·57	·80	Mustard Sauce	·22	·28	Bread	·19	·21
	Mashed Potatoes	·92	1·25	Mashed Potatoes	·92	1·25	Cauliflower	3·00	4·01	Roast Topside of Beef	7·96	9·52
	Ground Rice Pudding	1·79	2·17	Stewed Apples (T) & Custard	2·25	3·06	Saute Potatoes	·98	1·38	Mixed Salad	2·08	2·86
	Tinned Pears ½	1·50	1·65		1·08	1·31	Stewed Gooseberries (T)	2·12	2·86	Parsley Potatoes	·73	1·01
							Custard	1·08	1·31	Banana Custard	1·99	2·43
		11·02	**14·17**		**14·33**	**18·54**		**11·80**	**15·89**		**14·21**	**17·71**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**
	Total costs	**44·40**	**56·51**		**42·86**	**53·64**		**41·71**	**52·37**		**45·32**	**56·11**

R = Retail

W = Wholesale

SPECIMEN WEEK for – MARCH

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Smoked Haddock	4·37	6·00	Bacon & Tomatoes	3·99	5·28					
Toast	·58	·67	Bread	·75	·85	Bread	·75	·85					
Bread ½	·37	·42	Marmalade	·75	1·00	Marmalade	·75	1·00					
Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
Tea (2 cups)	1.20	1.42											
	8·89	**10·83**		**8·81**	**11·34**		**8·43**	**10·62**	**62·46**	**78·18**	**8·92**	**11·17**	**Mid-morning drink**
Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Coffee	**1·55**	**1·84**	**16·18**	**19·20**	**2·31**	**2·74**	
Grilled Fillet of Haddock	5·05	6·51	Grilled Lamb Cutlet	9·00	10·75	Roast Shoulder of Lamb	8·03	10·04					**Dinner**
Brussel Sprouts	2·28	2·99	Tinned Peas	2·98	3·66	Mint Sauce	·23	·33					
Creamed Potatoes	·93	1·25	Fondant Potatoes	·81	1·14	Gravy	·12	·16					
Blackcurrant Flan (T)	2·65	3·22	Baked Rice Pudding	1·81	2·24	Cabbage	·88	1·22					
Ice Cream	2·00	2·50				Roast Potatoes	·96	1·36					
						Trifle & Cream	2·04	2·63					
	12·91	**16·47**		**14·60**	**17·79**		**12·26**	**15·74**	**92·66**	**115·87**	**13·24**	**16·56**	
Jam Tart	1·50	1·89	Orange	3·15	3·85	Eccles Cake	1·58	1·87					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Honey	1·12	1·62	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·57	**5·78**		**5·91**	**7·18**		**4·34**	**5·20**	**31·28**	**38·45**	**4·47**	**5·49**	
Scotch Broth	·80	1·07	Scrambled Egg	3·53	4·28	Cream of Leek & Potato Soup	1·77	2·57					**Supper**
Bread	·19	·21	Grilled Tomato	1·62	2·25	Bread	·19	·21					
Cheese Pudding	1·98	2·45	Chipped Potatoes	1·07	1·52	Sardine Salad	6·04	7·81					
Croquette Potatoes	1·55	2·09	Cheese & Biscuits	2·20	2·61	Parsley Potatoes	·73	1·01					
Junket & Cream	1·89	2·32				Lemon Meringue Pie	1·24	1·54					
	·36	·54											
	6·77	**8·68**		**8·42**	**10·66**		**9·97**	**13·14**	**76·52**	**98·79**	**10·93**	**14·11**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**11·37**	**13·86**	**1·62**	**1·98**	**Late evening drink**
	36·86	**46·14**		**41·46**	**51·35**		**37·86**	**48·24**	**290·47**	**364·36**	**41·49**	**52·05**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**307·97**	**383·73**	**43·99**	**54·82**	

PATIENTS MENU—B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Baked Beans	3·92	5·01	Beef Sausage & Tomato	4·40	5·54	Grilled Kipper	3·00	4·00	Bacon & Saute Potatoes	3·34	4·41
	Bread	·75	·85	Bread	·75	·85	Toast	·58	·67	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42				Tea (2 cups)	1.20	1.42			
		8·36	**10·35**		**8·84**	**10·88**		**7·64**	**9·58**		**7·78**	**9·75**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
Dinner	Lancashire Hot Pot	3·53	4·74	Boiled Ham	9·60	12·00	Grilled Ox Liver	6·53	8·46	Stewed Steak	6·75	8·12
	Cauliflower	3·00	4·01	Parsley Sauce	·60	·73	Onion Gravy	·51	·63	Carrots ½	·52	·60
	Creamed Potatoes	·93	1·25	Spinach	2·10	2·64	Curly Kale	1·32	1·67	Cabbage ½	·44	·53
	Steamed Apple & Gooseberry (T) Pudding	2·69	3·61	Mashed Potatoes	·92	1·25	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01
	Custard	1·08	1·31	Redcurrant Flan (T)	2·68	3·22	Semolina Pudding & Stewed Prunes	1·76	2·17	Steamed Fruit Pudding	1·83	2·33
				Cream	·36	·54		1·80	2·62	Custard	1·08	1·31
		11·23	**14·92**		**16·26**	**20·38**		**12·85**	**16·80**		**11·35**	**13·90**
Tea	Watercress	1·00	1·35	Chocolate Swiss Roll	1·69	2·21	Sandwich Spread	·97	1·30	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·76	**4·68**		**4·45**	**5·54**		**3·73**	**4·63**		**5·91**	**7·18**
Supper	Scotch Broth	·80	1·07	Minced Beef and Vegetable Pie	7·72	9·28	Cold Roast Topside of Beef	7·96	9·52	Roast Chicken	20·51	25·36
	Bread	·19	·21	Brown Gravy	·40	·59	Lettuce & Tomato Salad	2·08	2·86	Bread Sauce	·34	·42
	Scrambled Egg & Tomato	5·15	6·53	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Gravy	·12	·16
	Chipped Potatoes	1·07	1·52	Baked Egg Custard	3·29	4·06	Mincemeat Slice & Cream	1·89	2·38	Tinned Peas	2·98	3·66
	Sago Pudding & Apricot (Caps) ½	1·74	2·14					·36	·54	Croquette Potatoes	1·55	2·09
		·92	1·17							Rhubarb Flan & Cream	1·61	1·97
											·36	·54
		9·87	**12·64**		**12·34**	**15·18**		**13·02**	**16·31**		**27·47**	**34·20**
Late evening drink	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**
	Total costs	**36·70**	**46·83**		**45·61**	**56·36**		**40·72**	**51·56**		**56·23**	**69·41**

R = Retail

W = Wholesale

SPECIMEN WEEK for – APRIL

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Scrambled Egg on Toast	4·41	5·27	Bacon & Tomatoes	3·99	5·28	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00					
						Tea (2 cups)	1.20	1.42					
	8·85	**10·61**		**8·43**	**10·62**		**8·89**	**10·83**	**58·79**	**72·62**	**8·40**	**10·37**	
Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**12·23**	**14·70**	**1·75**	**2·10**	**Mid-morning drink**
Grilled Fillet of Sole	11·67	15·51	Stewed Rabbit	11·06	14·22	Roast Ribs of Beef	7·79	9·31					**Dinner**
Tartare Sauce	1·20	1·67	Spring Greens	1·49	1·85	Horseradish Sauce	1·14	1·44					
Grilled Tomato	1·62	2·25	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Chipped Potatoes	1·07	1·52	Apple Pie &	2·13	2·68	Savoy Cabbage	1·02	1·32					
Bread & Butter Pudding	2·51	3·15	Custard	1·08	1·31	Roast Potatoes ½	·48	·68					
Marmalade Sauce	·51	·68				Mashed Potatoes ½	·46	·62					
						Stewed Plums (T) &	1·35	1·62					
						Custard	1·08	1·31					
	18·58	**24·78**		**16·79**	**21·07**		**13.44**	**16·46**	**100·50**	**128·31**	**14·36**	**18·33**	
Hot Cross Bun	·89	1·16	Coffee Cake	1·25	1·55	Doughnut	1·44	1·76					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42					
	3·64	**4·49**		**4·01**	**4·88**		**4·20**	**5·09**	**29·70**	**36·49**	**4·24**	**5·21**	
Tomato Soup	1·26	1·68	Fried Fillet of Cod	5·19	6·85	Mock Turtle Soup	·90	1·20					**Supper**
Bread	·19	·21	Tomato Sauce	·42	·55	Bread	·19	·21					
Pork Luncheon Meat	4·00	4·87	Chipped Potatoes	1·07	1·52	Cauliflower Cheese au Gratin	4·47	5·74					
Mixed Salad	2·08	2·86	Tapioca Pudding &	1·78	2·22	Grilled Tomato	1·62	2·25					
Salad Cream	1·02	1·44	Blackcurrant Puree	·72	·96	Bread	·37	·42					
Parsley Potatoes	·73	1·01				Peach Flan (T) &	3·87	4·84					
Cheese & Biscuits	2·20	2·61				Ice Cream	1·50	1·87					
	11·48	**14·68**		**9·18**	**12·10**		**13·32**	**16·53**	**96·68**	**121·64**	**13·81**	**17·38**	
Milk	**2·17**	**2·54**	Milk	**2·97**	**3·55**	Milk	**2·17**	**2·54**	**14·51**	**17·25**	**2·07**	**2·46**	**Late evening drink**
	46·03	**58·80**		**43·55**	**54·76**		**43·57**	**53·29**	**312·42**	**391·01**	**44·63**	**55·85**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**329·91**	**410·38**	**47·13**	**58·62**	

PATIENTS MENU — B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Beef Sausage & Tomato	4·40	5·54	Smoked Haddock	4·37	6·00	Bacon and Tomatoes	3·99	5·28	Fishcake	2·63	3·41
	Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85	Bread ½	·37	·42
	Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00	Toast	·58	·67
	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00
				Tea (2 cups)	1.20	1·42				Tea (2 cups)	1.20	1.42
		8·84	**10·88**		**9·01**	**11·58**		**8·43**	**10·62**		**7·27**	**8·99**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Cold Roast Sirloin of Beef	8·29	9·81	Stewed Neck of Veal	5·23	6·84	Fried Fillet of Cod	5·19	6·85	Braised Beef	8·48	10·19
	Mixed Salad	2·08	2·86	Carrots	1·05	1·21	Anchovy Sauce	·41	·49	Mashed Turnips ½	·43	·61
	Beetroot	·90	1·05	Boiled Potatoes	·61	·88	Garden Peas (T)	2·98	3·66	Spring Greens ½	·74	·92
	Parsley Potatoes	·73	1·01	Steamed Gooseberry Pudding (T)	3·34	4·44	Chipped Potatoes	1·07	1·52	Creamed Potatoes	·93	1·25
	Cabinet Pudding	2·92	3·58	Custard	1·08	1·31	Rhubarb Pie & Custard	2·13	2·50	Apple Pie (T)	1·99	2·57
	Vanilla Sauce	·84	1·02					1·08	1·31	Custard	1·08	1·31
		15·76	**19·33**		**11·31**	**14·68**		**12·86**	**18·33**		**13·65**	**16·85**
Tea	Sandwich Spread	·97	1·30	Watercress	1·00	1·35	Bath Bun	1·12	1·41	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Honey	1·12	1·62	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·73	**4·63**		**3·76**	**4·68**		**4·19**	**5·30**		**5·96**	**7·18**
Supper	Macaroni au Gratin	1·74	2·09	Bacon & Egg Pie	4·49	5·58	Leek & Potato Soup	1·78	2·36	Windsor Soup	1·02	1·36
	Grilled Tomato	1·62	2·25	Creamed Spinach	2·14	2·66	Bread	·19	·21	Bread	·19	·21
	Bread	·37	·42	Macaire Potatoes	1·20	1·62	Jellied Veal	6·00	7·50	Scrambled Egg	3·53	4·28
	Croquette Potatoes	1·55	2·09	Ice Cream	2·00	2·50	Russian Salad	2·38	3·13	Grilled Bacon	2·29	2·98
	Apricot Flan (T)	2·52	3·17	Caramel Sauce	·19	·22	Lettuce	1·30	1·80	Saute Potatoes	·98	1·38
	Cream	·36	·54				Ground Rice Pudding	1·79	2·17	Cheese & Biscuits	2·20	2·61
							Tinned Redcurrants ½	1·39	1·70			
		8·16	**10·56**		**10·02**	**12·58**		**14·83**	**18·87**		**10·21**	**14·82**
Late evening drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
	Total costs	**39·97**	**49·64**		**37·58**	**47·76**		**44·03**	**57·50**		**40·81**	**52·22**

R = Retail

W = Wholesale

SPECIMEN WEEK for – MAY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Tomatoes on Toast	3·81	5·13	Bacon & Saute Potatoes	3·34	4·41	Beef Sausage & Bacon	4·43	5·37					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42					
	8·25	**10·47**		**7·78**	**9·75**		**8·87**	**10·71**	**58·45**	**73·00**	**8·35**	**10·43**	
Milk Drink	**2·97**	**3·55**	Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	**15·32**	**18·36**	**2·19**	**2·62**	**Mid-morning drink**
Grilled Fillet of Plaice	8·92	11·01	Boiled Gammon	9·60	12·00	Roast Best End of Lamb	9·03	10·79					**Dinner**
Cauliflower	3·00	4·01	Pease Pudding	·80	1·05	Mint Sauce	·23	·33					
Cream Sauce	·67	·81	Curly Kale	1·32	1·67	Gravy	·12	·16					
Parsley Potatoes	·73	1·01	Creamed Potatoes	·93	1·25	Savoy Cabbage	1·02	1·32					
Baked Lemon Sponge	2·28	2·78	Baroness Pudding	2·27	2·91	Roast Potatoes ½	·48	·68					
Custard	1·08	1·31	Lemon Sauce	·28	·36	Mashed Potatoes ½	·46	·62					
						Rice & Jelly Mould	2·57	3·19					
	16·68	**20·93**		**15·40**	**19·24**		**13·91**	**17·09**	**99·57**	**126·45**	**14·22**	**18·06**	
Jam Puff	1·11	1·33	Gooseberry Tartlet	1·37	1·75	Cherry Cake (P)	2·70	3·50					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42					
	3·87	**4·66**		**4·13**	**5·08**		**5·46**	**6·83**	**31·10**	**38·36**	**4·44**	**5·48**	
Cream of Vegetable Soup	1·06	1·28	Cottage Pie & Tomato	5·70	6·97	Cream of Turnip Soup	1·16	1·51					**Supper**
Bread	·19	·21	Creamed Carrots	1·21	1·39	Bread	·19	·21					
Veal and Ham Pie	6·00	7·20	Parsley Potatoes	·73	1·01	Grated Cheese & Lettuce Salad	3·77	4·81					
Mixed Salad	2·08	2·86	Pineapple & Ice Cream	3·57	4·08	Bread	·37	·42					
Watercress	1·00	1·35		1·50	1·87	Salad Cream	1·02	1·44					
Creamed Potatoes	·93	1·25				Chocolate Flan & Cream	1·70	2·19					
Baked Egg Custard	3·29	4·06											
	14·55	**18·21**		**12·71**	**15·32**		**8·11**	**10·58**	**78·59**	**100·94**	**11·23**	**14·42**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**12·85**	**15·40**	**1·84**	**2·20**	**Late evening drink**
	48·49	**60·36**		**44·93**	**55·44**		**40·07**	**49·59**	**295·88**	**372·51**	**42·27**	**53·21**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**313·38**	**391·88**	**44·77**	**55·98**	

PATIENTS MENU—B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Baked Beans	3·92	5·01	Grilled Kipper	3·00	4·00	Bacon and Tomatoes	3·99	5·28	Scrambled Egg on Toast	4·41	5·27
	Toast	·58	·67	Toast	·58	·67	Bread	·75	·85	Bread	·75	·85
	Bread ½	·37	·42	Bread ½	·37	·42	Marmalade	·75	1·00	Marmalade	·75	1·00
	Marmalade	·75	1·00	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42						
		8·58	**10·59**		**7·64**	**9·58**		**8·43**	**10·62**		**8·85**	**10·61**
Mid-morning drink	Coffee	**1·55**	**1·84**	Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Grilled Fillet Herring	3·40	4·54	Roast Ribs of Beef	7·79	9·31	Stuffed Shoulder of Mutton	8·30	10·39	Brown Beef Stew	7·21	8·72
	Mustard Sauce	·22	·28	Yorkshire Pudding	1·58	1·99	Brown Gravy	·40	·59	Carrots	1·05	1·21
	Cauliflower	3·00	4·01	Gravy	·12	·16	Cabbage	·88	1·06	Creamed Potatoes	·93	1·25
	Parsley Potatoes	·73	1·01	Spring Greens	1·49	1·85	Boulangere Potatoes	·69	·97	Apple & Blackcurrant Pudding	3·60	4·40
	Steamed Golden Pudding	1·49	1·78	Roast Potatoes	·96	1·36	Summer Pudding	2·24	2·66	Custard	1·08	1·31
	Custard	1·08	1·31	Trifle & Cream	2·04	2·63	Custard	1·08	1·31			
		9·92	**12·93**		**13·98**	**17·30**		**13·59**	**16·98**		**13·87**	**16·89**
Tea	Orange	3·15	3·85	Chelsea Bun	·93	1·14	Madeira Cake (P)	1·90	2·40	Scone	·79	·98
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		5·91	**7·18**		**3·69**	**4·51**		**4·66**	**5·73**		**3·55**	**4·31**
Supper	Cream of Vegetable Soup	1·06	1·28	Minced Chicken	9·97	12·27	Tomato Soup	1·26	1·68	Windsor Soup	1·02	1·36
	Bread	·19	·21	Garden Peas	2·38	3·26	Bread	·19	·21	Bread	·19	·21
	Beef Sausage (2)	5·56	6·58	Duchess Potatoes	·88	1·22	Salmon Salad	11·65	14·44	Cheese & Potato Cutlets	2·83	3·52
	Grilled Tomato	1·62	2·25	Redcurrant Flan (T) & Cream	2·68	3·22	New Potatoes	1·06	1·45	Grilled Tomato	1·62	2·25
	Creamed Potatoes	·93	1·25		·36	·54	Lemon Curd Tart	1·56	1·83	Tapioca Pudding	1·78	2·22
	Ice Cream	2·00	2·50							Jam Sauce	·78	1·02
	Chocolate Sauce	·71	·88									
		12·07	**14·95**		**16·27**	**20·51**		**15·72**	**19·61**		**7·72**	**10·58**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**
	Total costs	**40·20**	**50·03**		**47·35**	**58·79**		**46·12**	**57·32**		**39·13**	**48·48**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JUNE

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon and Fried Bread	2·96	3·73	Cold Ham	6·72	8·40	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00					
						Tea (2 cups)	1.20	1.42					
	7·40	**9·07**		**11·16**	**13·74**		**8·89**	**10·83**	**60·95**	**75·04**	**8·71**	**10·72**	
Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**13·90**	**16·65**	**1·99**	**2·38**	**Mid-morning drink**
Fried Fillet of Haddock	5·93	7·59	Grilled Pork Sausages (2)	8·06	9·83	Steak & Kidney Pie	8·20	9·82					**Dinner**
Garden Peas	2·38	3·26	Fried Onions ½	·49	·64	Spring Greens	1·49	1·85					
New Potatoes	1·06	1·45	Cabbage ½	·44	·53	Mashed Potatoes	·92	1·25					
Fresh Fruit Salad	4·52	5·59	Creamed Potatoes	·93	1·25	Stewed Gooseberries & Semolina Pudding	2·71	3·24					
Pastry Fingers	·55	·63	Cherry Pie	3·18	3·86		1·76	2·17					
Custard	1·08	1·31	Custard	1·08	1·31								
	15·52	**19·83**		**14·18**	**17·42**		**15·08**	**18·33**	**96·14**	**119·68**	**13·73**	**17·10**	
Swiss Roll (P)	1·69	2·21	Currant Bun	·69	·86	Cheese	1·69	1·95					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·45	**5·54**		**3·45**	**4·19**		**4·45**	**5·28**	**30·16**	**36·74**	**4·31**	**5·25**	
Cream of Watercress Soup	2·09	2·78	Grilled Fillet of Cod	4·30	5·76	Luncheon Meat	4·00	4·87					**Supper**
Bread	·19	·21	Lemon	·33	·42	Tomato	1·62	2·25					
Scotch Egg	3·85	4·92	Grilled Tomato	1·62	2·25	Parsley Potatoes	·73	1·01					
Mixed Salad	2·08	2·86	Chipped Potatoes	1·07	1·52	Apple Flan	1·70	2·17					
Parsley Potatoes	·73	1·01	Baked Rice Pudding	1·81	2·24	Cream	·36	·54					
Cabinet Pudding	2·92	3·58											
	11·86	**15·36**		**9·13**	**12·19**		**8·41**	**10·84**	**81·18**	**104·04**	**11·60**	**14·86**	
Milk	**2·17**	**2·54**	Cocoa	1·31	1·70	Milk	**2·17**	**2·54**	**15·13**	**17·95**	**2·16**	**2·56**	**Late evening drink**
	42·71	**54·04**		**40·78**	**51·08**		**41·17**	**50·36**	**297·46**	**370·10**	**42·50**	**52·87**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**314·96**	**389·47**	**45·00**	**55·64**	

PATIENTS MENU – B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Potato Cake	3·08	3·85	Fried Tomatoes on Toast	3·81	5·13	Beef Sausage & Tomato	4·40	5·54	Grilled Kipper	3·00	4·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread ½	·37	·42
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Toast	·58	·67
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00
										Tea (2 cups)	1.20	1.42
		7·52	**9·19**		**8·25**	**10·47**		**8·84**	**10·88**		**7·64**	**9·58**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Fried Fillet of Haddock	5·93	7·59	Brown Stewed Mutton	3·73	4·94	Liver & Bacon	6·11	7·88	Cold Roast Ribs of Beef	7·79	9·31
	Parsley Sauce	·60	·73	Garden Peas (F)	2·38	3·26	Brown Sauce	·40	·59	Lettuce & Tomato Salad	2·08	2·86
	Runner Beans	1·80	2·21	Mashed Potatoes	·92	1·25	Spring Greens	1·49	1·85	New Potatoes	1·06	1·45
	New Potatoes	1·06	1·45	Bread & Butter Pudding	2·51	3·15	Lyonnaise Potatoes	1·03	1·44	Cherry Pie	4·24	5·16
	Gooseberry Pie	3·43	4·11	Marmalade Sauce	·51	·68	Semolina Pudding	1·76	2·17	Custard	1·08	1·31
	Custard	1·08	1·31				Stewed Blackcurrants ½ (F)	1·19	1·39			
		13·90	**17·40**		**10·05**	**13·28**		**11·96**	**15·32**		**16·25**	**20·09**
Tea	Sultana Scone	·79	·98	Fruit Cake (P)	1·90	2·40	Bath Bun	1·12	1·41	Sandwich Spread	·97	1·30
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·55	**4·31**		**4·66**	**5·73**		**3·88**	**4·74**		**3·73**	**4·63**
Supper	Scotch Egg	3·85	4·92	Chicken Salad	12·85	16·30	Minestrone Soup	1·46	1·91	Fried Egg	4·32	5·38
	Mixed Salad	2·08	2·86	Salad Cream	1·02	1·44	Bread	·19	·21	Grilled Tomato	1·62	2·25
	Bread	·37	·42	New Potatoes	1·06	1·45	Cauliflower au Gratin	4·47	5·74	Chipped Potatoes	1·07	1·52
	Parsley Potatoes	·73	1·01	Rice & Fruit Flan	2·01	2·36	New Potatoes	1·06	1·45	Raspberries & Tapioca Pudding	4·40	5·40
	Ice Cream	2·00	2·50	Cream	·36	·54	Lemon Meringue Pie	1·24	1·54		1·78	2·22
	Chocolate Sauce	·79	·98									
		9·82	**12·69**		**17·30**	**22·09**		**8·42**	**10·85**		**13·19**	**16·77**
Late evening drink	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**
	Total Costs	**38·27**	**47·83**		**44·78**	**56·96**		**36·82**	**46·17**		**46·58**	**57·96**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JULY

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Saute Potatoes	3·34	4·41	Boiled Egg	4·25	5·25	Bacon & Fried Bread	2·96	3·73					
Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85					
Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42					
			Tea (2 cups)	1.20	1.42								
	7·78	**9·75**		**8·89**	**10·83**		**7·40**	**9·07**	**56·32**	**69·77**	**8·04**	**9·97**	
Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk Drink	**2·97**	**3·55**	**12·41**	**15·01**	**1·77**	**2·14**	**Mid-morning drink**
Steak & Kidney Pie	8·20	9·82	Cold Ham	9·60	12·00	Roast Shoulder of Lamb	8·03	10·04					**Dinner**
Savoy Cabbage	1·02	1·32	Runner Beans	1·80	2·21	Mint Sauce	·23	·33					
Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Stewed Rhubarb	1·41	1·74	Baked Rice Pudding	1·81	2·24	Broad Beans in Parsley Sauce	3·00	3·94					
Custard	1·08	1·31	Stewed Gooseberries	2·71	3·24		·60	·73					
						New Potatoes	1·06	1·45					
						Apple & Redcurrant Pie	3·14	3·90					
						Custard	1·08	1·31					
	12·63	**15·44**		**16·65**	**20·70**		**17·26**	**21·86**	**98·70**	**124·09**	**14·10**	**17·73**	
Watercress	1·00	1·35	Dessert Apple	3·00	3·90	Cheese	1·69	1·95					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	3·76	**4·68**		**5·76**	**7·23**		**4·45**	**5·28**	**29·79**	**36·60**	**4·26**	**5·23**	
Luncheon Meat	4·00	4·87	Minced Beef & Vegetable Pie	7·72	9·28	Tomato Soup	1·26	1·68					**Supper**
Mixed Salad	2·08	2·86	Carrots	1·05	1·21	Bread	·19	·21					
Salad Cream	1·02	1·44	Creamed Potatoes	·93	1·25	Soused Herring	3·24	4·41					
New Potatoes	1·06	1·45	Ice Cream Melba & Wafer Biscuits	2·65	3·35	Mixed Salad	2·08	2·86					
Apple Flan & Cream	1·70	2·17				Parsley Potatoes	·73	1·01					
	·36	·54				Peach Flan	3·87	4·84					
						Cream	·36	·54					
	10·22	**13·33**		**12·35**	**15·09**		**11·73**	**15·55**	**83·03**	**106·37**	**11·86**	**15·20**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**16·56**	**19·76**	**2·37**	**2·82**	**Late evening drink**
	37·87	**47·44**		**46·51**	**57·39**		**45·98**	**57·85**	**296·81**	**371·60**	**42·40**	**53·09**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**314·31**	**390·97**	**44·90**	**55·86**	

PATIENTS MENU—B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Cold Ham (T)	6·60	8·40	Fishcake	2·63	3·41	Bacon & Fried Bread	2·96	3·73
	Bread	·75	·85	Bread	·75	·85	Toast	·58	·67	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42
							Tea (2 cups)	1·20	1·42			
		8·43	**10·62**		**11·04**	**13·74**		**7·27**	**8·99**		**7·40**	**9·07**
Mid-morning drink	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
Dinner	Steak Pie	6·22	7·45	Fried Fillet of Cod	5·19	6·85	Boiled Silverside of Beef	8·32	9·99	Braised Steak	6·75	8·12
	Carrots ½	·52	·60	Lemon	·33	·42	Carrots ½	·52	·60	Cabbage	·88	1·06
	Cabbage ½	·44	·53	Runner Beans	1·80	2·21	Turnip Tops ½	·61	·78	Creamed Potatoes	·93	1·25
	Creamed Potatoes	·93	1·25	New Potatoes	1·06	1·45	Boiled Potatoes	·61	·88	Blackberry & Apple Pie	3·17	3·91
	Stewed Rhubarb	1·41	1·74	Bread & Butter Pudding	2·51	3·15	Cherry Pie	4·24	5·16	Custard	1·08	1·31
	Custard	1·08	1·31	Marmalade Sauce	·51	·68	Custard	1·08	1·31			
		10·60	**12·88**		**11·40**	**14·76**		**15·38**	**18·72**		**12·81**	**15·65**
Tea	Swiss Bun	·73	·96	Tea Cake	·77	·95	Madeira Cake (P)	1·90	2·40	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·49	**4·29**		**3·53**	**4·28**		**4·66**	**5·73**		**5·91**	**7·18**
Supper	Cheese & Potato Cutlet	2·83	3·52	Cold Sirloin of Beef	8·29	9·81	Fried Egg	4·32	5·38	Tomato Soup	1·26	1·68
	Green Peas (F)	2·38	3·26	Mixed Salad	2·08	2·86	Grilled Tomatoes	1·62	2·25	Bread	·19	·21
	Piquante Sauce	·39	·57	Bread	·37	·42	Chipped Potatoes	1·07	1·52	Grilled Fillet of Herring	3·40	4·54
	Strawberry Blanc Mange	1·44	1·74	Parsley Potatoes	·73	1·01	Redcurrants &	2·39	2·91	Mustard Sauce	·22	·28
	Ice Cream	1·50	1·87	Gooseberry Fool & Cream	2·17	2·61	Ice Cream	1·50	1·87	Parsley Potatoes	·73	1·01
					·36	·54				Cheese & Biscuits	2·20	2·61
		8·54	**10·96**		**14·30**	**17·25**		**10·90**	**13·93**		**8·00**	**10·33**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**
	Total Costs	**34·54**	**42·99**		**43·99**	**54·41**		**43·98**	**54·26**		**37·84**	**46·61**

R = Retail

W = Wholesale

SPECIMEN WEEK for – AUGUST

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg & Tomato	5·94	7·63	Bacon & Saute Potatoes	3·34	4·41	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Toast	·58	·67					
Marmalade	·75	1·00	Marmalade	·75	1·00	Bread ½	·37	·42					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Marmalade	·75	1·00					
						Tea (2 cups)	1·20	1·42					
	10·38	**12·97**		**7·78**	**9·75**		**8·89**	**10·83**	**61·19**	**75·97**	**8·74**	**10·85**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	**14·75**	**17·39**	**2·11**	**2·48**	**Mid-morning drink**
Fish Salad	5·63	7·67	Beef & Tomato Hot Pot	7·22	8·79	Roast Leg of Lamb	10·03	12·04					**Dinner**
Salad Cream	1·02	1·44	Stewed Leeks	2·14	2·81	Gravy	·12	·16					
Garden Peas (F)	2·38	3·26	Creamed Potatoes	·93	1·25	Cabbage	·88	1·06					
Parsley Potatoes	·73	1·01	Apple & Blackcurrant Pie	3·10	3·79	Roast Potatoes	·96	1·36					
Steamed Jam Sponge	2·82	3·48	Custard	1·08	1·31	Stewed Plums	1·71	2·24					
Custard	1·08	1·31				Semolina Pudding	1·76	2·17					
	13·66	**18·17**		**14·47**	**17·95**		**15·46**	**19·03**	**93·78**	**117·16**	**13·40**	**16·74**	
Watercress	1·00	1·35	Raspberry Bun	1·10	1·34	French Jam Sandwich	2·25	3·00					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Honey	1·12	1·62					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·76	**4·68**		**3·86**	**4·67**		**5·32**	**6·89**	**30·53**	**37·72**	**4·36**	**5·39**	
Stuffed Vegetable Marrow	3·68	4·94	Veal & Ham Pie	6·00	7·20	Celery Soup	1·82	2·34					**Supper**
Grilled Tomato	1·62	2·25	Russian Salad	2·38	3·13	Bread	·19	·21					
Brown Sauce	·40	·59	New Potatoes	1·06	1·45	Sardine Salad	6·04	7·81					
Boiled Potatoes	·61	·88	Banana Custard	1·99	2·43	Bread	·37	·42					
Baked Rice Pudding	1·81	2·24				Parsley Potatoes	·73	1·01					
						Mincemeat Slice & Cream	1·89	2·38					
							·36	·54					
	8·12	**10·90**		**11·43**	**14·21**		**11·40**	**14·71**	**72·69**	**92·29**	**10·38**	**13·18**	
Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**14·28**	**17·21**	**2·04**	**2·46**	**Late evening drink**
	39·64	**51·10**		**41·02**	**50·82**		**46·21**	**57·55**	**287·22**	**357·74**	**41·03**	**51·10**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**304·72**	**377·11**	**43·53**	**53·87**	

PATIENTS MENU — B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Scrambled Egg on Toast	4·41	5·27	Bacon & Fried Bread	2·96	3·73	Grilled Kipper	3·00	4·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread ½	·37	·42
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Toast	·58	·67
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00
										Tea (2 cups)	1.20	1.42
		8·43	**10·62**		**8·85**	**10·61**		**7·40**	**9·07**		**7·64**	**9·58**
Mid-morning drink	Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
Dinner	Brown Beef Stew	7·21	8·72	Boiled Gammon	9·60	12·00	Poached Fillet of Cod	3·99	5·39	Pork Luncheon Meat	4·00	4·87
	Mixed Vegetables	·93	1·18	Curly Kale	1·32	1·67	Parsley Sauce	·60	·73	Cauliflower	3·00	4·01
	Mashed Potatoes	·92	1·25	Creamed Potatoes	·93	1·25	Carrots	1·05	1·21	Cream Sauce	·67	·81
	Steamed Golden Pudding	1·49	1·78	Plum & Apple Pie	2·25	2·85	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25
	Custard	1·08	1·31	Custard	1·08	1·31	Baroness Pudding	2·27	2·91	Baked Apple Dumpling	2·25	2·83
							Custard	1·08	1·31	Custard	1·08	1·31
		11·63	**14·24**		**15·18**	**19·08**		**9·72**	**12·56**		**11·92**	**15·08**
Tea	Fruit Cake	1·11	1·33	Currant Bun	·69	·86	Watercress	1·00	1·35	Orange	3·15	3·85
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		3·87	**4·66**		**3·45**	**4·19**		**3·76**	**4·68**		**5·91**	**7·18**
Supper	Macaroni Cheese au Gratin	1·74	2·09	Minced Beef & Vegetable Pie	7·72	9·28	Scotch Egg	3·85	4·92	Jellied Steak Pie	4·50	5·66
	Stuffed Tomatoes	3·00	3·84	Brown Gravy	·40	·59	Sliced Tomato	1·62	2·25	Mixed Salad	2·08	2·86
	Bread	·37	·42	Creamed Potatoes	·93	1·25	Bread	·37	·42	Parsley Potatoes	·73	1·01
	Blackberry & Apple Fool	2·15	2·63	Semolina Pudding	1·76	2·17	Chipped Potatoes	1·07	1·52	Baked Egg Custard	3·29	4·06
	Shortbread Fingers	·55	·64	Blackcurrant Puree	·72	·96	Milk Jelly & Cream	2·68	3·36			
		7·81	**9·62**		**11·53**	**14·25**		**9·59**	**12·47**		**10·60**	**13·59**
Late evening drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk Drink	**2·97**	**3·55**
	Total Costs	**37·51**	**46·03**		**41·87**	**51·67**		**34·19**	**43·16**		**40·35**	**50·68**

R = Retail

W = Wholesale

SPECIMEN WEEK for – SEPTEMBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Beef Sausage & Tomato	4·40	5·54	Boiled Egg	4·25	5·25	Bacon & Fried Egg	6·67	8·41					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	8·84	**10·88**		**8·69**	**10·59**		**11·11**	**13·75**	**60·96**	**75·10**	**8·17**	**10·73**	
Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**14·52**	**17·35**	**2·07**	**2·48**	**Mid-morning drink**
Boiled Fowl	15·24	19·25	Boiled Silverside of Beef	8·32	9·99	Roast Shoulder of Lamb	8·03	10·04					**Dinner**
Parsley Sauce	·60	·73	Dumpling	·47	·62	Onion Sauce	·51	·63					
Runner Beans	1·80	2·21	Carrots	1·05	1·21	Gravy	·12	·16					
Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Savoy Cabbage	1·02	1·32					
Blackcurrant Flan & Cream	2·36	2·78	Damson Pie	3·18	3·86	Roast Potatoes	·96	1·36					
	·36	·54	Custard	1·08	1·31	Blackberry & Apple Pie	3·17	3·91					
						Custard	1·08	1·31					
	21·29	**26·76**		**14·83**	**18·00**		**14·89**	**18·73**	**99·46**	**134·45**	**14·21**	**17·78**	
Lemon Cake	1·30	1·63	Lettuce	1·30	1·80	Chocolate Swiss Roll	1·69	2·21					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	4·06	**4·96**		**4·06**	**5·13**		**4·45**	**5·54**	**29·56**	**36·34**	**4·22**	**5·19**	
Braised Ox Tongue	5·17	6·67	Cream of Chicken Soup	1·09	1·41	Grilled Fillet of Cod	4·30	5·76					**Supper**
Spinach	2·10	2·64	Bread	·19	·21	Parsley Butter	·56	·64					
Croquette Potatoes	1·55	2·09	Pork Sausage & Tomato	5·90	7·16	Runner Beans	1·80	2·21					
Cheese & Biscuits	2·20	2·61	Saute Potatoes	·98	1·38	Mashed Potatoes	·92	1·25					
			Trifle & Cream	2·04	2·63	Chocolate Mould & Cream	1·74	2·17					
							·36	·54					
	11·02	**14·01**		**10·20**	**12·79**		**9·68**	**12·57**	**70·43**	**89·30**	**10·06**	**12·76**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**13·89**	**16·55**	**1·98**	**2·36**	**Late evening drink**
	49·55	**61·69**		**41·50**	**50·89**		**43·85**	**54·97**	**288·82**	**359·09**	**41·25**	**51·30**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**306·32**	**378·46**	**43·75**	**54·07**	

PATIENTS MENU—B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Smoked Haddock	4·37	6·00	Fried Tomatoes on Toast	3·81	5·13	Bacon & Baked Beans	3·92	5·01	Grilled Kipper	3·00	4·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		8·81	**11·34**		**8·25**	**10·47**		**8·36**	**10·35**		**7·44**	**9·34**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**
Dinner	Steak Pie	6·22	7·45	Boiled Hock of Bacon	7·26	9·24	Grilled Fillet of Cod	4·30	5·76	Stewed Mutton	3·73	4·94
	Cabbage	·88	1·06	Pease Pudding	·80	1·05	Parsley Sauce	·60	·73	Mashed Turnips	·87	1·23
	Mashed Potatoes	·92	1·25	Savoy Cabbage	1·02	1·32	Runner Beans	1·80	2·21	Parsley Potatoes	·73	1·01
	Semolina Pudding &	1·76	2·17	Creamed Potatoes	·93	1·25	Chipped Potatoes	1·07	1·52	Steamed Apple Pudding	2·58	3·34
	Stewed Blackberries	2·64	3·16	Steamed Golden Pudding	1·49	1·78	Custard Flan	1·72	2·10	Custard	1·08	1·31
				Custard	1·08	1·31						
		12·42	**15·09**		**12·58**	**15·95**		**9·49**	**12·32**		**8·99**	**11·83**
Tea	Watercress	1·00	1·35	Currant Bun	·69	·86	French Jam Sandwich (P)	2·25	3·00	Sandwich Spread	·97	1·30
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		3·76	**4·68**		**3·45**	**4·19**		**5·01**	**6·33**		**3·73**	**4·63**
Supper	Poached Egg on Spinach	6·12	7·65	Lentil Soup	·91	1·28	Minced Chicken	9·97	12·27	Cold Roast Topside of Beef	7·96	9·52
	Parsley Potatoes	·73	1·01	Bread	·19	·21	Tomato	1·62	2·25	Mixed Salad	2·08	2·86
	Apricot Flan &	2·52	3·14	Assorted Cold Meats	6·69	8·06	Duchess Potatoes	·88	1·22	Bread	·37	·42
	Cream	·36	·54	Lettuce & Tomato Salad	2·08	2·86	Stewed Peaches ½	1·50	1·65	Creamed Potatoes	·93	1·25
				Milk Jelly & Cream	2·68	3·36	Tapioca Pudding	1·78	2·22	Ice Cream	2·00	2·50
										Blackcurrant Puree	·72	·96
		9·73	**12·34**		**12·55**	**15·77**		**15·75**	**19·61**		**14·06**	**17·51**
Late evening drink	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**
	Total Costs	**38·20**	**47·69**		**40·55**	**50·76**		**42·09**	**52·85**		**39·36**	**49·40**

R = Retail

W = Wholesale

SPECIMEN WEEK for – OCTOBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Fried Bread	2·96	3·73	Sausagemeat Cake	4·17	4·82	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	7·40	**9·07**		**8·61**	**10·16**		**8·69**	**10·59**	**57·56**	**71·32**	**8·22**	**10·19**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**13·89**	**16·55**	**1·99**	**2·36**	**Mid-morning drink**
Grilled Liver	6·53	8·46	Braised Steak	6·75	8·12	Roast Leg of Pork	9·03	11·04					**Dinner**
Lyonnaise Sauce	·57	·80	Carrots ½	·52	·60	Sage & Onion Stuffing	·41	·52					
Savoy Cabbage	1·02	1·32	Peas (T) ½	1·49	1·83	Apple Sauce	·69	·83					
Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Baked Marmalade Roll	1·67	2·11	Redcurrant Flan (T)	2·68	3·22	Brussel Sprouts	2·28	2·99					
Custard	1·08	1·31	Custard	1·08	1·31	Creamed Potatoes	·93	1·25					
						Ground Rice Pudding & Stewed Plums	1·79	2·17					
							1·71	2·24					
	11·79	**15·25**		**13·25**	**16·09**		**16·96**	**21·20**	**85·48**	**107·73**	**12·21**	**15·39**	
Almond Slice	1·39	1·70	Orange	3·15	3·85	Swiss Roll (P)	1·69	2·21					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	4·15	**5·03**		**5·91**	**7·18**		**4·45**	**5·54**	**30·46**	**37·58**	**4·35**	**5·37**	
Fried Fillet of Cod	5·19	6·85	Tomato Soup	1·26	1·68	Jellied Veal	6·00	7·50					**Supper**
Creamed Potatoes	·93	1·25	Bread	·19	·21	Mixed Salad	2·08	2·86					
Sago Pudding & Stewed Gooseberries (T) ½	1·74	2·14	Cauliflower Cheese	4·47	5·74	Mashed Potatoes	·92	1·25					
	1·06	1·43	Bread	·37	·42	Mincemeat Slice	1·89	2·38					
			Baked Apple Dumpling	2·25	2·83	Custard	1·08	1·31					
			Custard	1·08	1·31								
	8·92	**11·67**		**9·62**	**12·19**		**11·97**	**15·30**	**82·60**	**104·39**	**11·80**	**14·91**	
Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**14·52**	**17·35**	**2·07**	**2·48**	**Late evening drink**
	37·41	**47·21**		**41·11**	**50·00**		**45·79**	**57·01**	**284·51**	**354·92**	**40·64**	**50·70**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**302·01**	**374·29**	**43·14**	**53·47**	

PATIENTS MENU — B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Baked Beans	3·92	5·01	Beef Sausage & Tomato	4·40	5·54	Bacon & Saute Potatoes	3·34	4·41	Tomatoes on Toast	3·81	5·13
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		8·36	**10·35**		**8·84**	**10·88**		**7·78**	**9·75**		**8·25**	**10·47**
Mid-morning drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk Drink	**2·97**	**3·55**	Coffee	**1·55**	**1·84**
Dinner	Curried Beef & Rice	7·37	9·05	Irish Stew	3·60	4·83	Fried Fillet of Cod	5·19	6·85	Bacon & Egg Pie	4·49	5·58
	Savoy Cabbage	1·02	1·32	Carrots & Turnips	·96	1·22	Grilled Tomato	1·62	2·25	Brussel Sprouts	2·28	2·99
	Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25	Boiled Potatoes	·61	·88
	Treacle Tart	1·33	1·55	Steamed Ginger Pudding	1·69	2·15	Baked Rice Pudding	1·81	2·24	Semolina Pudding &	1·76	2·17
	Custard	1·08	1·31	Custard	1·08	1·31				Stewed Apples	1·33	1·72
		11·72	**14·48**		**8·06**	**10·52**		**9·54**	**12·59**		**10·47**	**13·34**
Tea	Orange	3·15	3·85	Fish Paste	·87	1·22	Chocolate Cake	1·51	1·91	Sandwich Spread	97	1·30
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		5·91	**7·18**		**3·63**	**4·55**		**4·27**	**5·24**		**3·73**	**4·63**
Supper	Cream of Celery Soup	1·82	2·34	Mutton Broth	·77	1·02	Cream of Vegetable Soup	1·06	2·08	Braised Stuffed Heart	8·48	11·37
	Bread	·19	·21	Bread	·19	·21	Bread	·19	·21	Carrots	1·05	1·21
	Fried Egg	4·32	5·38	Cold Roast Topside of Beef	7·96	9·52	Cheese Pudding	1·98	2·45	Creamed Potatoes	·93	1·25
	Grilled Tomato	1·62	2·25	Mixed Salad	2·08	2·86	Peas (T)	2·98	3·66	Blanc Mange &	1·44	1·74
	Chipped Potatoes	1·07	1·52	Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Apricots (D)	2·10	2·70
	Chocolate Blanc Mange	1·74	2·17	Ice Cream & Blackcurrants (T)	1·50	1·87	Junket &	1·89	2·38			
	Cream	·36	·54		2·78	2·40	Jam	·78	1·02			
		11·12	**14·41**		**16·21**	**20·13**		**9·61**	**12·81**		**14·00**	**18·27**
Late evening drink	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**
	Total Costs	**40·83**	**50·80**		**40·22**	**50·32**		**35·48**	**45·64**		**40·17**	**51·09**

R = Retail

W = Wholesale

SPECIMEN WEEK for – NOVEMBER

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Bacon & Bubble & Squeak	3·30	4·33	Bacon & Fried Bread	2·96	3·73					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·69	**10·59**		**7·74**	**9·67**		**7·40**	**9·07**	**57·06**	**70·78**	**8·15**	**10·11**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	**13·03**	**15·71**	**1·86**	**2·24**	**Mid-morning drink**
Beef Hot Pot	6·66	8·02	Cold Ham	9·60	12·00	Roast Leg of Lamb	10·03	12·04					**Dinner**
Parsnips	1·14	1·41	Lettuce & Tomato Salad	2·08	2·86	Mint Sauce	·23	·33					
Parsley Potatoes	·73	1·01	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Apple & Redcurrant (T) Pudding	3·85	4·93	Bread & Butter Pudding	2·51	3·15	Cabbage	·88	1·06					
Custard	1·08	1·31	Jam Sauce	·56	·73	Roast Potatoes	·96	1·36					
						Stewed Figs	1·14	1·44					
						Ground Rice Pudding	1·79	2·17					
	13·46	**16·68**		**15·48**	**19·75**		**15·15**	**18·56**	**83·88**	**105·92**	**11·98**	**15·13**	
Watercress	1·00	1·35	Scone	·79	·98	Fruit Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·76	**4·68**		**3·55**	**4·31**		**4·66**	**5·73**	**29·51**	**36·32**	**4·22**	**5·19**	
Grilled Fillet of Cod	4·30	5·76	Rabbit Pie	8·46	10·79	Scotch Broth	·80	1·07					**Supper**
Tomato	1·62	2·25	Creamed Spinach	2·14	2·66	Bread	·19	·21					
Saute Potatoes	·98	1·38	Mashed Potatoes	·92	1·25	Cheese	1·69	1·95					
Cheese & Biscuits	2·20	2·61	Ice Cream & Pineapple (T) ½	1·50	1·87	Mixed Salad	2·08	2·86					
				1·78	2·04	Beetroot	·72	·88					
						Custard Flan	1·72	2·10					
	9·10	**12·00**		**14·80**	**18·61**		**7·20**	**9·07**	**82·04**	**105·30**	**11·72**	**15·04**	
Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**14·52**	**17·35**	**2·07**	**2·48**	**Late evening drink**
	40·78	**50·84**		**44·43**	**55·88**		**38·13**	**46·81**	**280·04**	**351·38**	**40·00**	**50·19**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**297·54**	**370·75**	**42·50**	**52·96**	

PATIENTS MENU – B

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Boiled Egg	4·25	5·25	Bacon & Tomatoes	3·99	5·28	Beef Sausage & Baked Beans	4·34	5·25
	Bread	·75	·85	Bread ½	·37	·42	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Toast	·58	·67	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·40	**9·07**		**8·89**	**10·83**		**8·43**	**10·62**		**9·08**	**10·59**
Mid-morning drink	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk Drink	**2·97**	**3·55**
Dinner	Haricot Mutton	3·66	4·85	Cottage Pie	5·70	6·97	Roast Leg of Pork	9·03	11·04	Baked Fillet of Cod in Breadcrumbs	4·46	5·99
	Mashed Turnips	·87	1·23	Brown Gravy	·40	·59	Sage & Onion Stuffing	·41	·52	Tartare Sauce	1·20	1·67
	Parsley Potatoes	·73	1·01	Brussel Sprouts	2·28	2·99	Apple Sauce	·69	·83	Cauliflower	3·00	4·01
	Steamed Apple Pudding	2·58	3·34	Parsley Potatoes	·73	1·01	Gravy	·12	·16	Croquette Potatoes	1·55	2·09
	Custard	1·08	1·31	Plum Pie (T)	2·28	2·73	Cabbage	·88	1·06	Steamed Jam Sponge	2·82	3·48
				Custard	1·08	1·31	Roast Potatoes	·96	1·36	Custard	1·08	1·31
							Ice Cream & Gooseberries (T)	1·50 2·12	1·87 2·86			
		8·92	**11·74**		**12·47**	**15·60**		**15·71**	**19·70**		**14·11**	**18·55**
Tea	Orange	3·15	3·85	Watercress	1·00	1·35	Rich Fruit Cake (P)	2·10	2·74	Sandwich Spread	·97	1·30
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		5·91	**7·18**		**3·76**	**4·68**		**4·86**	**6·07**		**3·73**	**4·63**
Supper	Grilled Split Herring	3·40	4·54	Cream of Carrot Soup	1·24	1·56	Tomato Soup	1·26	1·68	Cold Roast Ribs of Beef	7·79	9·31
	Mustard Sauce	·22	·28	Bread	·19	·21	Bread	·19	·21	Tomato	1·62	2·25
	Bread	·37	·42	Cold Ham	9·60	12·00	Soft Roes on Toast	2·44	3·07	Creamed Potatoes	·93	1·25
	Sago Pudding & Apricots (T) ½	1·74 1·50	2·14 1·65	Mixed Salad	2·08	2·86	Trifle & Cream	2·04	2·63	Tapioca Pudding & Stewed Damsons (T)	1·78 1·94	2·22 2·68
				Creamed Potatoes	·93	1·25						
				Cabinet Pudding	2·92	3·58						
		7·23	**9·03**		**16·96**	**21·46**		**5·93**	**7·59**		**14·06**	**17·71**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
	Total costs	**32·94**	**41·26**		**47·85**	**59·46**		**38·65**	**48·36**		**45·26**	**56·73**

R = Retail

W = Wholesale

SPECIMEN WEEK for – DECEMBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg on Toast	4·79	5·95	Bacon & Saute Potatoes	3·34	4·41	Beef Sausage & Bacon	4·43	5·37					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	9·23	**11·29**		**7·78**	**9·75**		**8·87**	**10·71**	**59·68**	**72·86**	**8·53**	**10·41**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**15·56**	**18·50**	**2·22**	**2·64**	**Mid-morning drink**
Boiled Silverside of Beef	8·32	9·99	Braised Rabbit	11·07	14·24	Roast Chicken & Stuffing	20·87	25·82					**Dinner**
Curly Kale	1·32	1·67	Carrots	1·05	1·21	Bread Sauce	·34	·42					
Dumpling	·47	·62	Parsley Potatoes	·73	1·01	Gravy	·12	·16					
Parsley Potatoes	·73	1·01	Blackcurrant Flan (T)	2·65	3·23	Brussel Sprouts	2·28	2·99					
Baked Rice Pudding	1·81	2·24	Cream	·36	·54	Roast Potatoes	·96	1·36					
						Christmas Pudding	3·32	4·20					
						Custard	1·08	1·31					
	12·65	**15·53**		**15·86**	**20·23**		**28·97**	**36·26**	**108·69**	**137·61**	**15·53**	**19·66**	
Tea Cake	·77	·95	Marmite	·24	·42	Madeira Cake (P)	1·90	2·40					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	3·53	**4·28**		**3·00**	**3·75**		**4·66**	**5·73**	**29·45**	**36·32**	**4·21**	**5·19**	
Liver & Bacon	6·11	7·88	Cream of Watercress Soup	2·09	2·78	Chicken Broth	·99	1·28					**Supper**
Brown Gravy	·40	·59	Bread	·19	·21	Bread	·19	·21					
Creamed Potatoes	·93	1·25	Egg Salad	4·41	5·81	Welsh Rarebit	2·95	3·45					
Blancmange & Tinned Oranges ½	1·44	1·74	Bread	·37	·42	Grilled Tomato	1·62	2·25					
	1·80	2·10	Potato Mayonnaise	1·50	2·50	Ice Cream & Fruit Salad (T) ½	1·50	1·87					
			Semolina Mould	1·69	2·09		2·54	2·87					
			Caramel Sauce	·20	·23								
	10·68	**13·56**		**10·45**	**14·04**		**9·79**	**11·93**	**75·10**	**95·32**	**10·73**	**13·62**	
Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**12·85**	**15·40**	**1·83**	**2·20**	**Late evening drink**
	39·81	**49·04**		**40·81**	**52·15**		**56·01**	**69·01**	**301·33**	**376·01**	**43·05**	**53·72**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**318·83**	**395·38**	**45·55**	**56·49**	

PATIENTS

SUMMARY OF AVERAGE DAILY COSTS

MONTH	JAN.		FEB.		MAR.		APL.		MAY		JUN.		JUL.	
MEAL	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	8·15	10·09	8·94	11·13	8·29	10·24	8·27	10·23	8·50	10·47	8·08	10·07	8·23	10·20
Mid-morning Drinks	1·66	2·00	2·07	2·48	1·75	2·10	1·75	2·10	1·66	2·00	1·78	2·12	1·98	2·36
Dinners	11·25	14·26	12·09	15·29	11·13	14·13	12·31	15·46	13·37	16·91	13·23	16·81	14·18	17·70
Teas	3·74	4·57	4·26	5·18	3·30	4·01	3·99	4·91	3·50	4·30	3·64	4·41	3·53	4·33
Suppers	10·84	13·53	8·97	11·35	8·94	11·41	9·37	11·71	9·26	11·83	9·35	11·74	9·83	12·37
Late Evening Drinks	2·36	2·82	1·83	2·20	2·08	2·44	2·07	2·46	1·96	2·32	2·13	2·56	1·96	2·32
TOTALS	**38·00**	**47·27**	**38·16**	**47·63**	**35·49**	**44·33**	**37·76**	**46·87**	**38·25**	**47·83**	**38·21**	**47·71**	**39·71**	**49·28**

R = Retail

W = Wholesale

* These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs., which may be issued to patients individually or collectively

MENU — C

PER HEAD (IN PENCE) FOR 1955

AUG.		SEPT.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		MONTH
W	R	W	R	W	R	W	R	W	R	W	R	W	R	MEAL
8·19	10·19	8·10	10·06	8·36	10·32	8·80	10·92	8·28	10·23	**100·19**	**124·15**	**8·35**	**10·35**	Breakfasts
1·99	2·38	1·66	2·00	1·62	1·98	1·75	2·10	1·89	2·26	**21·56**	**25·88**	**1·80**	**2·16**	Mid-morning Drinks
13·15	16·55	12·10	15·23	11·64	14·47	12·71	15·93	12·85	16·45	**150·01**	**189·19**	**12·50**	**15·77**	Dinners
3·88	4·73	3·98	4·88	3·98	4·83	4·22	5·16	4·14	5·04	**46·16**	**56·35**	**3·85**	**4·69**	Teas
8·64	11·19	9·99	12·63	8·92	11·31	9·93	12·56	8·66	11·02	**112·70**	**142·65**	**9·39**	**11·89**	Suppers
1·92	2·30	2·04	2·46	2·07	2·47	2·07	2·46	2·04	2·42	**24·53**	**29·23**	**2·04**	**2·43**	Late Evening Drinks
37·77	**47·34**	**37·87**	**47·26**	**36·59**	**45·38**	**39·48**	**49·13**	**37·86**	**47·42**	**455·15**	**567·45**	**37·93**	**47·29**	TOTALS
								*Add cost of personal issues				**2·50**	**2·77**	
								Total Costs				**40·43**	**50·06**	
												3/4½	**4/2**	

PATIENTS MENU – C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Potato Cake	3·16	3·95	Boiled Egg	4·25	5·25	Bacon & Tomato	3·99	5·28	Smoked Haddock	4·37	6·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·60	**9·29**		**8·69**	**10·59**		**8·43**	**10·62**		**8·81**	**11·34**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
Dinner	Grilled Beef Sausages (2)	5·56	6·58	Grilled Fillet of Cod	4·30	5·76	Steak Pie	6·22	7·45	Stewed Rabbit	11·06	14·22
	Brown Gravy	·40	·59	Butter Beans	·89	1·22	Cabbage	·88	1·06	Carrots	1·05	1·21
	Cabbage	·88	1·06	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25	Boiled Potatoes	·61	·88
	Mashed Potatoes	·92	1·25	Steamed Sultana Pudding	1·85	2·33	Tapioca Pudding & Stewed Prunes	1·78	2·22	Steamed Fig Roll	1·84	2·35
	Apple Pie	2·13	2·68	Custard	1·08	1·31		1·80	2·62	Custard	1·08	1·31
	Custard	1·08	1·31									
		10·97	**13·47**		**8·85**	**11·63**		**11·60**	**14·60**		**15·64**	**19·97**
Tea	Bread	·75	·85	Orange	3·15	3·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Bread	·75	·85	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
				Tea (2 cups)	1·20	1·42						
		2·76	**3·33**		**5·91**	**7·18**		**2·76**	**3·33**		**2·76**	**3·33**
Supper	Cold Roast Leg of Lamb	10·03	12·04	Leek & Potato Soup	1·78	2·36	Macaroni Cheese au Gratin	1·74	2·09	Tomato Soup	1·26	1·68
	Mixed Salad	2·08	2·86	Bread	·19	·21	Tomato Sauce	·42	·55	Bread	·19	·21
	Mashed Potatoes	·92	1·25	Cold Roast Ribs of Beef	7·79	9·31	Bread	·37	·42	Fried Egg	4·32	5·38
	Semolina Pudding	1·76	2·17	Mashed Potatoes	·92	1·25	Mincemeat Tart	1·89	2·38	Grilled Tomato	1·62	2·25
	Jam	·78	1·02	Stewed Apricots (D)	1·05	1·87	Custard	1·08	1·31	Mashed Potatoes	·92	1·25
				Custard	1·08	1·31				Stewed Gooseberries (T)	2·12	2·86
										Custard	1·08	1·31
		16·57	**19·34**		**12·81**	**16·31**		**5·50**	**6·75**		**11·51**	**14·94**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**
	Total Costs	**41·62**	**49·81**		**39·74**	**49·95**		**33·43**	**41·39**		**42·44**	**53·69**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JANUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Beef Sausage	2·78	3·29	Bacon & Fried Bread	2·96	3·73	Sausage & Bacon	4·43	5·73					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	7·22	**8·63**		**7·40**	**9·07**		**8·87**	**11·07**	**57·02**	**70·61**	**8·15**	**10·09**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	**11·61**	**14·00**	**1·66**	**2·00**	**Mid-morning drink**
Fried Fillet of Cod	5·19	6·85	Lancashire Hot Pot	3·53	4·74	Roast Topside of Beef	7·96	9·52					**Dinner**
Tinned Peas	2·98	3·66	Mashed Swedes	·86	1·14	Gravy	·12	·16					
Mashed Potatoes	·92	1·25	Parsley Potatoes	·73	1·01	Spring Greens	1·49	1·85					
Baked Rice Pudding	1·81	2·24	Custard Flan	1·72	2·10	Roast Potatoes	1·07	1·52					
						Baked Apple Dumpling	2·25	2·83					
						Custard	1·08	1·31					
	10·90	**14·00**		**6·84**	**8·99**		**13·97**	**17·19**	**78·77**	**99·85**	**11·25**	**14·26**	
Madeira Cake (P)	1·90	2·40	Bread	·75	·85	Genoa Cake (P)	1·80	2·40					**Tea**
Bread	·75	·85	Jam	·81	1·06	Bread	·75	·85					
Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42				Tea (2 cups)	1·20	1·42					
	4·66	**5·73**		**2·76**	**3·33**		**4·56**	**5·73**	**26·17**	**31·96**	**3·74**	**4·57**	
Vegetable Soup	1·24	1·60	Pea Soup	·91	1·21	Veal & Ham Pie (P)	6·00	7·20					**Supper**
Bread	·19	·21	Bread	·19	·21	Lettuce	1·30	1·80					
Luncheon Meat	4·00	4·87	Fishcake	2·63	3·41	Potato Mayonnaise	1·50	2·05					
Tomato	1·62	2·25	Chipped Potatoes	1·07	1·52	Orange Jelly &	1·40	1·70					
Creamed Potatoes	·93	1·25	Tapioca Pudding &	1·78	2·22	Blancmange	1·44	1·74					
Bread & Butter Pudding	2·51	3·15	Jam	·78	1·02								
	10·49	**13·33**		**7·36**	**9·57**		**11·64**	**14·49**	**75·88**	**94·73**	**10·84**	**13·53**	
Cocoa	**1·31**	**1·70**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	**16·56**	**19·76**	**2·36**	**2·82**	**Late evening drink**
	36·75	**45·93**		**29·27**	**37·01**		**42·76**	**56·86**	**266·01**	**330·91**	**38·00**	**47·27**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
									283·51	**350·28**	**40·50**	**50·04**	

PATIENTS MENU—C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Smoked Haddock	4·37	6·00	Fried Tomatoes on Toast	3·81	5·13	Bacon & Tomato	3·99	5·28	Beef Sausage & Baked Beans	4·34	5·25
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		8·81	**11·34**		**8·25**	**10·47**		**8·43**	**10·62**		**8·78**	**10·59**
Mid-morning drink	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk Drink	**3·60**	**4·35**	**Milk**	**2·17**	**2·54**
Dinner	Braised Beef	8·48	10·19	Fried Fillet of Haddock	5·93	7·59	Stewed Middle Neck of Lamb	3·73	4·94	Boiled Silverside of Beef	8·32	9·99
	Carrots ½	·52	·60	Tinned Peas	2·98	3·66	Mashed Turnips	·87	1·23	Dumpling	·47	·62
	Cabbage ½	·44	·53	Tomato Sauce	·42	·55	Parsley Potatoes	·73	1·01	Cabbage	·88	1·06
	Mashed Potatoes	·92	1·25	Chipped Potatoes	1·07	1·52	Mincemeat Slice	1·89	2·38	Parsley Potatoes	·73	1·01
	Steamed Apple Pudding (T)	2·45	3·23	Baked Rice Pudding	1·81	2·24	Custard	1·08	1·31	Baked Apple	1·82	2·34
	Custard	1·08	1·31							Custard	1·08	1·31
		13·89	**17·11**		**12·21**	**15·56**		**8·30**	**10·87**		**13·30**	**16·33**
Tea	Fruit Cake (P)	1·90	2·40	Sweet Biscuits	·90	1·15	Orange	3·15	3·85	Cheese	1·69	1·95
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		4·66	**5·73**		**3·66**	**4·48**		**5·91**	**7·18**		**4·45**	**5·28**
Supper	Vegetable Soup	1·24	1·60	Minced Beef & Vegetable Pie	7·72	9·28	Fishcake	2·63	3·41	Luncheon Meat	4·00	4·87
	Bacon & Potato Cake	3·16	3·95	Brown Gravy	·40	·59	Parsley Sauce	·60	·73	Tomato	1·62	2·25
	Grilled Tomato	1·62	2·25	Creamed Potatoes	·93	1·25	Mashed Potatoes	·92	1·25	Beetroot	·72	·88
	Bread	·37	·42	Ice Cream & Stewed Apricots (D) ½	1·50	1·87	Strawberry Blancmange	1·44	1·74	Bread	·37	·42
	Tapioca Pudding	1·78	2·22		1·05	1·35				Chocolate Flan & Cream	1·70	2·19
		8·17	**10·44**		**11·60**	**14·34**		**5·59**	**7·13**		**8·41**	**10·61**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total Costs	**39·01**	**48·86**		**39·44**	**49·23**		**34·00**	**42·69**		**39·28**	**47·89**

R = Retail

W = Wholesale

SPECIMEN WEEK for – FEBRUARY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg on Fried Bread	4·92	6·07	Bacon & Saute Potatoes	3·34	4·41	Cold Ham	6·72	8·40					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	9·36	**11·41**		**7·78**	**9·75**		**11·16**	**13·74**	**62·57**	**77·92**	**8·94**	**11·13**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**14·52**	**17·35**	**2·07**	**2·48**	**Mid-morning drink**
Steamed Fillet of Cod	3·99	5·39	Grilled Ox Liver	6·53	8·46	Roast Leg of Lamb	10·03	12·04					**Dinner**
Parsley Sauce	·60	·73	Lyonnaise Sauce	·57	·80	Gravy	·12	·16					
Carrots	1·05	1·21	Marrowfat Peas	·90	1·19	Savoy Cabbage	1·02	1·32					
Mashed Potatoes	·92	1·25	Creamed Potatoes	·93	1·25	Mashed Potatoes	·92	1·25					
Baked Marmalade Roll	1·67	2·11	Apple & Redcurrant (T) Pie	3·04	4·26	Bread & Butter Pudding	2·51	3·15					
Custard	1·08	1·31	Custard	1·08	1·31								
	9·31	**12·00**		**13·05**	**17·27**		**14·60**	**17·92**	**84·66**	**107·06**	**12·09**	**15·29**	
Bread	·75	·85	Madeira Cake (P)	1·90	2·40	Fish Paste	·87	1·22					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	2·76	**3·33**		**4·66**	**5·73**		**3·63**	**4·55**	**29·73**	**36·28**	**4·26**	**5·18**	
Windsor Soup	1·02	1·36	Scotch Broth	·80	1·07	Tomato Soup	1·26	1·68					**Supper**
Bread	·19	·21	Jellied Veal (T)	6·00	7·50	Bread	·19	·21					
Cauliflower Cheese	4·47	5·74	Tomato	1·62	2·25	Welsh Rarebit	2·95	3·45					
Bread	·37	·42	Bread	·37	·42	Watercress	1·00	1·35					
Stewed Gooseberries (T)	2·12	2·86	Creamed Potatoes	·93	1·25	Ice Cream	2·00	2·50					
Semolina Pudding	1·76	2·17	Lemon Blancmange	1·44	1·74	Melba Sauce	·55	·72					
	9·93	**12·76**		**11·16**	**14·23**		**7·95**	**9·91**	**62·81**	**79·42**	**8·97**	**11·35**	
Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**12·85**	**15·40**	**1·83**	**2·20**	**Late evening drink**
	34·22	**43·04**		**40·37**	**51·36**		**40·82**	**50·36**	**267·14**	**333·43**	**38·16**	**47·63**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**284·64**	**352·80**	**40·66**	**50·40**	

PATIENTS MENU—C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Saute Potatoes	3·34	4·41	Beef Sausage	2·78	3·29	Tomatoes on Fried Bread	4·27	5·77	Bacon & Baked Beans	3·92	5·01
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42
		7·78	**9·75**		**7·22**	**8·63**		**8·71**	**11·11**		**8·36**	**10·35**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
Dinner	Brown Beef Stew	7·21	8·72	Grilled Fillet of Cod	4·30	5·76	Roast Topside of Beef	7·96	9·52	Beef Sausage Toad	4·33	5·29
	Carrots	1·05	1·21	Tomato Sauce	·42	·55	Gravy	·12	·16	Parsnips	1·14	1·41
	Mashed Potatoes	·92	1·25	Cauliflower	3·00	4·01	Cabbage	·88	1·06	Brown Sauce	·40	·59
	Bread Pudding	1·62	2·01	Chipped Potatoes	1·07	1·52	Roast Potatoes	·96	1·36	Creamed Potatoes	·93	1·25
	Jam Sauce	·56	·73	Gooseberry Pudding (T)	3·34	4·44	Stewed Apples	1·33	1·72	Stewed Rhubarb	1·41	1·74
				Custard	1·08	1·31	Ice Cream	1·50	1·87	Custard	1·08	1·31
		11·36	**13·92**		**13·21**	**17·59**		**12·75**	**15·69**		**9·29**	**11·59**
Tea	Bread	·75	·85	Fruit Cake (P)	1·90	2·40	Bread	·75	·85	Bread	·75	·85
	Jam	·81	1·06	Bread	·75	·85	Jam	·81	1·06	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
				Tea (2 cups)	1·20	1·42						
		2·76	**3·33**		**4·66**	**5·73**		**2·76**	**3·33**		**2·76**	**3·33**
Supper	Vegetable Soup	1·24	1·60	Rabbit Pie	8·46	10·79	Smoked Haddock	4·37	6·00	Lentil Soup	·91	1·28
	Macaroni Cheese au Gratin	1·74	2·09	Mashed Potatoes	·92	1·25	Bread	·37	·42	Cold Brisket of Beef (T)	4·87	6·00
	Grilled Tomato	1·62	2·25	Stewed Plums (T) ½	·67	·81	Treacle Tart	1·33	1·55	Mixed Salad	2·08	2·86
	Bread	·37	·42	Semolina	1·76	2·17	Custard	1·08	1·31	Bread	·37	·42
	Rhubarb Flan	1·61	1·97							Apple Flan	1·70	2·17
		6·58	**8·33**		**11·81**	**15·02**		**7·15**	**9·28**		**9·93**	**12·73**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
	Total Costs	**32·20**	**39·71**		**40·38**	**51·21**		**35·71**	**44·49**		**34·06**	**42·38**

R = Retail

W = Wholesale

SPECIMEN WEEK for – MARCH

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Scrambled Egg on Toast	4·41	5·27	Bacon & Tomato	3·99	5·28	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·85	**10·61**		**8·43**	**10·62**		**8·69**	**10·59**	**58·04**	**71·66**	**8·29**	**10·24**	
Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**12·23**	**14·70**	**1·75**	**2·10**	**Mid-morning drink**
Fried Cods Roe in Batter	5·19	6·85	Irish Stew	3·60	4·83	Steak Pie	7·53	9·12					**Dinner**
Anchovy Sauce	·41	·49	Carrots & Turnips	·95	1·21	Savoy Cabbage	1·02	1·32					
Spring Greens	1·49	1·85	Boiled Potatoes	·61	·88	Mashed Potatoes	·92	1·25					
Parsley Potatoes	·73	1·01	Steamed Jam Roll	2·25	2·95	Sago Pudding	1·74	2·14					
Baked Rice Pudding	1·81	2·24	Custard	1·08	1·31	Tinned Damsons	1·94	2·68					
	9·63	**12·44**		**8·49**	**11·18**		**13·15**	**16·51**	**77·88**	**98·92**	**11·13**	**14·13**	
Madeira Cake (P)	1·90	2·40	Bread	·75	·85	Bread	·75	·85					**Tea**
Bread	·75	·85	Jam	·81	1·06	Jam	·81	1·06					
Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
Tea (2 cups)	1·20	1·42											
	4·66	**5·73**		**2·76**	**3·33**		**2·76**	**3·33**	**23·12**	**28·11**	**3·30**	**4·01**	
Minced Beef	5·73	7·37	Luncheon Meat	4·00	4·87	Minestrone Soup	1·46	1·91					**Supper**
Bread	·37	·42	Mixed Salad	2·08	2·86	Pilchards in Tomato Sauce	3·70	4·60					
Creamed Potatoes	·93	1·25	Bread	·37	·42	Lettuce	1·30	1·80					
Cabinet Pudding	2·92	3·58	Trifle & Cream	2·04	2·63	Bread	·37	·42					
						Mincemeat Slice	1·89	2·38					
	9·95	**12·62**		**8·49**	**10·78**		**8·72**	**11·11**	**62·63**	**79·87**	**8·94**	**11·41**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**14·57**	**17·08**	**2·08**	**2·44**	**Late evening drink**
	36·57	**45·64**		**32·51**	**40·99**		**37·04**	**45·92**	**248·47**	**310·34**	**35·49**	**44·33**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**265·97**	**329·71**	**37·99**	**47·10**	

PATIENTS MENU – C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Grilled Kipper	3·00	4·00	Bacon & Fried Bread	2·96	3·73	Beef Sausage	2·78	3.29	Boiled Egg	4·25	5·25
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·44	**9·34**		**7·40**	**9·07**		**7·22**	**8·63**		**8·69**	**10·59**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
Dinner	Roast Shoulder of Lamb	8·03	10·04	Boiled Beef	8·32	9·99	Brown Mutton Stew	3·73	4·94	Fried Fillet of Cod	5·19	6·85
	Mint Sauce	·23	·33	Dumpling	·47	·62	Parsley Potatoes	·73	1·01	Parsley Sauce	·60	·73
	Gravy	·12	·16	Spring Greens	1·49	1·85	Carrots	1·05	1·21	Tinned Peas	2·98	3·66
	Cabbage	·88	1·06	Mashed Potatoes	·92	1·25	Steamed Lemon Pudding	2·24	2·72	Creamed Potatoes	·93	1·25
	Roast Potatoes	·96	1·36	Tapioca Pudding	1·78	2·22	Custard	1·08	1·31	Apple & Blackcurrant Pie (T)	3·04	4·26
	Stewed Plums (T)	1·33	1·62	Jam	·78	1·02				Custard	1·08	1·31
	Custard	1·08	1·31									
		12·63	**15·88**		**13·76**	**16·95**		**8·83**	**11·29**		**13·82**	**18·06**
Tea	Dark Fruit Cake (P)	1·90	2·40	Watercress	1·00	1·35	Bread	·75	·85	Bread	·75	·85
	Bread	·75	·85	Bread	·75	·85	Jam	·81	1·06	Jam	·81	1·06
	Jam	·81	1·06	Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42						
		4·66	**5·73**		**3·76**	**4·68**		**2·76**	**3·33**		**2·76**	**3·33**
Supper	Cheese & Potato Cutlet	2·83	3·52	Fried Egg	4·32	5·38	Leek & Potato Soup	1·78	2·23	Cottage Pie	5·70	6·97
	Grilled Tomato	1·62	2·25	Bread	·37	·42	Bread	·19	·21	Tomato	1·62	2·25
	Bread	·37	·42	Chipped Potatoes	1·07	1·52	Welsh Rarebit	2·95	3·45	Brown Sauce	·40	·59
	Jam Tart	1·50	1·89	Banana Custard	1·99	2·43	Watercress	1·00	1·35	Bread	·37	·42
							Ice Cream &	1·50	1·87	Chocolate Blanc Mange	1·74	2·17
							Gooseberries (T) ½	1·06	1·43			
		6·32	**8·08**		**7·75**	**9·75**		**8·48**	**10·67**		**9·83**	**12·40**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
	Total Costs	**34·77**	**43·41**		**36·15**	**44·69**		**31·01**	**38·30**		**39·44**	**49·46**

R = Retail

W = Wholesale

SPECIMEN WEEK for – APRIL

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Tomatoes on Toast	3·81	5·13	Bacon & Fried Potatoes	3·34	4·41	Cold Ham	6·72	8·40					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·25	**10·47**		**7·78**	**9·75**		**11·16**	**13·74**	**57·94**	**71·59**	**8·27**	**10·23**	
Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**12·23**	**14·70**	**1·75**	**2·10**	**Mid-morning drink**
Boiled Ham	9·60	12·00	Minced Beef & Vegetable Pie	7·72	9·28	Roast Ribs of Beef	7·79	9·31					**Dinner**
Butter Beans	·89	1·22	Cabbage	·88	1·06	Gravy	·12	·16					
Parsley Potatoes	·73	1·01	Boiled Potatoes	·61	·88	Parsnips	1·14	1·41					
Baked Apple & Custard	1·82	2·34	Ground Rice Pudding	1·79	2·17	Roast Potatoes	·96	1·36					
	1·08	1·31				Rhubarb Flan & Cream	1·61	1·97					
							·36	·54					
	14·12	**17·88**		**11·00**	**13·39**		**11·98**	**14·75**	**86·14**	**108·20**	**12·31**	**15·46**	
Orange	3·15	3·85	Swiss Roll	1·69	2·21	Fish Paste	87	1·22					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	5·91	**7·18**		**4·45**	**5·54**		**3·63**	**4·55**	**27·93**	**34·34**	**3·99**	**4·91**	
Sardines	5·95	7·01	Grilled Beef Sausages (2)	5·56	6·58	Veal & Ham Pie (P)	6·00	7·20					**Supper**
Mixed Salad	2·08	2·86	Grilled Tomato	1·62	2·25	Lettuce & Tomato Salad	2·08	2·86					
Bread	·37	·42	Mashed Potatoes	·92	1·25	Sago Pudding & Jam	1·74	2·14					
Cabinet Pudding	2·92	3·58	Ice Cream	2·00	2·50		·78	1·02					
Custard	1·08	1·31	Wafer Biscuits	·10	·13								
	12·40	**15·18**		**10·20**	**12·71**		**10·60**	**13·22**	**65·58**	**82·01**	**9·37**	**11·71**	
Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	**14·51**	**17·25**	**2·07**	**2·46**	**Late evening drink**
	43·54	**54·25**		**36·91**	**45·63**		**42·51**	**52·35**	**264·33**	**328·09**	**37·76**	**46·87**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**281·83**	**347·46**	**40·26**	**49·64**	

PATIENTS MENU—C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Saute Potatoes	3·34	4·41	Cold Ham	6·72	8·40	Sausagemeat Cake	4·17	4·82	Bacon & Tomatoes	3·99	5·28
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		7·78	**9·75**		**11·16**	**13·74**		**8·61**	**10·16**		**8·43**	**10·62**
Mid-morning drink	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**
Dinner	Grilled Beef Sausages (2)	5·56	6·58	Stewed Rabbit	11·06	14·22	Fried Fillet of Whiting	5·81	7·34	Steak & Kidney Pie	8·20	9·82
	Brown Gravy	·40	·59	Carrots	1·05	1·21	Parsley Sauce	·60	·73	Braised Onion	1·14	1·50
	Cabbage	·88	1·06	Creamed Potatoes	·93	1·25	Tinned Peas	2·98	3·66	Creamed Potatoes	·93	1·25
	Mashed Potatoes	·92	1·25	Rhubarb & Apple Pie	2·05	2·53	Chipped Potatoes	1·07	1·52	Mandarin Oranges (T) ½	1·85	2·10
	Steamed Gooseberry (T) Pudding	3·34	4·44	Custard	1·08	1·31	Semolina Pudding & Stewed Apples	1·76	2·17	Ice Cream	1·50	1·87
								1·33	1·72			
		12·18	**15·23**		**16·17**	**20·52**		**13·55**	**17·14**		**13·62**	**16·54**
Tea	Bread	·75	·85	Bread	·75	·85	Currant Bun	·69	·86	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Bread	·75	·85	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Tea (2 cups)	1·20	1·42
							Tea (2 cups)	1·20	1·42			
		2·76	**3·33**		**2·76**	**3·33**		**3·46**	**4·19**		**2·76**	**3·33**
Supper	Grilled Fillet of Cod	4·30	5·76	Scotch Broth	·80	1·07	Luncheon Meat	4·00	4·87	Scrambled Egg	3·66	4·33
	Parsley Sauce	·60	·73	Cauliflower Cheese	4·47	5·74	Lettuce & Tomato Salad	2·08	2·86	Chipped Potatoes	1·07	1·52
	Boiled Potatoes	·61	·88	Grilled Tomato	1·62	2·25	Bread	·37	·42	Apple Pie (T)	1·99	2·57
	Fruit Jelly	1·40	1·70	Bread	·37	·42	Gooseberry Flan (T)	2·28	2·93	Custard	1·08	1·31
	Cream	·36	·54	Ice Cream	1·50	1·87						
				Apricots (T) ½	1·50	1·65						
		7·27	**9·61**		**10·26**	**13·00**		**8·73**	**11·08**		**7·80**	**9·73**
Late evening drink	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total Costs	**33·71**	**42·30**		**43·83**	**54·83**		**38·07**	**46·95**		**36·09**	**44·46**

R = Retail

W = Wholesale

SPECIMEN WEEK for – MAY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Grilled Kipper	3·00	4·00	Bacon & Fried Bread	2·96	3·73	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	7·44	**9·34**		**7·40**	**9·07**		**8·69**	**10·59**	**59·51**	**73·27**	**8·50**	**10·47**	
Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	**11·61**	**14·00**	**1·66**	**2·00**	**Mid-morning drink**
Stuffed Ox Hearts	8·48	11·37	Lancashire Hot Pot	3·53	4·74	Roast Leg of Pork	9·03	11·04					**Dinner**
Cabbage	·88	1·06	Stewed Leeks	2·14	2·81	Sage & Onion Stuffing	·41	·52					
Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25	Apple Sauce	·69	·83					
Raspberry Blancmange	1·44	1·74	Blackcurrant & Apple (T) Pudding	3·85	4·93	Gravy	·12	·16					
Cream	·36	·54	Custard	1·08	1·31	Savoy Cabbage	1·02	1·32					
						Roast Potatoes	·96	1·36					
						Milky Rice & Stewed Rhubarb ½	1·72	2·13					
							·71	·87					
	11·89	**15·72**		**11·52**	**15·04**		**14·66**	**18·23**	**93·59**	**118·42**	**13·37**	**16·91**	
Cherry Cake (P)	2·70	3·50	Bread	·75	·85	Genoa Cake (P)	1·80	2·40					**Tea**
Bread	·75	·85	Jam	·81	1·06	Bread	·75	·85					
Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Jam	·81	1·06					
Tea (2 cups)	1·20	1·42				Tea (2 cups)	1·20	1·42					
	5·46	**6·83**		**2·76**	**3·33**		**4·56**	**5·73**	**24·52**	**30·07**	**3·50**	**4·30**	
Minced Beef Curry & Rice	6·53	8·47	Jellied Veal (T)	6·00	7·50	Cream of Lettuce Soup	1·61	2·11					**Supper**
Creamed Potatoes	·93	1·25	Tomato	1·62	2·25	Pilchards in Tomato	3·70	4·60					
Trifle & Cream	2·04	2·63	Parsley Potatoes	·73	1·01	Mixed Salad	2·08	2·86					
			Mincemeat Slice	1·89	2·38	Bread	·37	·42					
			Custard	1·08	1·31	Cheese & Biscuits	2·20	2·61					
	9·50	**12·35**		**11·32**	**14·45**		**9·96**	**12·60**	**64·84**	**82·82**	**9·26**	**11·83**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**13·71**	**16·24**	**1·96**	**2·32**	**Late evening drink**
	38·63	**49·32**		**36·72**	**46·27**		**40·73**	**50·69**	**267·78**	**334·82**	**38·25**	**47·83**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**285·28**	**354·19**	**40·75**	**50·60**	

PATIENTS MENU – C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Grilled Beef Sausage	2·78	3·29	Bacon & Fried Bread	2·96	3·73	Smoked Haddock	4·37	6·00	Bacon & Tomatoes	3·99	5·28
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		7·22	**8·63**		**7·40**	**9·07**		**8·81**	**11·34**		**8·43**	**10·62**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
Dinner	Cold Ham	9·60	12·00	Steamed Fillet of Cod	3·99	5·39	Beef & Tomato Hot Pot	7·22	8·79	Salmon Salad	11·65	14·44
	Mixed Salad	2·08	2·86	Parsley Sauce	·60	·73	Spring Greens	1·49	1·85	Salad Cream	1·02	1·44
	Parsley Potatoes	·73	1·01	Garden Peas	2·38	3·26	Mashed Potatoes	·92	1·25	Bread	·37	·42
	Baked Rice Pudding	1·81	2·24	Creamed Potatoes	·93	1·25	Steamed Gooseberry Pudding	3·81	4·67	New Potatoes	1·06	1·45
				Baked Bread Pudding	1·62	2·01	Custard	1·08	1·31	Golden Pudding	1·49	1·78
				Custard	1·08	1·31				Custard	1·08	1·31
		14·22	**18·11**		**10·60**	**13·95**		**14·52**	**17·87**		**16·67**	**20·84**
Tea	Bread	·75	·85	Bread	·75	·85	Madeira Cake (P)	1·90	2·40	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Bread	·75	·85	Jam	·81	1·06
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Tea (2 cups)	1.20	1.42
							Tea (2 cups)	1.20	1.42			
		2·76	**3·33**		**2·76**	**3·33**		**4·66**	**5·73**		**2·76**	**3·33**
Supper	Spaghetti Cheese	1·86	2·25	Cold Roast Leg of Lamb	10·03	12·04	Tomato Soup	1·26	1·68	Minced Beef & Vegetable Pie	7·72	9·28
	Grilled Tomato	1·62	2·25	Mixed Salad	2·08	2·86	Fried Egg	4·32	5·38	Brown Gravy	·40	·59
	Chipped Potatoes	1·07	1·52	New Potatoes	1·06	1·45	Bread	·37	·42	Creamed Potatoes	·93	1·25
	Apple Slice	2·12	2·67	Sago Pudding	1·74	2·14	Chipped Potatoes	1·07	1·52	Ice Cream	2·00	2·50
				Jam	·78	1·02	Milk Jelly & Cream	2·68	3·36			
		6·67	**8·69**		**15·69**	**19·51**		**9·70**	**12·36**		**11·05**	**13·62**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**
	Total Costs	**34·35**	**43·00**		**40·17**	**50·24**		**41·17**	**51·54**		**43·25**	**53·49**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JUNE

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Weekly cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Boiled Egg	4·25	5·25	Bacon & Saute Potatoes	3·34	4·41	Fried Tomatoes on Toast	3·81	5·13					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	8·69	**10·59**		**7·78**	**9·75**		**8·25**	**10·47**	**56·58**	**70·47**	**8·08**	**10·07**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	**12·47**	**14·84**	**1·78**	**2·12**	**Mid-morning drink**
Grilled Fillet of Haddock	5·05	6·51	Haricot Mutton	3·66	4·85	Roast Ribs of Beef	7·79	9·31					**Dinner**
Grilled Tomatoes	1·62	2·25	Cauliflower	3·00	4·01	Gravy	·12	·16					
Chipped Potatoes	1·07	1·52	Parsley Potatoes	·73	1·01	Yorkshire Pudding	1·58	1·99					
Semolina Pudding &	1·76	2·17	Steamed Apple Pudding	2·58	3·34	Cabbage	·88	1·06					
Stewed Cherries ½	1·72	2·10	Custard	1·08	1·31	Roast Potatoes	·96	1·36					
						Stewed Damsons (T)	1·94	2·68					
						Custard	1·08	1·31					
	11·22	**14·55**		**11·05**	**14·52**		**14·35**	**17·87**	**92·63**	**117·71**	**13·23**	**16·81**	
Bread	·75	·85	Orange	3·15	3·85	Rock Cake	1·12	1·34					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	2·76	**3·33**		**5·91**	**7·18**		**3·88**	**4·67**	**25·49**	**30·90**	**3·64**	**4·41**	
Vegetable Soup	1·24	1·60	Egg & Tomato Salad	4·41	5·81	Beef Sausage & Bacon	4·43	5·37					**Supper**
Bread	·19	·21	Salad Cream	1·02	1·44	Boiled Potatoes	·61	·88					
Welsh Rarebit	2·95	3·45	Bread	·37	·42	Semolina Mould	1·69	2·09					
Watercress	1·00	1·35	Lemon Curd Tart	1·56	1·83	Caramel Sauce	·20	·23					
Junket &	1·89	2·32											
Jam	·78	1·02											
	8·05	**9·95**		**7·36**	**9·50**		**6·93**	**8·57**	**65·45**	**82·20**	**9·35**	**11·74**	
Cocoa	**1·31**	**1·70**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**	**14·90**	**17·91**	**2·13**	**2·56**	**Late evening drink**
	33·58	**41·96**		**37·87**	**47·84**		**37·13**	**45·96**	**267·52**	**334·03**	**38·21**	**47·71**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**285·02**	**353·40**	**40·71**	**50·48**	

PATIENTS MENU—C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Fried Egg on Toast	4·74	5·95	Beef Sausage & Tomato	2·78	3·29	Bacon & Fried Bread	2·96	3·73	Grilled Kipper	3·00	4·00
	Bread	·75	·85	Bread	1·62	2·25	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		9·18	**11·29**		**8·84**	**10·88**		**7·40**	**9·07**		**7·44**	**9·34**
Mid-morning drink	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**
Dinner	Roast Leg of Lamb	10·03	12·04	Boiled Hock of Bacon	7·26	9·24	Baked Stuffed Haddock	5·31	6·84	Steak & Kidney Pie	8·20	9·82
	Mint Sauce	·23	·33	Pease Pudding	·80	1·05	Parsley Butter	·56	·64	Cabbage	·88	1·06
	Gravy	·12	·16	Spring Greens	1·49	1·85	Runner Beans	1·80	2·21	Mashed Potatoes	·92	1·25
	Garden Peas	2·38	3·26	Parsley Potatoes	·73	1·01	New Potatoes	1·06	1·45	Ground Rice Pudding	1·79	2·17
	New Potatoes	1·06	1·45	Gooseberry Pie	3·43	4·11	Tapioca Pudding &	1·78	2·22	Jam	·78	1·02
	Cherry Flan	2·73	3·32	Custard	1·08	1·31	Blackcurrants	2·97	3·68			
	Custard	1·08	1·31									
		17·63	**21·87**		**14·79**	**18·57**		**13·48**	**17·04**		**12·57**	**15·32**
Tea	Bread	·75	·85	Bread	·75	·85	Scone	·79	·98	Genoa Cake (P)	1·80	2·40
	Jam	·81	1·06	Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06
							Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		2·76	**3·33**		**2·76**	**3·33**		**3·55**	**4·31**		**4·56**	**5·73**
Supper	Cream of Vegetable Soup	1·06	1·28	Minced Beef & Vegetable Pie	7·72	9·28	Tomato Soup	1·26	1·68	Scotch Broth	·80	1·07
	Cheese Salad	3·77	4·81	Brown Gravy	·40	·59	Cambridge Sausage	4·73	5·46	Scrambled Egg	3·53	4·28
	Bread	·37	·42	Mashed Potatoes	·92	1·52	Lettuce	1·30	1·80	Grilled Tomato	1·62	2·25
	Trifle & Cream	2·04	2·63	Ice Cream	2·00	2·50	Bread	·37	·42	Bread	·37	·42
							Apricot Flan (T)	2·52	3·14	Saute Potatoes	·98	1·38
										Lemon Cream	1·56	1·94
		7·24	**9·14**		**11·04**	**13·89**		**10·18**	**12·50**		**8·86**	**11·34**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**
	Total Costs	**40·29**	**49·87**		**41·15**	**51·05**		**38·09**	**47·16**		**37·15**	**46·11**

R = Retail

W = Wholesale

SPECIMEN WEEK for – JULY

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Grilled Tomatoes on Toast	3·81	5·13	Bacon & Pan Fried Potatoes	3·34	4·41	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	8·25	**10·47**		**7·78**	**9·75**		**8·69**	**10·59**	**57·58**	**71·49**	**8·23**	**10·20**	
Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Milk	**2·17**	**2·54**	**13·89**	**16·55**	**1·98**	**2·36**	**Mid-morning drink**
Fried Fillet of Cod	5·19	6·85	Grilled Ox Liver	6·53	8·46	Roast Topside of Beef	7·96	9·52					**Dinner**
Stewed Leeks	2·14	2·81	Lyonnaise Sauce	·57	·80	Yorkshire Pudding	1·58	1·99					
Cream Sauce	·67	·81	Carrots	1·05	1·21	Gravy	·12	·16					
Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Cabbage	·88	1·06					
Apple & Blackberry Pie	3·17	3·91	Summer Pudding	2·24	2·66	New Potatoes	1·06	1·45					
Custard	1·08	1·31	Custard	1·08	1·31	Gooseberries & Custard	2·71 1·08	3·24 1·31					
	13·18	**16·94**		**12·20**	**15·45**		**15·39**	**18·73**	**99·24**	**123·92**	**14·18**	**17·70**	
Bread	·75	·85	Fish Paste	·87	1·22	Madeira Cake (P)	1·90	2·40					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	2·76	**3·33**		**3·63**	**4·55**		**4·66**	**5·73**	**24·68**	**30·31**	**3·53**	**4·33**	
Luncheon Meat	4·00	4·87	Grilled Beef Sausages (2)	5·56	6·58	Cream of Lettuce Soup	1·61	2·11					**Supper**
Mixed Salad	2·08	2·86	Tomato	1·62	2·25	Bread	·19	·21					
Bread	·37	·42	Chipped Potatoes	1·07	1·52	Sardines on Toast	4·60	5·68					
New Potatoes	1·06	1·45	Ice Cream	2·00	2·50	Watercress	1·00	1·35					
Baked Rice Pudding	1·81	2·24	Melba Sauce	·55	·72	Semolina Pudding & Fresh Fruit Salad ½	1·76 2·26	2·17 2·79					
	9·32	**11·84**		**10·80**	**13·57**		**11·42**	**14·31**	**68·86**	**86·59**	**9·83**	**12·37**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**13·71**	**16·24**	**1·96**	**2·32**	**Late evening drink**
	37·23	**46·96**		**39·55**	**49·41**		**44·50**	**54·44**	**277·96**	**345·00**	**39·71**	**49·28**	
						Add Cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**295·46**	**364·37**	**42·21**	**52·05**	

PATIENTS MENU – C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Scrambled Egg on Toast	4·41	5·27	Bacon & Fried Bread	2·96	3·73	Grilled Herring	3·40	4·54
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42
		8·43	**10·62**		**8·85**	**10·61**		**7·40**	**9·07**		**7·84**	**9·88**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**184**
Dinner	Haricot Mutton	3·66	4·85	Steak Pie	6·22	7·45	Stewed Rabbit	11·06	14·22	Roast Topside of Beef	7·96	9·52
	Runner Beans	1·80	2·21	Cabbage	·88	1·06	Carrots	1·05	1·21	Gravy	·12	·16
	New Potatoes	1·06	1·45	Creamed Potatoes	·93	1·25	New Potatoes	1·06	1·45	Spring Greens	1·49	1·85
	Rhubarb & Apple Pie	2·05	2·53	Semolina Pudding &	1·76	2·17	Steamed Sponge Pudding	2·24	2·72	Roast Potatoes	·96	1·36
	Custard	1·08	1·31	Stewed Blackberries	2·64	3·16	Blackcurrant Puree	·72	·96	Stewed Plums	1·71	2·24
										Custard	1·08	1·31
		9·65	**12·35**		**12·43**	**15·09**		**16·13**	**20·56**		**13·32**	**16·44**
Tea	Bread	·75	·85	Fruit Cake (P)	1·90	2·40	Bread	·75	·85	Chocolate Swiss Roll	1·69	2·21
	Jam	·81	1·06	Bread	·75	·85	Jam	·81	1·06	Bread	·75	·85
	Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Tea (2 cups)	1·20	1·42	Jam	·81	1·06
				Tea (2 cups)	1·20	1·42				Tea (2 cups)	1·20	1·42
		2·76	**3·33**		**4·66**	**5·73**		**2·76**	**3·33**		**4·45**	**5·54**
Supper	Cheese & Potato Croquettes	2·83	3·52	Grilled Fillet of Cod	4·30	5·76	Fried Egg	4·32	5·38	Baked Stuffed Marrow	3·68	4·94
	Garden Peas	2·38	3·26	Chipped Potatoes	1·07	1·52	Grilled Tomato	1·62	2·25	Garden Peas	2·38	3·26
	Parsley Sauce	·60	·73	Gooseberry Fool	2·17	2·61	Bread	·37	·42	Brown Gravy	·40	·59
	Bread	·37	·42	Wafer Biscuits	·12	·15	Saute Potatoes	·98	1·38	Bread	·37	·42
	Sago Pudding & Jam	1·74	2·14				Prune Jelly	2·40	3·14	Tapioca Pudding	1·78	2·22
		·78	1·02									
		8·70	**11·09**		**7·66**	**10·04**		**9·69**	**12·57**		**8·61**	**11·43**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
	Total Costs	**32·40**	**40·93**		**37·08**	**45·71**		**40·32**	**50·61**		**37·94**	**47·67**

R = Retail

W = Wholesale

SPECIMEN WEEK for – AUGUST

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Bacon & Baked Beans	3·92	5·01	Tomatoes on Fried Bread	4·27	5·77	Bacon & Saute Potatoes	3·34	4·41					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	8·36	**10·35**		**8·71**	**11·11**		**7·78**	**9·75**	**57·37**	**71·39**	**8·19**	**10·19**	
Milk Drink	**3·60**	**4·35**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**13·90**	**16·65**	**1·99**	**2·38**	**Mid-morning drink**
Sausage Toad (Beef)	4·33	5·29	Boiled Ham	9·87	12·38	Roast Loin of Lamb	8·03	10·04					**Dinner**
Brown Sauce	·40	·59	Vegetable Marrow	·90	1·21	Mint Sauce	·23	·33					
Runner Beans	1·80	2·21	Creamed Potatoes	·93	1·25	Gravy	·12	·16					
Mashed Potatoes	·92	1·25	Apple Pudding	2·58	3·34	Garden Peas	2·38	3·26					
Fruit Jelly &	1·40	1·70	Custard	1·08	1·31	New Potatoes	1·06	1·45					
Ice Cream	2·00	2·50				Bread & Butter Pudding	2·51	3·15					
	10·85	**13·54**		**15·36**	**19·49**		**14·33**	**18·39**	**92·07**	**115·86**	**13·15**	**16·55**	
Bread	·75	·85	Orange	3·15	3·85	Raspberry Bun	1·10	1·34					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	2·76	**3·33**		**5·91**	**7·18**		**3·86**	**4·67**	**27·16**	**33·11**	**3·88**	**4·73**	
Cheese & Tomato Salad	3·77	4·81	Liver & Bacon	6·11	7·88	Scotch Egg	3·85	4·92					**Supper**
Salad Cream	1·02	1·44	Brown Sauce	·40	·59	Mixed Salad	2·08	2·86					
Bread	·37	·42	Boiled Potatoes	·61	·88	Bread	·37	·42					
New Potatoes	1·06	1·45	Ice Cream	2·00	2·50	Baked Rice Pudding	1·81	2·24					
Blackcurrant Flan	2·36	2·78											
	8·58	**10·90**		**9·12**	**11·85**		**8·11**	**10·44**	**60·47**	**78·32**	**8·64**	**11·19**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**13·47**	**16·10**	**1·92**	**2·30**	**Late evening drink**
	36·32	**45·01**		**42·82**	**54·01**		**37·56**	**47·49**	**264·44**	**331·43**	**37·77**	**47·34**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**281·94**	**350·80**	**40·27**	**50·11**	

PATIENTS MENU—C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Boiled Egg	4·25	5·25	Bacon & Fried Bread	2·96	3·73	Smoked Haddock	4·37	6·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		8·43	**10·62**		**8·69**	**10·59**		**7·50**	**9·07**		**8·81**	**11·34**
Mid-morning drink	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**
Dinner	Curried Beef & Rice	7·37	9·05	Fried Fillet of Haddock	5·93	7·59	Braised Silverside of Beef	8·48	10·19	Grilled Beef Sausages (2)	5·56	6·58
	Cabbage	·88	1·06	Runner Beans	1·80	2·21	Carrots & Turnips	·95	1·21	Fried Onions ½	·49	·65
	Boiled Potatoes	·61	·88	Creamed Potatoes	·93	1·25	Boiled Potatoes	·61	·88	Cabbage	·88	1·06
	Baked Apple	1·82	2·34	Tapioca Pudding	1·78	2·22	Blackberry & Apple Pie	3·17	3·91	Brown Gravy	·40	·59
	Custard	1·08	1·31	Jam Sauce	·78	1·02	Custard	1·08	1·31	Mashed Potatoes	·92	1·25
										Steamed Marmalade Roll	2·22	2·93
										Custard	1·08	1·31
		11·76	**14·64**		**11·22**	**14·29**		**14·29**	**17·50**		**11·55**	**14·37**
Tea	Genoa Cake (P)	1·80	2·40	Currant Bun	·69	·86	Bread	·75	·85	Bread	·75	·85
	Bread	·75	·85	Bread	·75	·85	Jam	·81	1·06	Jam	·81	1·06
	Jam	·81	1·06	Jam	·81	1·06	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42						
		4·56	**5·73**		**3·45**	**4·19**		**2·76**	**3·33**		**2·76**	**3·33**
Supper	Cheese and Potato Croquette	2·83	3·52	Scotch Broth	·80	1·07	Lentil Soup	·91	1·28	Veal & Ham Pie (P)	6·00	7·20
	Creamed Carrots	1·39	1·61	Cold Ham (T)	8·58	10·92	Scrambled Egg	3·53	4·28	Lettuce & Tomato Salad	2·08	2·86
	Bread	·37	·42	Mixed Salad	2·08	2·86	Grilled Tomato	1·62	2·25	Bread	·37	·42
	Gooseberry Fool (T)	1·96	2·52	Bread	·37	·42	Bread	·37	·42	Stewed Apples & Semolina Pudding	1·33	1·72
	Wafer Biscuit	·12	·15	Stewed Plums	1·71	2·24	Chipped Potatoes	1·07	1·52		1·76	2·17
				Custard	1·08	1·31	Ice Cream	2·00	2·50			
		6·67	**8·22**		**14·62**	**18·82**		**9·50**	**12·25**		**11·54**	**14·37**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk Drink	**3·60**	**4·35**	Milk	**2·17**	**2·54**
	Total Costs	**34·90**	**43·45**		**41·70**	**52·27**		**38·96**	**48·20**		**38·38**	**47·79**

R = Retail

W = Wholesale

SPECIMEN WEEK for – SEPTEMBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Grilled Tomatoes on Toast	3·81	5·13	Beef Sausage (1)	2·78	3·29	Bacon & Pan Fried Potatoes	3·34	4·41					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	8·25	**10·47**		**7·22**	**8·63**		**7·78**	**9·73**	**56·68**	**70·45**	**8·10**	**10·06**	**Mid-morning drink**
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	**11·61**	**14·00**	**1·66**	**2·00**	
Baked Fillet of Cod in Breadcrumbs	4·46	5·99	Liver & Bacon	6·11	7·88	Roast Sirloin of Beef	8·29	9·81					**Dinner**
Anchovy Sauce	·41	·49	Brown Sauce	·40	·59	Yorkshire Pudding	1·58	1·99					
Garden Peas	2·38	3·26	Savoy Cabbage	1·02	1·32	Gravy	·12	·16					
Parsley Potatoes	·73	1·01	Creamed Potatoes	·93	1·25	Runner Beans	1·80	2·21					
Trifle & Cream	2·04	2·63	Baked Rice Pudding	1·81	2·24	New Potatoes	1·06	1·45					
						Stewed Damsons ½	·97	1·34					
						Ground Rice Pudding	1·79	2·17					
	10·02	**13·38**		**10·27**	**13·28**		**15·61**	**19·13**	**84·72**	**106·59**	**12·10**	**15·23**	
Watercress	1·00	1·35	Madeira Cake (P)	1·90	2·40	Orange	3·15	3·85					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	3·76	**4·68**		**4·66**	**5·73**		**5·91**	**7·18**	**27·86**	**34·17**	**3·98**	**4·88**	
Cream of Vegetable Soup	1·06	1·26	Cottage Pie	5·70	6·97	Sausage Roll	3·70	4·27					**Supper**
Macaroni au Gratin	1·74	2·09	Grilled Tomato	1·62	2·25	Mixed Salad	2·08	2·86					
Runner Beans	1·80	2·21	Brown Gravy	·40	·59	Parsley Potatoes	·73	1·01					
Bread	·37	·42	Bread	·37	·42	Junket	1·89	2·32					
Prunes	1·80	2·62	Apricot Flan	2·52	3·14	Jam	·78	1·02					
Custard	1·08	1·31											
	7·85	**9·91**		**10·61**	**13·37**		**9·18**	**11·48**	**69·97**	**88·42**	**9·99**	**12·63**	
Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**14·28**	**17·21**	**2·04**	**2·46**	**Late evening drink**
	33·60	**42·82**		**36·24**	**45·25**		**41·34**	**51·06**	**265·12**	**330·84**	**37·87**	**47·26**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**282·62**	**350·21**	**40·37**	**50·03**	

PATIENTS MENU – C

	1	Cost in pence W	R	2	Cost in pence W	R	3	Cost in pence W	R	4	Cost in pence W	R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Fried Egg on Fried Bread	4·92	6·07	Bacon & Baked Beans	3·92	5·01	Beef Sausage & Tomato	2·78	3·29	Bacon & Tomato	3·99	5·28
	Bread	·75	·85	Bread	·75	·85		1·62	2·25	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Bread	·75	·85	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Marmalade	·75	1·00	Tea (2 cups)	1.20	1.42
							Tea (2 cups)	1.20	1.42			
		9·36	**11·41**		**8·36**	**10·35**		**8·84**	**10·88**		**8·43**	**10·62**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Stewed Steak	6·75	8·12	Minced Beef & Vegetable Pie	7·72	9·28	Irish Stew	3·60	4·83	Poached Fillet of Cod	3·99	5·39
	Mixed Vegetables	·93	1·18	Braised Celery	2·63	3·42	Parsnips	1·14	1·41	Parsley Sauce	·60	·73
	Mashed Potatoes	·92	1·25	Boiled Potatoes	·61	·88	Parsley Potatoes	·73	1·01	Carrots	1·05	1·21
	Plum & Apple Pie	2·25	2·85	Stewed Gooseberries (T) ½	1·06	1·43	Baked Bread Pudding	1·62	2·01	Mashed Potatoes	·92	1·25
	Custard	1·08	1·31	Milky Rice	1·72	2·13	Custard	1·08	1·31	Apple Crumble	2·21	2·77
										Custard	1·08	1·31
		11·93	**14·71**		**13·74**	**17·14**		**8·17**	**10·57**		**9·85**	**12·66**
Tea	Bread	·75	·85	Scone	·79	·98	Orange	3·15	3·85	Fruit Cake (P)	1·90	2·40
	Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
				Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		2·76	**3·33**		**3·55**	**4·31**		**5·91**	**7·18**		**4·66**	**5·73**
Supper	Pilchards in Tomato Sauce	3·70	4·60	Windsor Soup	1·02	1·36	Fishcake	2·63	3·41	Minestrone Soup	1·46	1·91
	Mixed Salad	2·08	2·86	Cauliflower Cheese	4·47	5·74	Parsley Sauce	·60	·73	Cornish Pasty	4·08	4·93
	Bread	·37	·42	Bread	·37	·42	Bread	·37	·42	Mashed Potatoes	·92	1·25
	Bread & Butter Pudding	2·51	3·15	Lemon Meringue Pie	1·24	1·54	Chipped Potatoes	1·07	1·52	Plums (T) & Custard	1·35	1·62
							Ice Cream	2·00	2·50		1·08	1·31
							Melba Sauce	·55	·72			
		8·66	**11·03**		**7·10**	**9·06**		**7·22**	**9·30**		**8·89**	**11·02**
Late evening drink	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**
		35·57	**44·02**		**36·23**	**45·10**		**33·86**	**42·31**		**36·97**	**46·12**

R = Retail

W = Wholesale

SPECIMEN WEEK for – OCTOBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Grilled Kipper	3·00	4·00	Bacon & Fried Bread	2·96	3·73	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	7·44	**9·34**		**7·40**	**9·07**		**8·69**	**10·59**	**58·52**	**72·26**	**8·36**	**10·32**	
Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	**11·37**	**13·86**	**1·62**	**1·98**	**Mid-morning drink**
Stuffed Mutton	8·30	10·39	Beef Sausages (2)	5·56	6·58	Roast Ribs of Beef	7·79	9·31					**Dinner**
Brown Gravy	·40	·59	Brown Sauce	·40	·59	Gravy	·12	·16					
Cabbage	·88	1·06	Curly Kale	1·32	1·67	Savoy Cabbage	1·02	1·32					
Creamed Potatoes	·93	1·25	Parsley Potatoes	·73	1·01	Roast Potatoes	·96	·68					
Tapioca Pudding &	1·78	2·22	Steamed Lemon Pudding	2·24	2·72	Apple Pie	2·13	2·68					
Stewed Apricots (D) ½	1·05	1·35	Custard	1·08	1·31	Custard	1·08	1·31					
	13·34	**16·86**		**11·33**	**13·88**		**13·10**	**15·46**	**81·46**	**101·28**	**11·64**	**14·47**	
Bread	·75	·85	Watercress	1·00	1·35	Cheese	1·69	1·95					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	2·76	**3·33**		**3·76**	**4·68**		**4·45**	**5·28**	**27·85**	**33·84**	**3·98**	**4·83**	
Cold Brisket of Beef (T)	4·87	6·00	Rabbit Pie	8·46	10·79	Tomato Soup	1·26	1·68					**Supper**
Lettuce & Tomato Salad	2·08	2·86	Mashed Potatoes	·92	1·25	Bread	·19	·21					
Bread	·37	·42	Ground Rice Pudding	1·79	2·17	Sardines on Toast	4·60	5·68					
Mincemeat Slice	1·89	2·38	Jam	·78	1·02	Milk Jelly & Cream	2·68	3·36					
						Blackcurrant Puree	·72	·96					
	9·21	**11·66**		**11·95**	**15·23**		**9·45**	**11·89**	**62·48**	**79·19**	**8·92**	**11·31**	
Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**14·51**	**17.25**	**2·07**	**2·47**	**Late evening drink**
	36·23	**45·43**		**38·16**	**47·24**		**39·17**	**47·46**	**256·19**	**317·68**	**36·59**	**45·38**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**273·69**	**337·05**	**39·09**	**48·15**	

PATIENTS MENU—C

	1	Cost in pence W	R	2	Cost in pence W	R	3	Cost in pence W	R	4	Cost in pence W	R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Fried Bread	2·96	3·73	Tomatoes on Toast	3·81	5·13	Bacon & Baked Beans	3·92	5·01	Smoked Haddock	4·37	6·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		7·40	**9·07**		**8·25**	**10·47**		**8·36**	**10·35**		**8·81**	**11·34**
Mid-morning drink	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**
Dinner	Cottage Pie	5·70	6·97	Brown Beef Stew	7·21	8·72	Fried Fillet of Haddock	5·93	7·59	Stuffed Heart	8·48	11·37
	Savoy Cabbage	1·02	1·32	Carrots	1·05	1·21	Tomato Sauce	·42	·55	Cabbage	·88	1·06
	Brown Gravy	·40	·59	Mashed Potatoes	·92	1·25	Tinned Peas	2·98	3·66	Parsley Potatoes	·73	1·01
	Parsley Potatoes	·73	1·01	Fig & Ginger Pudding	1·93	2·46	Creamed Potatoes	·93	1·25	Apricot Flan (T)	2·52	3·14
	Steamed Currant Roll	1·90	2·42	Custard	1·08	1·31	Eve's Pudding	2·35	2·92			
	Custard	1·08	1·31				Custard	1·08	1·31			
		10·83	**13·62**		**12·19**	**14·95**		**13·69**	**17·28**		**12·61**	**16·58**
Tea	Sweet Biscuits	·90	1·15	Watercress	1·00	1·35	Bread	·75	·85	Cherry Cake	2·70	3·50
	Bread	·75	·85	Bread	·75	·85	Jam	·81	1·06	Bread	·75	·85
	Jam	·81	1·06	Jam	·81	1·06	Tea (2 cups)	1.20	1.42	Jam	·81	1·06
	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42				Tea (2 cups)	1.20	1.42
		3·66	**4·48**		**3·76**	**4·68**		**2·76**	**3·33**		**5·46**	**6·83**
Supper	Cold Ham (T)	8·58	10·92	Cauliflower au Gratin	4·47	5·74	Vegetable Soup	1·24	1·60	Grilled Beef Sausages (2)	5·56	6·58
	Lettuce & Tomato Salad	2·08	2·86	Bread	·37	·42	Luncheon Meat	4·00	4·87	Tomato	1·62	2·25
	Bread	·37	·42	Saute Potatoes	·98	1·38	Mixed Salad	2·08	2·86	Chipped Potatoes	1·07	1·52
	Cabinet Pudding	2·92	3·58	Baked Apple Dumpling	2·25	2·83	Bread	·37	·42	Semolina Pudding &	1·76	2·17
				Custard	1·08	1·31	Parsley Potatoes	·73	1·01	Damsons (T) ½	·97	1·34
							Blanc Mange	1·44	1·74			
		13·95	**17·78**		**9·15**	**11·68**		**9·86**	**12·50**		**10·98**	**13·86**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk Drink	**2·97**	**3·55**	Coffee	**1·55**	**1·84**
	Total Costs	**39·56**	**49·33**		**36·83**	**46·02**		**39·81**	**49·55**		**41·58**	**52·99**

R = Retail

W = Wholesale

SPECIMEN WEEK for – NOVEMBER

5	Cost in pence W	Cost in pence R	6	Cost in pence W	Cost in pence R	7	Cost in pence W	Cost in pence R	Weekly cost in pence W	Weekly cost in pence R	Average daily cost in pence W	Average daily cost in pence R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Cold Ham	6·72	8·40	Beef Sausage & Tomatoes	4·40	5·54	Scrambled Egg on Toast	4·41	5·27					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42					
	11·16	**13·74**		**8·84**	**10·88**		**8·85**	**10·61**	**61·67**	**76·46**	**8·80**	**10·92**	
Cocoa	**1·31**	**1·70**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	**12·23**	**14·70**	**1·75**	**2·10**	**Mid-morning drink**
Roast Topside of Beef	7·96	9·52	Steak Pie	6·22	7·45	Roast Leg of Lamb	10·03	12·04					**Dinner**
Gravy	·12	·16	Cabbage	·88	1·06	Onion Sauce	·51	·63					
Stewed Leeks	2·14	2·81	Boiled Potatoes	·61	·88	Gravy	·12	·16					
Roast Potatoes	·96	1·36	Trifle and Cream	2·04	2·63	Brussel Sprouts	2·28	2·99					
Stewed Figs	1·14	1·44				Roast Potatoes	·96	1·36					
Custard	1·08	1·31				Apple Charlotte	1·52	1·96					
						Custard	1·08	1·31					
	13·40	**16·60**		**9·75**	**12·02**		**16·50**	**20·45**	**88·97**	**111·50**	**12·71**	**15·93**	
Orange	3·15	3·85	Scone	·79	·98	Victoria Sponge	1·66	2·01					**Tea**
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42					
	5·91	**7·18**		**3·55**	**4·31**		**4·42**	**5·34**	**29·52**	**36·15**	**4·22**	**5·16**	
Lentil Soup	·91	1·28	Tripe & Onions	5·75	7·46	Veal & Ham Pie (P)	6·00	7·20					**Supper**
Cheese Pudding	1·98	2·45	Mashed Potatoes	·92	1·25	Lettuce	1·30	1·80					
Carrots in Cream Sauce	1·39	1·61	Bread	·37	·42	Bread	·37	·42					
Bread	·37	·42	Custard Flan	1·72	2·10	Sago Pudding & Jam	1·74	2·14					
Ice Cream	2·00	2·50					·78	1·02					
	6·65	**8·26**		**8·76**	**11·23**		**10·19**	**12·58**	**69·54**	**87·89**	**9·93**	**12·56**	
Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**	Milk	**2·17**	**2·54**	**14·51**	**17·25**	**2·07**	**2·46**	**Late evening drink**
	40·60	**50·02**		**33·76**	**41·98**		**44·30**	**54·06**	**276·44**	**343·95**	**39·48**	**49·13**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**293·94**	**363·32**	**41·98**	**51·90**	

PATIENTS MENU – C

	1	Cost in pence W	Cost in pence R	2	Cost in pence W	Cost in pence R	3	Cost in pence W	Cost in pence R	4	Cost in pence W	Cost in pence R
Breakfast	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07
	Bacon & Tomatoes	3·99	5·28	Beef Sausage (1)	2·78	3·29	Bacon & Fried Bread	2·96	3·73	Grilled Kipper	3·00	4·00
	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00
	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		8·43	**10·62**		**7·22**	**8·63**		**7·40**	**9·07**		**7·44**	**9·34**
Mid-morning drink	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**	Coffee	**1·55**	**1·84**	Milk	**2·17**	**2·54**
Dinner	Brown Mutton Stew	3·73	4·94	Stewed Rabbit	11·06	14·22	Baked Stuffed Haddock	5·31	6·84	Beef Croquette	5·17	6·85
	Tinned Peas	2·98	3·66	Carrots	1·05	1·21	Grilled Tomato	1·62	2·25	Brown Sauce	·40	·59
	Parsley Potatoes	·73	1·01	Mashed Potatoes	·92	1·25	Chipped Potatoes	1·07	1·52	Fried Onions	·49	·64
	Peach Flan (T) & Cream	3·87	4·84	Baked Marmalade Roll	1·67	2·11	Semolina Pudding & Tinned Plums	1·76	2·17	Cabbage ½	·44	·53
		·36	·54	Custard	1·08	1·31		1·35	1·62	Parsley Potatoes	·73	1·01
										Baked Rice Pudding	1·81	2·24
		11·67	**14·99**		**15·78**	**20·10**		**11·11**	**14·40**		**9·04**	**11·36**
Tea	Bread	·75	·85	Orange	3·15	3·85	Madeira Cake (P)	1·90	2·40	Watercress	1·00	1·35
	Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85	Bread	·75	·85
	Tea (2 cups)	1·20	1·42	Jam	·81	1·06	Jam	·81	1·06	Jam	·81	1·06
				Tea (2 cups)	1·20	1·42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42
		2·76	**3·33**		**5·91**	**7·18**		**4·66**	**5·73**		**3·76**	**4·68**
Supper	Scotch Egg	3·85	4·92	Grilled Herring	3·40	4·54	Mutton Broth	·77	1·02	Braised Ox Liver	6·67	8·65
	Mixed Salad	2·08	2·86	Mustard Sauce	·22	·28	Bread	·19	·21	Brown Sauce	·40	·59
	Bread	·37	·42	Bread	·37	·42	Luncheon Meat	4·00	4·87	Bread	·37	·42
	Tapioca Pudding & Jam	1·78	2·22	Blackcurrant Flan (T)	2·65	3·23	Mixed Salad	2·08	2·86	Mashed Potatoes	·92	1·25
		·78	1·02				Parsley Potatoes	·37	·42	Coffee Mould	1·64	1·98
							Ice Cream	2·00	2·50			
		8·86	**11·44**		**6·64**	**8·47**		**9·77**	**12·47**		**10·00**	**12·89**
Late evening drink	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Cocoa	**1·31**	**1·70**
	Total Costs	**35·44**	**44·76**		**39·89**	**49·46**		**36·66**	**46·05**		**33·72**	**43·01**

R = Retail

W = Wholesale

SPECIMEN WEEK for – DECEMBER

5	Cost in pence W	R	6	Cost in pence W	R	7	Cost in pence W	R	Average daily cost in pence W	R	Average daily cost in pence W	R	
Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07	Porridge or Cereal with milk	1·74	2·07					**Breakfast**
Fried Egg & Tomato	5·98	7·67	Bacon & Baked Beans	3·92	5·01	Boiled Egg	4·25	5·25					
Bread	·75	·85	Bread	·75	·85	Bread	·75	·85					
Marmalade	·75	1·00	Marmalade	·75	1·00	Marmalade	·75	1·00					
Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42	Tea (2 cups)	1.20	1.42					
	10·42	**13·01**		**8·36**	**10·35**		**8·69**	**10·59**	**57·96**	**71·61**	**8·28**	**10·23**	
Milk Drink	**2·97**	**3·55**	Coffee	**1·55**	**1·84**	Cocoa	**1·31**	**1·70**	**13·27**	**15·85**	**1·89**	**2·26**	**Mid-morning drink**
Grilled Fillet of Cod	4·30	5·76	Beef & Tomato Hot Pot	7·22	8·79	Roast Leg of Pork	9·03	11·04					**Dinner**
Anchovy Sauce	·41	·49	Cabbage	·88	1·06	Sage & Onion Stuffing	·41	·52					
Cauliflower	3·00	4·01	Creamed Potatoes	·93	1·25	Apple Sauce	·69	·83					
Saute Potatoes	·98	1·38	Steamed Chocolate Pudding	1·86	2·41	Gravy	·12	·16					
Gooseberry & Apple Pudding (T)	2·69	3·61	Custard	1·08	1·31	Brussel Sprouts	2·28	2·99					
Custard	1·08	1·31				Roast Potatoes	·96	1·36					
						Christmas Pudding	3·32	4·20					
						Custard	1·08	1·31					
	12·46	**16·56**		**11·97**	**14·82**		**17·89**	**22·41**	**89·92**	**115·14**	**12·85**	**16·45**	
Bread	·75	·85	Cheese	1·69	1·95	Fruit Cake	1·90	2·40					**Tea**
Jam	·81	1·06	Bread	·75	·85	Bread	·75	·85					
Tea (2 cups)	1.20	1.42	Jam	·81	1·06	Jam	·81	1·06					
			Tea (2 cups)	1.20	1.42	Tea (2 Cups)	1·20	1·42					
	2·76	**3·33**		**4·45**	**5·28**		**4·66**	**5·73**	**28·96**	**35·26**	**4·14**	**5·04**	
Cheese & Tomato Flan	2·56	3·19	Fishcake	2·63	3·41	Sausage Roll	3·70	4·27					**Supper**
Tinned Peas	2·98	3·66	Parsley Sauce	·60	·73	Lettuce & Tomato Salad	2·08	2·86					
Parsley Potatoes	·73	1·01	Chipped Potatoes	1·07	1·52	Potato Mayonnaise	1·50	2·05					
Apple Conde	1·95	2·39	Sago Pudding & Tinned Pineapple ½	1·74	2·14	Trifle & Cream	2·04	2·63					
				1·78	2·04								
	8·22	**10·25**		**7·82**	**9·84**		**9·32**	**11·81**	**60·63**	**77·17**	**8·66**	**11·02**	
Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	Milk	**2·17**	**2·54**	**14·33**	**16·94**	**2·04**	**2·42**	**Late evening drink**
	39·00	**49·24**		**36·32**	**44·67**		**44·04**	**54·78**	**265·07**	**331·97**	**37·86**	**47·42**	
						Add cost of Personal Issues: Butter 4 oz., Margarine 3 oz., Sugar 8 oz.			**17·50**	**19·37**	**2·50**	**2·77**	
						Grand Total Costs			**282·57**	**351·34**	**40·36**	**50·19**	

RECIPES

The recipes contained in this section are those that have been used in compiling the costed menus. In planning the menus simple dishes have been chosen which can be readily produced by the average cook in the average hospital kitchen.

Unless otherwise stated the quantities are for 100 portions, but it should be clearly understood that these quantities are only to be used as a guide, and are not to be regarded in any way as a scale of issue. The results obtained will depend on the quality of the ingredients and the method of preparation, while patients' appetites also vary considerably.

The weights are for food as purchased unless otherwise stated. In flour mixes the exact ratio between flour and liquid will vary with the kind of flour used. Plain flour is used in all the recipes.

While it is hoped that these recipes will prove useful, it is recommended that every catering department makes a collection of its own tested recipes which should be kept constantly under review.

INDEX

BEVERAGES

1. BOVRIL.	30 *cups*
Bovril	½ lb.
Water	
2. COCOA	10 *cups*
Cocoa	10 teasps.
Milk	1 pint
Water	2¼ pints
3. CHOCOLATE	10 *cups*
Cocoa	10 teasps.
Milk	3 pints
Water	¼ pint
4. COFFEE WITH MILK	22 *cups*
Coffee Black	½ gal.
Milk	½ gal.
5. COFFEE (BOTTLED) WITH MILK	40 *cups*
Bottled Coffee	10 fl. ozs.
Milk	6 pints
6. COFFEE BLACK (1 gal.)	20 *cups*
Coffee	8 ozs.
Water	1 gal.
7. GRAPEFRUIT JUICE (T)	20 *portions*
Grapefruit Juice A2	1 tin
8. HORLICKS WITH MILK	10 *cups*
Horlicks	6 ozs.
Milk	3 pints
Water	¼ pint
9. LEMON JUICE (T)	20 *portions*
Lemon Juice A2	1 tin
10. MILK	100 *portions*
Milk	36¼ pts.
11. ORANGE JUICE (T)	20 *portions*
Orange Juice A2	1 tin
12. OVALTINE WITH MILK	10 *cups*
Ovaltine	4 ozs.
Milk	3¼ pints
13. OXO	33 *cups*
Oxo	½ lb.
Water	
14. TEA	25 *cups*
Tea	1½ ozs.
Water	1 gal.
Milk	1¼ pints
15. TOMATO JUICE (T)	10 *portions*
Tomato Juice A1	2 tins

BISCUITS

16. CHOCOLATE BISCUITS	100 *portions*
Chocolate Biscuits	6¼ lbs.
17. ICE CREAM WAFERS	100 *portions*
Wafer Biscuits	200
18. OYSTER BISCUITS	100 *portions*
Biscuits	3 lbs.
19. SWEET BISCUITS	100 *portions*
Sweet Biscuits	5 lbs.

BREAD, TOAST, ETC.

20. BREAD (Breakfast or Tea)	10 *portions*
Bread Wrapped & Sliced 1 lb. 12 ozs.	1 Loaf
21. BREAD (Dinner or Supper)	20 *portions*
Bread 1 lb. 12 ozs.	1 Loaf
22. BREAD (with Soup)	40 *portions*
Bread 1 lb. 12 ozs.	1 Loaf
23. BREADCRUMBS (Dried)	2 *lbs.*
Bread 3½ lbs.	1 Loaf
24. BREADCRUMBS (White)	2 *lbs.*
Bread 3½ lbs.	1 Loaf
25. BUTTERED TOAST	24 *portions*
Bread 3½ lbs.	1 Loaf
Butter	12 ozs.
26. DRIPPING TOAST	24 *portions*
Bread 3½ lbs.	1 Loaf
Dripping	12 ozs.
27. TOAST	24 *portions*
Bread 3½ lbs.	1 Loaf

BREAKFAST DISHES

28. ALL BRAN with milk	100 *portions*
All Bran	5 lbs.
Milk	15 pts.
29. BACON FRIED	200 *portions*
Back Bacon	6½ lbs.
Streaky Bacon	5½ lbs.
30. BACON & FRIED APPLE	200 *portions*
Back Bacon	6½ lbs.
Streaky Bacon	5½ lbs.
Apples	20 lbs.
Dripping	2 lbs.

31. BACON & FRIED BREAD

	200 *portions*
Back Bacon	6½ lbs.
Streaky Bacon	5½ lbs.
Bread	14 lbs.
Frying Media	4 lbs.

32. BACON & BAKED BEANS

	200 *portions*
Back Bacon	6½ lbs.
Streaky Bacon	5½ lbs.
Baked Beans A10	6 tins

33. BACON & POTATO CAKE

	100 *portions*
Bacon	6 lbs.
Potatoes	30 lbs.
Salt	2 ozs.
Flour	1 lb.
Eggs	4
Dripping	1 lb.

34. BACON & TOMATOES

	200 *portions*
Back Bacon	6½ lbs.
Streaky Bacon	5½ lbs.
Tomatoes	25 lbs.

35. CHIPOLATA SAUSAGES

(2 to a portion)	100 *portions*
Chipolata Sausages	17 lbs.
Dripping	½ lb.

36. COLD HAM (Gammon fresh)

	100 *portions*
Gammon	14 lbs.

37. COLD HAM (Tinned)

	100 *portions*
Tinned Gammon	10 lbs.

38. CORNFLAKES with milk

	100 *portions*
Cornflakes	5 lbs.
Milk	15 pts.

39. FRIED EGG ON TOAST

	100 *portions*
Eggs	100
Dripping	2 lbs.
Bread	14 lbs.

40. FRIED TOMATOES ON FRIED BREAD

	100 *portions*
Bread	14 lbs.
Dripping	4 lbs.
Tomatoes	25 lbs.

41. GRAPENUTS with milk

	100 *portions*
Grapenuts	6 lbs.
Milk	15 pts.

42. PORRIDGE with milk

	100 *portions*
Rolled Oats	4 lbs.
Salt	2 ozs.
Water	32 pts.
Milk Fresh	10 pts.
Milk Dried	4 lbs.

43. POTATO CAKES

	100 *portions*
Potatoes	25 lbs.
Salt	2 ozs.
Flour	1 lb.
Eggs	4
Dripping	2 lbs.
Parsley	4 ozs.

44. SAUSAGES (Beef)

	100 *portions*
Beef Sausages	12½ lbs.
Dripping	¼ lb.

45. SAUSAGES (Pork)

	100 *portions*
Pork Sausages	12½ lbs.
Dripping	¼ lb.

46. SAUSAGE & BACON

	100 *portions*
Sausages	12½ lbs.
Streaky Bacon	6 lbs.
Dripping	¼ lb.

47. SAUSAGE & BAKED BEANS

	100 *portions*
Beef Sausages	12½ lbs.
Dripping	¼ lb.
Baked Beans A10	3 tins

48. SAUSAGE CAKES

	100 *portions*
Sausagemeat	20 lbs.
Flour	1 lb.
Dripping	1 lb.

49. SHREDDED WHEAT with milk

	100 *portions*
Shredded Wheat biscuits	100
Milk	15 pts.

50. TOMATOES ON TOAST

	100 *portions*
Bread	14 lbs.
Tomatoes	12½ lbs.

51. WHEATFLAKES with milk

	100 *portions*
Wheatflakes	5 lbs.
Milk	15 pts.

BUNS

52. BASIC BUN DOUGH

	100 *portions*
Flour	6 lbs.
Yeast	3 ozs.
Water	3 pts.
Dried Milk	6 ozs.
Cooking Fat or Margarine	10 ozs.
Sugar	10 ozs.
Salt	1½ ozs.
Flour	½ lb.

53. BATH BUNS — 100 *portions*

Basic Bun Dough	Full
Eggs	4
Margarine	1 lb.
Sultanas	1 lb.
Peel	½ lb.
Sugar Nibs	1 lb.

54. BELGIAN BUNS — 100 *portions*

Basic Bun Dough	Full
Flour	6 ozs.
Margarine	10 ozs.
Ground Almonds	10 ozs.
Sugar	10 ozs.
Eggs	4
Essence	1/5th oz.
Bun Wash	Full

55. BREAD ROLLS — 100 *portions*

Flour	6 lbs.
Yeast	4½ ozs.
Salt	1½ ozs.
Margarine	6 ozs.
Milk	3 pts.
Sugar	1/6th oz.
Flour	½ lb.

56. BUN WASH — 100 *portions*

Sugar	4 ozs.
Water	1 gill

57. CHELSEA BUNS — 100 *portions*

Basic Bun Dough	Full
Currants	1 lb.
Sultanas	1 lb.
Mixed Spice	½ oz.
Margarine	½ lb.
Sugar	½ lb.
Bun Wash	Full

58. COCONUT BUNS — 100 *portions*

Flour	6 lbs.
Margarine	1½ lbs.
Sugar	1½ lbs.
Baking Powder	3 ozs.
Desiccated Coconut	1 lb.
Water	2 pts.
Dried Milk	6 ozs.
Salt	1 oz.
Flour	½ lb.

59. CURRANT BUNS — 100 *portions*

Basic Bun Dough	Full
Currants	1 lb.
Bun Wash	Full

60. DANISH BUNS — 100 *portions*

Basic Bun Dough	Full
Jam	1 lb.
Bun Wash	Full
Sultanas	1 lb.

61. DEVONSHIRE SPLITS — 100 *portions*

Basic Bun Dough	Full
Jam	3 lbs.
Synthetic Cream	2 pts.
Icing Sugar	4 ozs.

62. DOUGHNUTS — 100 *portions*

Flour	6 lbs.
Yeast	4 ozs.
Water	2½ pts.
Dried Milk	8 ozs.
Cooking Fat	8 ozs.
Sugar	8 ozs.
Salt	½ oz.
Frying Media	4 lbs.
Sugar	2 lbs.
Jam	1 lb.
Flour (for dusting)	½ lb.

63. HOT CROSS BUNS — 100 *portions*

Basic Bun Dough	Full
Bun Wash	Full
Flour	1 lb.
Salt	2 ozs.
Oil	1 gill
Bun Spice	1/10th oz.
Currants	½ lb.
Sultanas	½ lb.
Peel	½ lb.

64. MIXED FRUIT BUNS — 100 *portions*

Basic Bun Dough	Full
Currants	½ lb.
Sultanas	½ lb.
Peel	½ lb.
Bun Wash	Full

65. RASPBERRY BUNS — 100 *portions*

Flour	6 lbs.
Sugar	1½ lbs.
Margarine	1½ lbs.
Baking Powder	3 ozs.
Eggs	4
Milk	1 pt.
Water	1 pt.
Essence	
Dried Milk	6 ozs.
Jam	½ lb.
Sugar	½ lb.
Milk	½ pt.
Flour	½ lb.

66. SALT FREE BREAD — 8 *lbs.*

Flour	5 lbs.
Water	2½ pts.
Yeast	2½ ozs.
Flour (for dusting)	¼ lb.

67. SWISS BUNS — 100 *portions*

Basic Bun Dough	Full
Fondant	1 lb.

68. TEA CAKES — 100 *portions*

Basic Bun Dough	Full
Sultanas	1 lb.
Eggs	2
Milk	½ pt.

CAKES

69. ALMOND SLICE — 100 *portions*

Flour	6 lbs.
Cooking Fat	1¼ lbs.
Margarine	1 lb.
Water	12 ozs.
Salt	1¼ ozs.
Sugar	¾ lb.
Flour	¾ lb.
Cake Crumbs	¾ lb.
Margarine	¾ lb.
Almond Essence	1 oz.
Jam	1 lb.
Eggs	4
Flour	½ lb.
Baking Powder	3 ozs.

70. APRICOT SPONGE — 100 *portions*

Flour	4 lbs.
Margarine	1 lb.
Sugar	3 lbs.
Eggs	12
Baking Powder	3½ ozs.
Water	4 pts.
Apricot Pulp	½ tin
Synthetic Cream	2 pts.
Salt	1 oz.

71. BANBURY CAKES — 100 *portions*

Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¾ lbs.
Water	
Salt	1¼ ozs.
Currants	1 lb.
Cake Crumbs	1 lb.
Syrup	1 lb.
Peel	½ lb.
Lemon	1
Sugar	½ lb.
Flour	¼ lb.

72. BASIC CAKE MIXTURE — 100 *portions*

Flour	4 lbs.
Margarine	1¾ lbs.
Sugar	1¾ lbs.
Baking Powder	2½ ozs.
Milk	1½ pts.
Eggs	6
Salt	¼ oz.
Flour	½ lb.

73. BASIC SCONE MIXTURE — 100 *portions*

Flour	6 lbs.
Margarine	12 ozs.
Bicarbonate of Soda	1½ ozs.
Cream of Tartar	3 ozs.
Salt	1½ ozs.
Milk	1½ pts.
Water	1½ pts.
Dried Milk	6 ozs.

74. BUTTERFLY CAKES — 100 *portions*

Basic Cake Mixture	Full
Synthetic Cream	2 pts.
Jam	½ lb.
Icing Sugar	¼ lb.

75. CHERRY CAKES (individual) — 100 *portions*

Basic Cake Mixture	Full
Glace Cherries	1 lb.

76. CHERRY CAKE (purchased) — 100 *portions*

Cherry Cake	10 lbs.

77. CHEESE SCONES — 100 *portions*

Basic Scone Mixture	Full
Cheese	2 lbs.
Mustard	¼ oz.

78. CHOCOLATE CAKES (individual) — 100 *portions*

Flour	3½ lbs.
Margarine	1¾ lbs.
Sugar	1¾ lbs.
Baking Powder	2½ ozs.
Milk	1½ pts.
Eggs	6
Cocoa	¾ lb.
Vanilla Essence	½ oz.
Fondant	1 lb. 2 ozs.
Chocolate Couverture	6 ozs.

79. CHOCOLATE ECLAIRS — 100 *portions*

Flour	1 lb.
Margarine	10 ozs.
Water	1½ pts.
Salt	1 oz.
Sugar	1 oz.
Eggs	12
Couverture	½ lb.
Fondant	½ lb.
Synthetic Cream	2 pts.

80. COCONUT CAKES (individual)

	100 *portions*
Basic Cake Mixture	Full
Coconut	¾ lb.
Icing Sugar	4 ozs.

81. COCONUT CAKE (purchased)

	100 *portions*
Coconut Slab Cake	10 lbs.

82. COFFEE CAKES (individual)

	100 *portions*
Basic Cake Mixture	Full
Coffee Essence	4 ozs.
Fondant	1½ lbs.
Coffee Essence	1 oz.

83. COFFEE ECLAIRS

	100 *portions*
Flour	1 lb.
Margarine	10 ozs.
Water	1½ pts.
Salt	1 oz.
Sugar	1 oz.
Eggs	12
Fondant	1 lb.
Coffee Essence	1 oz.
Synthetic Cream	2 pts.

84. ECCLES CAKES

	100 *portions*
Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¾ lbs.
Water	
Salt	1¼ ozs.
Currants	2 lbs.
Brown Sugar	1 lb.
Mixed Spice	1 oz.
Margarine	½ lb.
Sugar	½ lb.
Flour	¼ lb.

85. FRENCH JAM SPONGE (purchased)

	100 *portions*
French Jam Sandwiches	12½

86. FRUIT CAKE (Slab or Round)

	100 *portions*
Flour	4 lbs.
Margarine	2 lbs.
Sugar	2 lbs.
Eggs	12
Currants	¾ lb.
Sultanas	¾ lb.
Peel	½ lb.
Milk	1½ pts.
Baking Powder	3 ozs.
Mixed Spice	¼ oz.
Salt	1 oz.

87. FRUIT CAKE SLAB (purchased)

	100 *portions*
Fruit Cake	10 lbs.

88. FRUIT CAKES (individual)

	100 *portions*
Basic Cake Mixture	Full
Currants	½ lb.
Sultanas	½ lb.

89. GENOA CAKE (purchased)

	100 *portions*
Genoa Cake	10 lbs.

90. GINGERBREAD

	100 *portions*
Flour	6 lbs.
Treacle	4 lbs.
Margarine	2 lbs.
Salt	1 oz.
Bicarbonate of Soda	1 oz.
Ground Ginger	2 ozs.
Sugar	1 lb.
Peel	1 lb.
Milk	1¼ pts.
Flour	¼ lb.

91. GINGER CAKE (individual)

	100 *portions*
Flour	4 lbs.
Margarine	1¾ lbs.
Sugar	1 lb.
Syrup	¾ lb.
Baking Powder	2½ ozs.
Milk	1½ pts.
Eggs	6
Ground Ginger	3 ozs.
Peel Sliced	½ lb.
Flour	¼ lb.
Salt	½ oz.

92. JAM PUFFS

	100 *portions*
Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¾ lbs.
Water	1¾ pts.
Salt	2 ozs.
Jam	1½ lbs.
Sugar	8 ozs.
Flour	¼ lb.

93. LEMON CAKES (individual)

	100 *portions*
Basic Cake Mixture	Full
White Fondant	1½ lbs.
Lemons	6

94. MADEIRA CAKE (purchased)

	100 *portions*
Madeira Cake	10 lbs.

95. MERINGUES

	100 *portions*
Whites of Egg	1½ pts.
Sugar	3 lbs.
Synthetic Cream	2 pts.
Salt	

96. MILLE FEUILLES

	100 *portions*
Flour	3 lbs.
Margarine	3 lbs.
Lemon	1
Salt	¼ oz.
Water	1½ pts.
Jam	½ lb.
Fondant White	1 lb.
Synthetic Cream	2 pts.
Flour	¼ lb.

97. OATMEAL SCONES

	100 *portions*
Flour	5 lbs.
Oatmeal	1 lb.
Margarine	12 ozs.
Bicarbonate of Soda	1½ ozs.
Cream of Tartar	3 ozs.
Salt	1½ ozs.
Milk	1½ pts.
Water	1½ pts.
Dried Milk	6 ozs.
Sugar	¾ lb.
Flour	½ lb.

98. RICH FRUIT CAKE (Slab or Round)

	100 *portions*
Flour	3¾ lbs.
Currants	1½ lbs.
Sultanas	1½ lbs.
Peel	¾ lb.
Liquid Egg	2½ lbs.
Sugar	2½ lbs.
Margarine	2½ lbs.
Essence	½ oz.
Salt	

99. ROCK CAKES

	100 *portions*
Flour	6 lbs.
Margarine	2 lbs.
Sugar	2 lbs.
Baking Powder	3 ozs.
Currants	1¼ lbs.
Eggs	2
Milk	1 pt.
Water	1 pt.
Salt	
Flour	½ lb.

100. SCOTCH PANCAKES

	100 *portions*
Flour	4 lbs.
Baking Powder	2 ozs.
Margarine	8 ozs.
Sugar	1 lb.
Eggs	4
Milk	2½ pts.
Lemon	1
Salt	¾ oz.
Dripping	½ lb.

101. SPONGE MIXTURE for fancy cakes

	100 *portions*
Flour	4 lbs.
Sugar	3 lbs.
Margarine	1 lb.
Dried Egg	1 lb.
Baking Powder	3½ ozs.
Water	4 pts.

102. SULTANA SCONES

	100 *portions*
Basic Scone Mixture	Full
Sultanas	1 lb.
Sugar	12 ozs.

103. SWISS ROLL (purchased)

	100 *portions*
Swiss Rolls	13

104. VICTORIA SPONGE

	100 *portions*
Flour	2½ lbs.
Sugar	2½ lbs.
Margarine	2½ lbs.
Eggs	20
Dripping	2 ozs.
Icing Sugar	2 ozs.
Jam	1 lb.

105. VIENNESE SHORTCAKE

	100 *portions*
Flour	3 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Icing Sugar	1 lb.
Jam	¼ lb.

COLD BUFFET

106. BRISLINGS

	100 *portions*
Brislings	15 tins

107. CAMBRIDGE SAUSAGES

	100 *portions*
Sausages	12½ lbs.
Breadcrumbs	2 lbs.
Eggs	3
Flour	1 lb.
Salt	1 oz.
Frying Media	1½ lbs.

108. CHEESE

	100 *portions*
Cheese	6½ lbs.

109. CHEESE & BISCUITS

	100 *portions*
Cheese	6½ lbs.
Water Biscuits	3 lbs.

110. COLD HAM

	100 *portions*
Fresh Gammon	20 lbs.

111. COLD HAM (T)

	100 *portions*
Tinned Gammon	13 lbs.

112. COLD MEAT

	100 *portions*
Ox Tongue	6¼ lbs.
Luncheon Meat	6¼ lbs.

113. COLD ROAST CHICKEN

	100 *portions*
Roasting Chicken	40 lbs.
Dripping	1 lb.
Salt	2 ozs.

114. GALANTINE

	100 *portions*
Flat Ribs of Beef	13 lbs.
Sausagemeat	8 lbs.
Bread	3 lbs.
Ground Nutmeg	1/16th oz.
Salt	2 ozs.
Black Pepper	1/8th oz.
Eggs	5
Lemon	1
Parsley	4 ozs.
Breadcrumbs (Brown)	1 lb.

115. JELLIED PORK PIE (individual)

		100 *portions*
Spare Rib		9 lbs.
Onions		1 lb.
Gelatine Powder		4 ozs.
Sage		1/8th oz.
Seasoning		2 ozs.
Pork Stock		1 gal.
Flour	Hot	10 lbs.
Cooking Fat	water	2½ lbs.
Water	paste	1½ pts.
Salt		2 ozs.

116. JELLIED STEAK PIE

	100 *portions*
Back Ribs of Beef	12 lbs.
Flour	10 lbs.
Cooking Fat	2½ lbs.
Gelatine Powder	4 ozs.
Salt	1 oz.
Pepper	1/8th oz.
Water	3½ pts.
Salt	2 ozs.
Onions	1 lb.

117. JELLIED VEAL (tinned)

	100 *portions*
Jellied Veal	12½ lbs.

118. LUNCHEON MEAT

	100 *portions*
Luncheon Meat	12½ lbs.

119. MEAT LOAF (tinned)

	100 *portions*
Meat Loaf	12½ lbs.

120. PRESSED BEEF (tinned)

	100 *portions*
Pressed Beef	12½ lbs.

121. SCOTCH EGGS

	100 *portions*
Eggs	50
Sausagemeat	8 lbs.
Flour	1½ lbs.
Water	3 pts.
Breadcrumbs	3 lbs.
Frying Media	1½ lbs.

122. VEAL & HAM PIE (purchased)

	100 *portions*
Veal & Ham Pie	20 lbs.

EGG DISHES

123. CURRIED EGGS & RICE

	100 *portions*
Eggs	100
Rice	3 lbs.
Salt	2 ozs.
Curry Sauce	1 gal.

124. FRIED EGGS

	100 *portions*
Eggs	100
Cooking Fat	2 lbs.

125. POACHED EGGS

	100 *portions*
Eggs	100
Vinegar	¼ pt.
Salt	½ oz.

126. POACHED EGGS ON FRIED BREAD

	100 *portions*
Eggs	100
Vinegar	¼ pt.
Salt	½ oz.
Bread	14 lbs.
Frying Media	4 lbs.

127. POACHED EGG ON SPINACH

	100 *portions*
Eggs	100
Vinegar	¼ pt.
Salt	2 ozs.
Spinach	30 lbs.

128. POACHED EGG ON TOAST

	100 *portions*
Eggs	100
Vinegar	¼ pt.
Salt	½ oz.
Bread	14 lbs.
Margarine	1 lb.

129. SCRAMBLED EGG & MINCED HAM

	100 *portions*
Eggs	75
White Sauce	4 pts.
Salt	1 oz.
Margarine	½ lb.
Milk	2 pts.
Bacon (Chopped Ham)	4 lbs.

130. SCRAMBLED EGG ON TOAST

	100 *portions*
Scrambled Egg	Full
Bread	14 lbs.
Margarine	2 lbs.

131. SCRAMBLED EGG (dried)

	100 *portions*
Dried Egg	2½ lbs.
Water	
White Sauce	4 pts.
Salt	1 oz.
Margarine	½ lb.
Milk	2 pts.

132. SCRAMBLED EGGS (fresh)

	100 *portions*
Eggs	75
White Sauce	4 pts.
Salt	1 oz.
Margarine	½ lb.
Milk	2 pts.

ENTREES

133. BACON & EGG PIE (Covered)

	100 *portions*
Flour	9 lbs.
Margarine	1 lb.
Cooking Fat	2 lbs.
Salt	2 ozs.
Water	1½ pts.
Streaky Bacon	6 lbs.
Eggs	36
Milk	6 pts.
Seasoning	
Eggs	2
Baking Powder	4½ ozs.

134. BACON & POTATO CAKES

	100 *portions*
Bacon	6 lbs.
Potatoes	30 lbs.
Salt	2 ozs.
Flour	1 lb.
Eggs	4
Dripping	1 lb.

135. BEEF CROQUETTES

	100 *portions*
Sticking Piece of Beef	14 lbs.
Onions	2 lbs.
Parsley	2 ozs.
Breadcrumbs	4 lbs.
Potatoes	8 lbs.
Salt	2 ozs.
Pepper	¼ oz.
Eggs	4
Flour	1 lb.
Dripping	4 lbs.
Sausagemeat (beef)	6 lbs.
Mixed Herbs	¼ oz.

136. BEEF GOULASH

	100 *portions*
Shoulder of Beef	20 lbs.
Onions	2 lbs.
Carrots	2 lbs.
Tomato Puree	¼ lb.
Faggot	1
Flour	½ lb.
Paprika	¼ lb.
Salt	1 oz.
Pepper	1/8th oz.
Stock	2 gals.
Dripping	½ lb.

137. BEEF HOT POT

	100 *portions*
Shoulder of Beef	20 lbs.
Potatoes	20 lbs.
Onions	4 lbs.
Pepper	¼ oz.
Salt	2 ozs.
Flour	¼ lb.

138. BEEF OLIVES

	100 *portions*
Sirloin of Beef	25 lbs.
Dripping	1 lb.
Carrots	2 lbs.
Onions	2 lbs.
Brown Stock	1 gal.
Salt	2 ozs.
Bread	3 lbs.
Suet	1 lb.
Onions	½ lb.
Salt	1 oz.
Pepper	¼ oz.
Thyme	1/16th oz.
Parsley	2 ozs.
Eggs	2

139. BEEF & TOMATO HOT POT

	100 *portions*
Shoulder of Beef	20 lbs.
Potatoes	20 lbs.
Onions	4 lbs.
Pepper	¼ oz.
Salt	4 ozs.
Tomatoes	4 lbs.
Flour	¼ lb.
Parsley	4 ozs.

140. BOILED FOWL

	100 *portions*
Boiling Fowls	40 lbs.
Carrots	½ lb.
Onions	½ lb.
Salt	½ lb.
Clove	1/64th oz.

141. BOILED LEG OF MUTTON

	100 *portions*
Legs of Mutton	25 lbs.
Carrots	3 lbs.
Onions	3 lbs.
Salt	3 ozs.

142. BOILED SILVERSIDE OF BEEF

	100 *portions*
Silverside of Beef	22 lbs.
Onions	½ lb.
Carrots	6 lbs.
Turnips	6 lbs.
Faggot	1

143. BRAISED BEEF

	100 *portions*
Silverside of Beef	22 lbs.
Onions	4 lbs.
Carrots	4 lbs.
Water	1 gal.
Dripping	1 lb.
Flour	2 lbs.
Salt	2 ozs.
Pepper	1/8th oz.
Tomato Puree	¼ lb.
Faggot	1

144. BRAISED CHICKEN WITH TOMATOES AND MUSHROOMS

	100 *portions*
Boiling Fowls	40 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Faggot	1
Salt	2 ozs.
Flour	2 lbs.
Dripping	1 lb.
Mushroom Stalks	4 lbs.
Tomatoes	6 lbs.
Onions	1 lb.
Margarine	¼ lb.

145. BRAISED GAMMON (Fresh)

	100 *portions*
Gammon	20 lbs.
Carrots	1 lb.
Onions	1 lb.
Brown Sauce	6 pts.

146. BRAISED HAM (Tinned)

	100 *portions*
Gammon Tinned	13 lbs.
Brown Sauce	6 pts.

147. BRAISED LEG OF LAMB

	100 *portions*
Roast Leg of Lamb	Full
Brown Sauce	½ gal.

148. BRAISED OX HEARTS AND STUFFING

	100 *portions*
Ox Hearts	37½ lbs.
Carrots	4 lbs.
Onions	4 lbs.
Flour	2 lbs.
Dripping	1 lb.
Salt	2 ozs.
Bread	3 lbs.
Suet	1 lb.
Onion	½ lb.
Salt	1 oz.
Pepper	¼ oz.
Thyme	1/16th oz.
Parsley	2 ozs.
Eggs	2

149. BRAISED OX LIVER

	100 *portions*
Grilled Ox Liver	Full
Brown Sauce	½ gal.

150. BRAISED OX TONGUE

	100 *portions*
Ox Tongue	18 lbs.
Brown Sauce	½ gal.

151. BRAISED RABBIT

	100 *portions*
Rabbits	37½ lbs.
Carrots	4 lbs.
Onions	4 lbs.
Flour	2 lbs.
Dripping	1 lb.
Salt	2 ozs.
Faggot	1
Parsley	4 ozs.
Colouring (brown)	

152. BRAISED STEAK

	100 *portions*
Chuck Steak	18 lbs.
Onions	4 lbs.
Carrots	4 lbs.
Flour	2 lbs.
Dripping	1 lb.
Water	1 gal.
Tomato Puree	¼ lb.
Salt	1 oz.
Faggot	1

153. BREADED LAMB CUTLETS

	100 *portions*
Lamb Cutlets	25 lbs.
Eggs	6
Breadcrumbs	4 lbs.
Dripping	2 lbs.
Salt	1 oz.

154. BROWN STEW

	100 *portions*
Shoulder of Beef	20 lbs.
Tomato Puree	½ lb.
Flour	3 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Dripping	1½ lbs.
Salt	2 ozs.
Faggot	1
Haricot Beans	4 lbs.

155. BROWN STEWED MUTTON

	100 *portions*
Middle Neck	25 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Turnips	4 lbs.
Flour	1 lb.
Tomato Puree	½ lb.
Faggot	1
Salt	2 ozs.
Pepper	
Dripping	½ lb.

156. CHEESE & LENTIL CUTLETS

	100 *portions*
Lentils	3 lbs.
Potatoes	7 lbs.
Cheese	2 lbs.
Salt	2 ozs.
Pepper	1/8th oz.
Eggs	4
Flour	1 lb.
Dried Egg	2 ozs.
Breadcrumbs	4 lbs.
Frying Media	4 lbs.

157. CHEESE & POTATO BALLS

	100 *portions*
Cheese	4 lbs.
Potatoes	30 lbs.
Dried Milk	1½ lbs.
Breadcrumbs	4 lbs.
Salt	2 ozs.
Frying Media	4 lbs.
Dried Egg	2 ozs.

158. CHEESE & POTATO CROQUETTES

	100 *portions*
Cheese	3 lbs.
Potatoes	30 lbs.
Salt	2 ozs.
Eggs	4
Flour	1 lb.
Breadcrumbs	4 lbs.
Eggs	3
Frying Media	4 lbs.

159. CHEESE PUDDING

	100 *portions*
Cheese	3 lbs.
Milk	6 pts.
Breadcrumbs	12 ozs.
Eggs	12
Salt	½ oz.
Pepper	1/16th oz.
Margarine	½ lb.

160. CHEESE & TOMATO FLAN

	100 *portions*
Flour	4 lbs.
Margarine	¾ lb.
Cooking Fat	¾ lb.
Water	
Salt	1 oz.
Flour	12 ozs.
Margarine	12 ozs.
Cheese	3 lbs.
Milk	6 pts.
Tomatoes	6 lbs.
Onions	1 lb.
Baking Powder	2 ozs.

161. CHEESE & VEGETABLE FLAN

	100 *portions*
Carrots	4 lbs.
Peas A1½	2 tins
Onions	1 lb.
Flour	12 ozs.
Margarine	12 ozs.
Cheese	3 lbs.
Milk	6 pts.
Flour	4 lbs.
Cooking Fat	1½ lbs.
Water	
Salt	1 oz.
Baking Powder	2 ozs.

162. CHEESE & VEGETABLE FLAN WITH FRESH PEAS

	100 *portions*
Cheese	3 lbs.
Carrots	4 lbs.
Peas	4 lbs.
Onions	1 lb.
Flour	12 ozs.
Milk	6 pts.
Margarine	12 ozs.
Flour	4 lbs.
Cooking Fat	1½ lbs.
Water	
Salt	1 oz.
Baking Powder	2 ozs.

163. CHICKEN PANCAKES

	100 *portions*
Flour	5 lbs.
Eggs	12
Milk	10 pts.
Salt	1 oz.
Boiling Fowls	16 lbs.
Cream Sauce	2 pts.
Dripping	1 lb.

164. CHICKEN PATTIES

	100 *portions*
Flour	5 lbs.
Margarine	3¾ lbs.
Water	
Salt	1¼ ozs.
Minced Chicken	Full

165. CHICKEN PIE

	100 *portions*
Boiling Fowls	25 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Margarine	1 lb.
Flour	1 lb.
Flour	5 lbs.
Margarine	3¾ lbs.
Water	
Salt	1¼ ozs.
Bacon Shoulder	6 lbs.

166. CHICKEN VOL AU VENTS

	100 *portions*
Flour	5 lbs.
Margarine	5 lbs.
Water	
Salt	1¼ ozs.
Flour	½ lb.
Minced Chicken	(1/3rd of Recipe 186)

167. CORNED BEEF

	100 *portions*
Corned Beef	12½ lbs.

168. CORNED BEEF FRITTERS

	100 *portions*
Corned Beef	12½ lbs.
Flour	6 lbs.
Milk	4 pts.
Water	4 pts.
Sugar	1 oz.
Baking Powder	2 ozs.
Salt	2 ozs.
Frying Media	4 lbs.

169. CORNISH PASTIES

	100 *portions*
Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Water	
Salt	2 ozs.
Potatoes	8 lbs.
Onions	4 lbs.
Cooked Meat	4 lbs.
Salt	1 oz.
Pepper	¼ oz.
Parsley	4 ozs.
Baking Powder	4 ozs.
Margarine	4 ozs.

170. COTTAGE PIE

	100 *portions*
Meat Trimmings	12½ lbs.
Onions	2 lbs.
Brown Sauce	½ gal.
Potatoes	20 lbs.
Salt	2 ozs.
Margarine	½ lb.
Milk	1 pt.
Salt	1 oz.
Pepper	¼ oz.

171. CURRIED BEEF & RICE

	100 *portions*
Shoulder of Beef	20 lbs.
Onions	4 lbs.
Tomato Puree	1 lb.
Flour	2 lbs.
Desiccated Coconut	¼ lb.
Cooking Apples	½ lb.
Curry Powder	1 lb.
Salt	2 ozs.
Rice	4 lbs.
Dripping	8 ozs.

172. GRILLED GAMMON

	100 *portions*
Gammon Bacon	12½ lbs.

173. GRILLED LAMB CHOP

	100 *portions*
Lamb Chops	25 lbs.
Salt	1 oz.

174. GRILLED LAMB CUTLETS

	100 *portions*
Best End of Lamb	25 lbs.
Salt	1 oz.

175. GRILLED LIVER

	100 *portions*
Ox Liver	20 lbs.
Flour	2 lbs.
Dripping	2 lbs.

176. HARICOT MUTTON

	100 *portions*
Middle Neck of Lamb	25 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Haricot Beans	3 lbs.
Flour	1 lb.
Water	1 gal.
Tomato Puree	¼ lb.
Salt	2 ozs.
Pepper	1/8th oz.
Dripping	½ lb.

177. IRISH STEW

	100 *portions*
Middle Neck of Lamb	25 lbs.
Onions	6 lbs.
Potatoes	20 lbs.
Salt	2 ozs.
Parsley	4 ozs.
Pepper	¼ oz.

178. LANCASHIRE HOT POT

	100 *portions*
Whole Neck of Lamb	25 lbs.
Potatoes	20 lbs.
Onions	4 lbs.
Pepper	½ oz.
Salt	4 ozs.
Parsley	2 ozs.

179. LIVER & BACON

	100 *portions*
Ox Liver	14 lbs.
Streaky Bacon	5 lbs.
Brown Sauce	½ gal.
Dripping	2 lbs.
Flour	1 lb.

180. LUNCHEON MEAT FRITTERS

	100 *portions*
Luncheon Meat	12½ lbs.
Flour	6 lbs.
Milk	2 qts.
Water	2 qts.
Sugar	1 oz.
Baking Powder	2 ozs.
Salt	2 ozs.
Frying Media	4 lbs.

181. MEAT & VEGETABLE PIE

	100 *portions*
Shoulder of Beef	20 lbs.
Carrots	4 lbs.
Onions	2 lbs.
Celery	2 lbs.
Dried Peas	2 lbs.
Water	
Seasoning	
Dripping	1 lb.
Flour	½ lb.
Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	

182. MINCED BEEF

	100 *portions*
Flat Ribs of Beef	20 lbs.
Onions	1 lb.
Dripping	½ lb.
Flour	½ lb.
Water	
Tomato Puree	4 ozs.
Carrots	1 lb.

183. MINCED BEEF CURRY & RICE

	100 *portions*
Flat Ribs of Beef	16½ lbs.
Onions	4 lbs.
Flour	½ lb.
Dripping	½ lb.
Curry Powder	½ lb.
Cooking Apples	½ lb.
Tomato Puree	½ lb.
Salt	2 ozs.
Rice	3 lbs.
Desiccated Coconut	¼ lb.
Sultanas	1 lb.
Carrots	1 lb.

184. MINCED BEEF IN BATTER

	100 *portions*
Flat Ribs of Beef	20 lbs.
Flour	5 lbs.
Eggs	12
Milk	10 pts.
Salt	2 ozs.
Baking Powder	4 ozs.
Dripping	2 lbs.

185. MINCED BEEF & VEGETABLE PIE

	100 *portions*
Shoulder of Beef	20 lbs.
Onions	2 lbs.
Carrots	4 lbs.
Flour	8 lbs.
Cooking Fat	3 lbs.
Salt (for pastry)	2 ozs.
Salt (for meat)	2 ozs.
Celery	2 lbs.
Dried Peas	2 lbs.
Flour (thickening)	½ lb.
Stock	1 gal.
Dripping	½ lb.

186. MINCED CHICKEN

	100 *portions*
Boiling Fowls	25 lbs.
White Sauce	2 pts.
Onions	½ lb.
Carrots	½ lb.
Salt	2 ozs.
Parsley	2 ozs.

187. MINCED LAMB IN CREAM SAUCE

	25 *portions*
Leg of Lamb	5 lbs.
Carrots	1 lb.
Stock	1½ pts.
Milk	1½ pts.
Margarine	6 ozs.
Flour	6 ozs.
Salt	½ oz.

188. RABBIT PIE

	100 *portions*
Rabbit	25 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Flour	2 lbs.
Dripping	1 lb.
Seasoning	2 ozs.
Faggot	1
Parsley	4 ozs.
Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	

189. ROAST CHICKEN & STUFFING

	100 *portions*
Roasting Fowls	40 lbs.
Salt	1 oz.
Dripping	1½ lbs.
Bread	2 lbs.
Suet	½ lb.
Parsley	1 oz.
Thyme	1/8th oz.
Salt	1 oz.
Dripping	½ lb.
Lemon	1

190. RUMP STEAK & ONIONS

	100 *portions*
Rump Steak	25 lbs.
Dripping	2 lbs.
Onions	12½ lbs.
Salt	2 ozs.
Pepper	1/8th oz.

191. SAUSAGES (BEEF)

(2 per portion)

	100 *portions*
Beef Sausages	25 lbs.
Dripping	½ lb.

192. SAUSAGES (PORK)

(2 per portion)

	100 *portions*
Pork Sausages	25 lbs.
Dripping	½ lb.

193. SAUSAGE ROLLS

	100 *portions*
Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Water	
Sausagemeat	10 lbs.

194. SAUSAGE TOAD (BEEF)

	100 *portions*
Beef Sausages	12½ lbs.
Dripping	2 lbs.
Flour	5 lbs.
Baking Powder	4 ozs.
Milk	10 pts.
Eggs	12
Salt	1 oz.

195. SAUSAGE TOAD (PORK)

	100 *portions*
Pork Sausages	12½ lbs.
Dripping	2 lbs.
Flour	5 lbs.
Baking Powder	4 ozs.
Milk	10 pts.
Eggs	12
Salt	1 oz.

196. SAVOURY STEAKS

	100 *portions*
Sticking Piece of Beef	14 lbs.
Onions	2 lbs.
Potatoes	8 lbs.
Salt	2 ozs.
Pepper	¼ oz.
Breadcrumbs	4 lbs.
Sausagemeat	6 lbs.
Mixed Herbs	½ oz.
Flour	1 lb.
Frying Media	4 lbs.
Eggs	4

197. SCOTCH MUTTON PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Mutton (whole neck)	18 lbs.
Carrots	2 lbs.
Onions	4 lbs.
Barley	1 lb.
Salt	2 ozs.
Parsley	4 ozs.

198. SEMOLINA CHEESE (Italian Style)

	100 *portions*
Semolina	1½ lbs.
Milk	1 gal.
Margarine	½ lb.
Salt	1 oz.
Nutmeg	pinch
Eggs	6
Cheese	3 lbs.

199. SPAGHETTI CHEESE

	100 *portions*
Spaghetti	4 lbs.
Salt	2 ozs.
Cheese	3 lbs.
Flour	1½ lbs.
Margarine	1½ lbs.
Milk	6 pts.
Water	6 pts.
Salt	2 ozs.
Mustard	1 oz.
Cayenne Pepper	1/8th oz.

200. STEAK PIE

	100 *portions*
Shoulder of Beef	20 lbs.
Onions	2 lbs.
Flour	8 lbs.
Fat	1½ lbs.
Baking Powder	3 ozs.
Flour	1 lb.
Dripping	½ lb.
Margarine	1½ lbs.
Salt	2 ozs.

201. STEAK PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Baking Powder	4 ozs.
Shoulder of Beef	20 lbs.
Onions	2 lbs.
Flour	1 lb.
Worcester Sauce	4 fl. oz.
Salt	1 oz.
Pepper	1/8th oz.

202. STEAK & KIDNEY PIE

	100 *portions*
Shoulder of Beef	20 lbs.
Onions	2 lbs.
Flour	10 lbs.*
Fat	1½ lbs.
Ox Kidney	2 lbs.
Salt	2 ozs.
Margarine	1½ lbs.
Baking Powder	4 ozs.

* includes 2 lbs. for thickening meat.

203. STEAK & KIDNEY PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Baking Powder	4 ozs.
Shoulder of Beef	16½ lbs.
Ox Kidney	2 lbs.
Onions	2 lbs.
Flour	1 lb.
Worcester Sauce	4 fl. ozs.
Salt	1 oz.
Pepper	1/8th oz.

204. STEAMED BACON ROLL

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Bacon	8 lbs.
Mixed Herbs	¼ oz.
Water	4 pts.
Baking Powder	4 ozs.
Onions	1 lb.
Parsley	4 ozs.
Salt	½ oz.
Pepper	¼ oz.

205. STEWED OX KIDNEYS

	100 *portions*
Ox Kidney	20 lbs.
Onions	1 lb.
Tomato Puree	½ lb.
Flour	½ lb.
Dripping	½ lb.
Salt	2 ozs.
Pepper	1/8th oz.

206. STEWED MIDDLE NECK OF VEAL (White)

	100 *portions*
Middle Neck of Veal	25 lbs.
Onions	4 lbs.
Margarine	½ lb.
Flour	2 lbs.
Salt	2 ozs.
Carrots	4 lbs.
Celery	½ lb.
Faggot	1
Parsley	2 ozs.

207. STEWED MIDDLE NECK OF VEAL (Brown)

	100 *portions*
Middle Neck of Veal	25 lbs.
Carrots	4 lbs.
Onions	4 lbs.
Celery	4 lbs.
Salt	2 ozs.
Flour	1 lb.
Cooking Fat	½ lb.
Parsley	2 ozs.
Tomato Puree	4 ozs.

208. STEWED MUTTON (White)

	100 *portions*
Middle Neck of Lamb	25 lbs.
Onions	8 lbs.
Carrots	7 lbs.
Barley	1 lb.
Turnips	4 lbs.
Salt	4 ozs.
Parsley	4 ozs.
Pepper	¼ oz.

209. STEWED RABBIT

	100 *portions*
Rabbits	37½ lbs.
Carrots	4 lbs.
Onions	4 lbs.
Flour	2 lbs.
Dripping	1 lb.
Seasoning	2 ozs.
Faggot	1
Parsley	4 ozs.

210. STUFFED MARROW

	100 *portions*
Marrows	40 lbs.
Salt	2 ozs.
Beef Sausagemeat	12½ lbs.
Breadcrumbs	4 lbs.
Salt	1 oz.
Pepper	1/8th oz.
Onions	1 lb.
Dripping	¼ lb.
Parsley	4 ozs.
Tomatoes	3 lbs.

211. STUFFED MUTTON

	100 *portions*
Shoulder of Lamb	25 lbs.
Bread	2 lbs.
Suet	½ lb.
Parsley	1 oz.
Thyme	1/8th oz.
Salt	1 oz.
Salt	½ oz.
Dripping	½ lb.
Lemon	1

212. TRIPE & ONIONS

	100 *portions*
Tripe	30 lbs.
Onions	4 lbs.
Margarine	1½ lbs.
Flour	1½ lbs.
Milk	8 pts.
Salt	3 ozs.
Pepper	¼ oz.
Faggot	1
Stock (from tripe)	4 pts.

213. WELSH RAREBIT

	100 *portions*
Cheese	6 lbs.
Margarine	1 lb.
Flour	2 lbs.
Milk	8 pts.
Mustard	1 oz.
Worcester Sauce	5 fl. ozs.
Bread	14 lbs.

FISH

214. BAKED COD

	100 *portions*
Fillet of Cod	25 lbs.
Flour	1 lb.
Cooking Fat	1 lb.
Seasoning	

215. BAKED FILLET COD IN BREADCRUMBS

	100 *portions*
Fillet of Cod	25 lbs.
Breadcrumbs	4 lbs.
Salt	2 ozs.
Dripping	2 lbs.
Milk	2 pts.
Eggs	2

216. BAKED STUFFED HADDOCK

	100 *portions*
Fillet of Haddock	25 lbs.
Bread	4 lbs.
Suet	1 lb.
Parsley	2 ozs.
Lemon	1
Seasoning	
Eggs	2
Margarine	½ lb.

217. FILLET OF COD MEUNIERE

	100 *portions*
Fillet of Cod	25 lbs.
Flour	2 lbs.
Dripping	2 lbs.
Lemons	8
Salt	1 oz.
Margarine	3 lbs. 2 ozs.
Parsley	4 ozs.

218. FILLET OF PLAICE MEUNIERE

	100 *portions*
Fillet of Plaice	25 lbs.
Flour	2 lbs.
Dripping	2 lbs.
Lemons	8
Salt	1 oz.
Margarine	3 lbs. 2 ozs.
Parsley	4 ozs.

219. FILLET OF SOLE MEUNIERE

	100 *portions*
Fillet of Sole	25 lbs.
Flour	2 lbs.
Dripping	2 lbs.
Lemons	8
Salt	1 oz.
Margarine	3 lbs. 2 ozs.
Parsley	4 ozs.

220. FISHCAKES

	100 *portions*
Fillet of Cod	8 lbs.
Potatoes	16 lbs.
Salt	2 ozs.
Pepper	1/16th oz.
White Sauce	1 pt.
Parsley	1 oz.
Flour	2 lbs.
Breadcrumbs	4 lbs.
Milk	½ pt.
Eggs	2
Frying Media	4 lbs.

221. FISH KEDGEREE — 100 *portions*

Fillet of Haddock	10 lbs.
Rice	3 lbs.
Eggs	4
Margarine	1 lb.
Salt	3 ozs.

222. FISH PIE AU GRATIN (with tomato) — 100 *portions*

Fillet of Cod	12 lbs.
Potatoes	15 lbs.
Salt	2 ozs.
Pepper	1/16th oz.
White Sauce	2 pts.
Parsley	2 ozs.
Margarine	1½ lbs.
Breadcrumbs	1 lb.
Tomatoes	4 lbs.

223. FRIED CODS ROES (in batter) — 100 *portions*

Cods Roe	25 lbs.
Flour	2 lbs.
Coating Batter	
Frying Media	4 lbs.

224. FRIED CODS ROE (in breadcrumbs) — 100 *portions*

Cods Roe	25 lbs.
Eggs	4
Flour	1 lb.
Breadcrumbs	4 lbs.
Frying Media	4 lbs.
Salt	1 oz.

225. FRIED FILLET OF COD (fresh) — 100 *portions*

Fillet of Cod	25 lbs.
Flour	2 lbs.
Coating Batter	
Frying Media	4 lbs.

226. FRIED FILLET OF COD (quick frozen) — 100 *portions*

Fillet of Cod	28 lbs.
Coating Batter	
Flour	2 lbs.
Frying Media	4 lbs.

227. FRIED FILLET OF HADDOCK (fresh) — 100 *portions*

Fillet of Haddock	25 lbs.
Flour	2 lbs.
Coating Batter	
Frying Media	4 lbs.

228. FRIED FILLET OF HADDOCK (quick frozen) — 100 *portions*

Fillet of Haddock	28 lbs.
Flour	2 lbs.
Coating Batter	
Frying Media	4 lbs.

229. FRIED FILLET OF PLAICE — 100 *portions*

Fillet of Plaice	25 lbs.
Flour	2 lbs.
Frying Media	4 lbs.
Coating Batter	

230. FRIED ROCK SALMON — 100 *portions*

Rock Salmon	25 lbs.
Flour	2 lbs.
Coating Batter	
Frying Media	4 lbs.

231. FRIED WING OF SKATE — 100 *portions*

Skate Wings	35 lbs.
Coating Batter	
Frying Media	4 lbs.
Flour	2 lbs.

232. GRILLED CODSTEAK — 100 *portions*

Headless Cod	40 lbs.
Flour	1 lb.
Frying Media	2 lbs.
Salt	½ oz.

233. GRILLED FILLET OF COD — 100 *portions*

Fillet of Cod	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

234. GRILLED FILLET OF HADDOCK — 100 *portions*

Fillet of Haddock	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

235. GRILLED FILLET OF PLAICE — 100 *portions*

Fillet of Plaice	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

236. GRILLED FILLET OF SOLE — 100 *portions*

Fillet of Sole	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

237. GRILLED FILLET OF WHITING — 100 *portions*

Fillet of Whiting	25 lbs.
Frying Media	2 lbs.
Flour	2 lbs.
Salt	½ oz.

238. GRILLED HERRING — 100 *portions*

Herrings	35 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

239. GRILLED LEMON SOLE — 100 *portions*

Lemon Soles	40 lbs.
Flour	2 lbs.
Dripping	2 lbs.

240. GRILLED MACKEREL — 100 *portions*

Mackerel	35 lbs.
Flour	1 lb.
Salt	1 oz.
Dripping	2 lbs.

241. GRILLED SLIP SOLE — 100 *portions*

Soles	37½ lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	½ oz.

242. KIPPER — 100 *portions*

Kippers	25 lbs.

243. POACHED FILLET OF COD — 100 *portions*

Fillet of Cod	25 lbs.
Milk	2 pts.
Salt	½ oz.

244. POACHED FILLET HADDOCK — 100 *portions*

Fillet of Haddock	25 lbs.
Milk	2 pts.
Salt	½ oz.

245. POACHED FILLET OF SOLE — 100 *portions*

Fillet of Sole	25 lbs.
Milk	2 pts.
Salt	½ oz.

246. POACHED TURBOT — 100 *portions*

Turbot	25 lbs.
Milk	2 pts.
Salt	2 ozs.
Water	
Bayleaves	2
Parsley	2 ozs.

247. POACHED WING OF SKATE — 100 *portions*

Skate Wings	35 lbs.
Milk	2 pts.
Salt	½ oz.

248. RUSSIAN FISH PIE — 100 *portions*

Fillet of Cod	20 lbs.
Parsley Sauce	2 pts.
Flour	6 lbs.
Margarine	1½ lbs.
Cooking Fat	1 lb. 14 ozs.
Tomatoes	5 lbs.
Salt	2 ozs.
Water	
Baking Powder	4½ ozs.

249. SALMON CUTLETS — 100 *portions*

Tinned Salmon	6 lbs.
Potatoes	16 lbs.
Salt	1 oz.
Pepper	1/8th oz.
White Sauce	1 pt.
Flour	2 lbs.
Breadcrumbs	4 lbs.
Milk	½ pt.
Eggs	2
Frying Media	4 lbs.
Parsley	4 ozs.

250. SARDINES — 200 *portions*

Sardines (¼ club)	33 tins
Sardines (½ club)	8 tins

251. SARDINES ON TOAST — 100 *portions*

Sardines (¼ club)	33 tins
Margarine	½ lb.
Bread	14 lbs.

252. SMOKED FILLET OF HADDOCK — 100 *portions*

Fillet of Haddock	25 lbs.

253. SMOKED HADDOCK — 100 *portions*

Smoked Haddock	25 lbs.

254. SOFT ROES — 100 *portions*

Herring Roes	12½ lbs.
Flour	1 lb.
Dripping	½ lb.
Salt	¼ oz.

255. SOFT ROES ON TOAST — 100 *portions*

Herring Roes	12½ lbs.
Flour	1 lb.
Dripping	½ lb.
Margarine	1 lb.
Bread	14 lbs.
Salt	¼ oz.

256. SOUSED HERRING — 100 *portions*

Herrings	35 lbs.
Vinegar	3 pts.
Water	3 pts.
Bayleaves	1/32nd oz.
Peppercorns	¼ oz.
Onions	1½ lbs.

FLANS

257. APPLE FLAN

		100 *portions*
Cooking Apples		20 lbs.
Sugar		1 lb.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	1½ lbs.
Sugar	Glaze	2 ozs.
Arrowroot	Glaze	
Colouring		
Flour (for dusting)		¼ lb.

258. APRICOT FLAN (T)

		100 *portions*
Apricots (Caps) 5 kg.		1½ tins
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

259. BLACKBERRY FLAN (100 *portions*

Blackberries		12 lbs.
Sugar		½ lb.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

260. BLACKCURRANT FLAN

		100 *portions*
Blackcurrants		9 lbs.
Sugar		1 lb.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

261. BLACKCURRANT FLAN (frozen)

		100 *portions*
Frozen Blackcurrants		10 lbs.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

262. BLACKCURRANT FLAN (T)

		100 *portions*
Blackcurrants A10		1½ tins
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

263. CHERRY FLAN

		100 *portions*
Cherries		15 lbs.
Sugar		½ lb.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Water	Glaze	2 ozs.
Arrowroot	Glaze	1½ lbs.
Sugar	Glaze	
Flour (for dusting)		¼ lb.

264. CHOCOLATE FLAN

		100 *portions*
Milk		1 gal.
Cocoa		8 ozs.
Cornflour		¾ lb.
Sugar		1 lb.
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Synthetic Cream		2 pts.
Flour (for dusting)		¼ lb.

265. CUSTARD FLAN

		100 *portions*
Flour		4 lbs.
Margarine		1 lb.
Cooking Fat		1 lb.
Water		
Milk		1 gal.
Eggs		16
Sugar		1 lb.
Nutmeg		
Flour (for dusting)		¼ lb.

266. DATE & GINGER FLAN

	100 *portions*
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Dates	4 lbs.
Sugar	1 lb.
Ground Ginger	1 oz.
Arrowroot	2 ozs.
Flour (for dusting)	¼ lb.

267. GOOSEBERRY FLAN

	100 *portions*
Gooseberries	15 lbs.
Sugar	1½ lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot, Sugar } Glaze	2 ozs.
	1½ lbs.
Flour (for dusting)	¼ lb.

268. GOOSEBERRY FLAN (T)

	100 *portions*
Gooseberries A10	1½ tins
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot, Sugar } Glaze	2 ozs.
	1½ lbs.
Flour (for dusting)	¼ lb.

269. PEACH FLAN

	100 *portions*
Peaches A10	2 tins
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1 lb.
Flour (for dusting)	¼ lb.

270. RASPBERRY FLAN

	100 *portions*
Raspberries	9 lbs.
Sugar	½ lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1½ lbs.
Flour (for dusting)	¼ lb.

271. RASPBERRY FLAN (frozen)

	100 *portions*
Frozen Raspberries	10 lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1½ lbs.
Flour (for dusting)	¼ lb.

272. REDCURRANT FLAN

	100 *portions*
Redcurrants	9 lbs.
Sugar	1½ lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1½ lbs.
Flour (for dusting)	¼ lb.

273. REDCURRANT FLAN (T)

	100 *portions*
Redcurrants A10	1½ tins
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1½ lbs.
Flour (for dusting)	¼ lb.

274. RHUBARB FLAN

	100 *portions*
Rhubarb	20 lbs.
Sugar	2 lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water, Arrowroot } Glaze	2 ozs.
Sugar	1½ lbs.
Flour (for dusting)	¼ lb.

275. RICE & FRUIT FLAN — 100 *portions*

Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Apricot Pulp 5kg.	½ tin
Margarine	¼ lb.
Milk	1 gal.
Rice	12 ozs.
Sugar	1½ lbs.
Sugar (Glaze)	½ lb.
Water (Glaze)	
Arrowroot (Glaze)	2 ozs.
Flour (for dusting)	¼ lb.

276. STRAWBERRY FLAN — 100 *portions*

Strawberries	15 lbs.
Sugar	½ lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water (Glaze)	
Arrowroot (Glaze)	2 ozs.
Sugar (Glaze)	1½ lbs.
Flour (for dusting)	¼ lb.

FRUIT

277. APPLES DESSERT — 100 *portions*

Apples	30 lbs.

278. APPLES (T) — 100 *portions*

Apples A10 (Solid Pack)	3 tins

279. APRICOTS (dried) — 100 *portions*

Apricots	10 lbs.

280. APRICOT CAPS (T) — 100 *portions*

Apricot Caps 5kg	1½ tins

281. APRICOTS (T) — 100 *portions*

Apricots A2½	10 tins

282. BLACKBERRIES (T) — 100 *portions*

Blackberries A2	20 tins

283. BLACKCURRANTS (frozen) — 100 *portions*

Blackcurrants	10 lbs.
Sugar	1 lb.

284. BLACKCURRANTS (T) — 100 *portions*

Blackcurrants A10	2 tins
Sugar	2 lbs.

285. FRUIT SALAD (fresh) — 100 *portions*

Oranges	18 lbs.
Dessert Apples	8 lbs.
Dessert Pears	6 lbs.
Lemons	8
White Grapes	1 lb.
Black Grapes	1 lb.
Sugar	2 lbs.
Water	¾ gal.
Pineapple A1 Tall	3 tins

286. FRUIT SALAD (T) — 100 *portions*

Pears A2½	6 tins
Peaches A2½	6 tins
Pineapple A1 Tall	6 tins
Dessert Apples	4 lbs.

287. GOOSEBERRIES (frozen) — 100 *portions*

Gooseberries	12½ lbs.
Sugar	2 lbs.

288. GOOSEBERRIES (T) — 100 *portions*

Gooseberries A10	3 tins
Sugar	2 lbs.

289. GRAPES (T) — 100 *portions*

Grapes A2½	12 tins

290. MANDARIN ORANGES (T) — 100 *portions*

Oranges (15 ozs.)	20 tins

291. ORANGES — 100 *portions*

Oranges	35 lbs.

292. PEACHES (T) — 100 *portions*

Peaches A2½	10 tins

293. PEARS DESSERT — 100 *portions*

Dessert Pears	30 lbs.

294. PEARS (T) — 100 *portions*

Pears A2½	10 tins

295. PINEAPPLE (T) — 100 *portions*

Pineapple A2	17 tins

296. PLUMS (T) — 100 *portions*

Plums A10	3 tins

297. RASPBERRIES DESSERT — 100 *portions*

Raspberries	20 lbs.

298. RASPBERRIES (frozen) — 100 *portions*

Raspberries	10 lbs.
Sugar	1 lb.

299. RASPBERRIES (T) — 100 *portions*

Raspberries A2	20 tins

300. REDCURRANTS (frozen) — 100 *portions*

Redcurrants	10 lbs.
Sugar	1 lb.

301.	REDCURRANTS (T)	100 *portions*
	Redcurrants A10	2 tins
	Sugar	2 lbs.
302.	STEWED APPLES	100 *portions*
	Cooking Apples	25 lbs.
	Sugar	2 lbs.
303.	STEWED BLACKBERRIES	100 *portions*
	Blackberries	12½ lbs.
	Sugar	2 lbs.
304.	STEWED BLACKCURRANTS	100 *portions*
	Blackcurrants	12½ lbs.
	Sugar	2 lbs.
305.	STEWED CHERRIES	100 *portions*
	Cherries	25 lbs.
	Sugar	1 lb.
306.	STEWED DAMSONS (T)	100 *portions*
	Damsons A10	3 tins
	Sugar	2 lbs.
307.	STEWED FIGS	100 *portions*
	Figs	12 lbs.
308.	STEWED GOOSEBERRIES	100 *portions*
	Gooseberries	25 lbs.
	Sugar	3 lbs.
309.	STEWED PEARS	100 *portions*
	Cooking Pears	25 lbs.
	Sugar	1 lb.
	Cinnamon Stick	2 ozs.
310.	STEWED PLUMS (fresh)	100 *portions*
	Cooking Plums	25 lbs.
	Sugar	3 lbs.
311.	STEWED PRUNES	100 *portions*
	Prunes	12 lbs.
312.	STEWED REDCURRANTS	100 *portions*
	Redcurrants	12½ lbs.
	Sugar	2 lbs.
313.	STEWED RHUBARB	100 *portions*
	Rhubarb	30 lbs.
	Sugar	3 lbs.
314.	STRAWBERRIES	100 *portions*
	Strawberries	30 lbs.
315.	STRAWBERRIES (T)	100 *portions*
	Strawberries A2	20 tins

GARNISHES

316.	BOILED RICE	100 *portions*
	Rice	3 lbs.
	Salt	2 ozs.
317.	CHUTNEY	100 *portions*
	Chutney	4 lbs.
318.	DUCHESS POTATOES	100 *portions*
	Potatoes	9 lbs.
	Eggs	3
	Dripping	4 ozs.
319.	DUMPLINGS	100 *portions*
	Flour	4 lbs.
	Suet	1 lb.
	Salt	1 oz.
	Water	
	Baking Powder	2 ozs.
	Dried Milk	4 ozs.
320.	FISH PASTE	100 *portions*
	Fish Paste	1½ lbs.
321.	FORCEMEAT BALLS	100 *portions*
	Sausagemeat	2 lbs.
	Onions	2 lbs.
	Breadcrumbs	4 lbs.
	Suet	1 lb.
	Parsley	2 ozs.
	Thyme	¼ oz.
	Salt	1 oz.
	Flour	1 lb.
	Dripping	½ lb.
322.	FRIED BREAD	100 *portions*
	Bread	7 lbs.
	Frying Media	2 lbs.
323.	HORSERADISH CREAM	150 *portions*
	Horseradish Sauce (80-oz. jar)	1
324.	MARMITE	100 *portions*
	Marmite	½ lb.
325.	LEMON	100 *portions*
	Lemons	12
326.	MEAT PASTE	100 *portions*
	Meat Paste	3 lbs.

327. ONION ROLL — 100 *portions*

Flour	4 lbs.
Onions	1 lb.
Suet	2 lbs.
Salt	1 oz.
Water	
Baking Powder	2 ozs.

328. PASTRY FINGERS — 100 *portions*

Flour	3 lbs.
Margarine	2 lbs.
Sugar	1 lb.

329. PEASE PUDDING — 100 *portions*

Split Peas	8 lbs.
Carrots	1 lb.
Onions	1 lb.
Margarine	½ lb.
Ham Bone	1
Salt	1 oz.
Pepper	pinch
Potatoes	2 lbs.
Sprig of Mint	

330. PICKLES (mixed) — 100 *portions*

Mustard	1¼ gals.
Mixed Pickles	1¼ gals.
Sweet Pickles	1 gal.
Pickled Onions	2 gals.
Pickled Cabbage	1¾ gals.

331. POTATO DUMPLINGS — 100 *portions*

Flour	8 ozs.
Potatoes	2 lbs.
Cooking Fat	4 ozs.
Baking Powder	½ oz.
Salt	¼ oz.
Pepper	pinch

332. RISSOTTO — 100 *portions*

Rice	3 lbs.
Margarine	1 lb.
Onions	1 lb.
Salt	1 oz.
Stock	6 pts.
Carrots	1 lb.
Peas processed A2	1 tin
Tomato Sauce	2 pts.
Dripping	2 ozs.

333. SAGE & ONION STUFFING — 100 *portions*

Sage	2 ozs.
Onions	2 lbs.
Breadcrumbs	4 lbs.
Stock	2 pts.
Dripping	1 lb.
Salt	2 ozs.
Pepper	pinch

334. SANDWICH SPREAD — 100 *portions*

Sandwich Spread	2½ lbs.

335. SAVOURY BALLS — 100 *portions*

Bread	6 lbs.
Suet	1 lb.
Thyme	¼ oz.
Parsley	2 ozs.
Salt	1 oz.
Pepper	pinch
Eggs	2
Flour	1 lb.
Dripping	½ lb.

336. SAVOURY RICE — 100 *portions*

Rice	3 lbs.
Onions	1 lb.
Stock	2 pts.
Margarine	½ lb.
Salt	2 ozs.
Pepper	1/8th oz.

337. SHORTBREAD FINGERS — 100 *portions*

Flour	3 lbs.
Margarine	1 lb.
Sugar	1 lb.
Cooking Fat	1 lb.

338. SPAGHETTI — 100 *portions*

Spaghetti	3 lbs.
Margarine	½ lb.
Salt	2 ozs.

339. STUFFING — 100 *portions*

Bread	4 lbs.
Suet	1 lb.
Salt	½ oz.
Parsley	2 ozs.
Eggs	2
Lemon	1
Thyme	¼ oz.

340. WATERCRESS — 100 *portions*

Watercress	5 lbs.

JOINTS

341. BOILED BACON — 100 *portions*

Fore End of Bacon	22 lbs.

342. BOILED GAMMON — 100 *portions*

Gammon	20 lbs.

343. BOILED PICKLED PORK — 100 *portions*

Hand of Pork	25 lbs.

344. ROAST BEST END OF LAMB — 100 *portions*

Best End of Lamb	25 lbs.
Salt	½ oz.
Dripping	4 ozs.

345. ROAST CHICKEN

	100 *portions*
Chicken	40 lbs.
Dripping	1 lb.
Salt	2 ozs.

346. ROAST LEG OF LAMB

	100 *portions*
Legs of Lamb	25 lbs.
Salt	½ oz.
Dripping	4 ozs.

347. ROAST LEG OF PORK

	100 *portions*
Legs of Pork	25 lbs.
Dripping	4 ozs.
Salt	½ oz.

348. ROAST LEG OF VEAL

	100 *portions*
Leg of Veal	25 lbs.
Dripping	1 lb.
Salt	½ oz.

349. ROAST RIBS OF BEEF

	100 *portions*
Fore-ribs of Beef	25 lbs.
Salt	½ oz.
Pepper	pinch
Dripping	4 ozs.

350. ROAST SHOULDER OF LAMB

	100 *portions*
Shoulders of Lamb	25 lbs.
Salt	½ oz.
Dripping	4 ozs.

351. ROAST SIRLOIN OF BEEF

	100 *portions*
Sirloin of Beef	25 lbs.
Salt	½ oz.
Pepper	pinch
Dripping	4 ozs.

352. ROAST TOPSIDE OF BEEF

	100 *portions*
Topside of Beef	22 lbs.
Salt	½ oz.
Pepper	pinch
Dripping	4 ozs.

PASTES

353. BATTER FOR FISH FRYING

	100 *portions*
Flour	6 lbs.
Milk	4 pts.
Water	4 pts.
Sugar	1 oz.
Baking Powder	2 ozs.
Salt	2 ozs.

354. BATTER FOR FRITTERS

	100 *portions*
Batter	As above

355. CHOUX PASTE (A)

	100 *portions*
Flour	1 lb.
Margarine	10 ozs.
Water	1½ pts.
Salt	1 oz.
Sugar	1 oz.
Eggs	12

356. CHOUX PASTE (B)

	100 *portions*
Flour	1 lb.
Margarine	1 lb.
Water	2 pts.
Salt	1 oz.
Baking Powder	½ oz.
Sugar	1 oz.
Dried Egg	10 ozs.
Water	

357. FLAKY PASTRY

	100 *portions*
Flour	4 lbs.
Cooking Fat	3 lbs.
Water	
Salt	1 oz.

358. HOT WATER PASTE

	100 *portions*
Flour	10 lbs.
Cooking Fat	2½ lbs.
Salt	2 ozs.
Water	3½ pts.

359. ROUGH PUFF PASTRY

	100 *portions*
Flour	6 lbs.
Margarine	4½ lbs.
Water	
Salt	1½ ozs.

360. SUET PASTE

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Baking Powder	4 ozs.
Salt	2 ozs.

361. VOL AU VENT CASES (full puff)

	100 *portions*
Flour	5 lbs.
Margarine	5 lbs.
Water	
Salt	1¼ ozs.
Flour (for dusting)	½ lb.

362. VOL AU VENT CASES (¾ puff)

	100 *portions*
Flour	5 lbs.
Margarine	3¾ lbs.
Water	
Salt	1¼ ozs.
Flour (for dusting)	½ lb.

363. YORKSHIRE PUDDING

	100 *portions*
Flour	5 lbs.
Milk	10 pts.
Water	
Eggs	12
Salt	2 ozs.
Baking Powder	4 ozs.
Dripping	2 lbs.

PIES

364. APPLE & BLACKBERRY PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackberries	7 lbs.
Sugar	2 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

365. APPLE & BLACKCURRANT PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackcurrants	7 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

366. APPLE & BLACKCURRANT PIE (T)

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Apples A10	½ tin
Blackcurrants A10	½ tin
Sugar	3 lbs.
Baking Powder	3 ozs.

367. APPLE & DAMSON PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Damsons	10 lbs.
Apples	15 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

368. APPLE & REDCURRANT PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Redcurrants	7 lbs.
Sugar	3 lbs.
Baking Powder	3 ozs.
Flour	½ lb.

369. APPLE & REDCURRANT PIE (T)

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Redcurrants A10	1 tin
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

370. APPLE PIE (T)

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Sugar	2 lbs.
Cloves	1/8th oz.
Flour	½ lb.
Baking Powder	3 ozs.

371. APPLE PIE

	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	3 lbs.
Cloves	1/8th oz.
Flour	½ lb.
Baking Powder	3 ozs.

372. CHERRY PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Cherries	25 lbs.
Sugar	2 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

373. DAMSON PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Damsons	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

374. GOOSEBERRY PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Gooseberries	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

375. GREENGAGE PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Sugar	3 lbs.
Greengages	25 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

376. LEMON MERINGUE PIE		100 *portions*
Flour		4 lbs.
Margarine		¾ lb.
Cooking Fat		¾ lb.
Water		
Salt		1 oz.
Water	Filling	4 pts.
Sugar	Filling	2 lbs.
Cornflour	Filling	½ lb.
Eggs	Filling	8
Lemons	Filling	8
Caster Sugar		8 ozs.
Rice paper		
Flour		¾ lb.
Baking Powder		2 ozs.

377. PLUM & APPLE PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Sugar	3 lbs.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Plums	10 lbs.
Cooking Apples	15 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

378. PLUM PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Plums	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

379. PLUM PIE (T)	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Plums A10	3 tins
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

380. RHUBARB & APPLE PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Rhubarb	10 lbs.
Cooking Apples	15 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

381. RHUBARB PIE	100 *portions*
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Salt	2 ozs.
Water	
Rhubarb	30 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

POTATOES

382. BOILED POTATOES	100 *portions*
Potatoes	35 lbs.
Salt	2 ozs.

383. BOULANGERE POTAOES

	100 *portions*
Potatoes	30 lbs.
Onions	4 lbs.
Parsley	2 ozs.
Water	½ gal.
Salt	2 ozs.
Pepper White	¼ oz.

384. CHIPPED POTATOES 100 *portions*

Potatoes	35 lbs.
Dripping	4 lbs.
Salt	2 ozs.

385. CREAMED POTATOES

	100 *portions*
Potatoes	35 lbs.
Milk	2 qts.
Margarine	½ lb.
Salt	2 ozs.
White Pepper	1/32nd oz.

386. CROQUETTE POTATOES

	100 *portions*
Potatoes	35 lbs.
Flour	2 lbs.
Eggs	5
Breadcrumbs	4 lbs.
Eggs	3
Salt	2 ozs.
White Pepper	¼ oz.
Nutmeg	1/32nd oz.
Dripping	4 lbs.

387. DUCHESS POTATOES

	100 *portions*
Potatoes	35 lbs.
Eggs	6
Salt	2 ozs.
Dripping	¼ lb.

388. FONDANT POTATOES

	100 *portions*
Potatoes	35 lbs.
Dripping	1 lb.
Stock	1 gal.
Parsley	2 ozs.
Salt	2 ozs.

389. JACKET POTATOES 100 *portions*

Potatoes	35 lbs.

390. JACKET POTATOES WITH MARGARINE 100 *portions*

Potatoes	35 lbs.
Margarine	2 lbs.

391. LYONNAISE POTATOES

	100 *portions*
Potatoes	30 lbs.
Onions	4 lbs.
Parsley	2 ozs.
Dripping	3 lbs.
Salt	2 ozs.

392. MACAIRE POTATOES

	100 *portions*
Potatoes	35 lbs.
Dripping	1 lb.
Parsley	4 ozs.
Salt	4 ozs.
Pepper	¼ oz.
Margarine	1 lb.
Bacon	1 lb.

393. MASHED POTATOES 100 *portions*

Potatoes	35 lbs.
Milk	2 qts.
Margarine	½ lb.
Salt	2 ozs.
White Pepper	1/32nd oz.

394. NEW POTATOES 100 *portions*

New Potatoes	30 lbs.
Salt	2 ozs.
Margarine	½ lb.

395. PARSLEY POTATOES 100 *portions*

Potatoes	35 lbs.
Margarine	8 ozs.
Parsley	4 ozs.
Salt	2 ozs.

396. ROAST POTATOES 100 *portions*

Potatoes	35 lbs.
Dripping	3 lbs.
Salt	2 ozs.

397. SAUTE POTATOES 100 *portions*

Potatoes	35 lbs.
Parsley	2 ozs.
Dripping	3 lbs.
Salt	2 ozs.

PRESERVES

398. BLACKCURRANT JAM

	100 *portions*
Blackcurrant Jam	6¼ lbs.

399. BLACKCURRANT PUREE WITH PUDDINGS 100 *portions*

Blackcurrant Puree	4 lbs.

400. BRAMBLE JELLY 100 *portions*

Bramble Jelly	6¼ lbs.

401. GOLDEN SYRUP 100 *portions*

Syrup	6¼ lbs.

402. HONEY 100 *portions*

Honey	6¼ lbs.

403. JAM

	100 *portions*
Jam	6¼ lbs.

404. JAM WITH PUDDINGS

	100 *portions*
Jam	6 lbs.

405. JELLY MARMALADE

	100 *portions*
Jelly Marmalade	6¼ lbs.

406. LEMON CURD

	100 *portions*
Lemon Curd	6¼ lbs.

407. LEMON CURD WITH PUDDINGS

	100 *portions*
Lemon Curd	6 lbs.

408. MARMALADE

	100 *portions*
Marmalade	6¼ lbs.

409. SYRUP WITH PUDDINGS

	100 *portions*
Syrup	6 lbs.

PUDDINGS

410. APPLE & BLACKBERRY PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackberries	7 lbs.
Sugar	2 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

411. APPLE & BLACKCURRANT PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackcurrants	7 lbs.
Sugar	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

412. APPLE & BLACKCURRANT PUDDING (T)

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Blackcurrants A10	1 tin
Sugar	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

413. APPLE & GOOSEBERRY PUDDING (T)

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Apples A10	1 tin
Gooseberries A10	1 tin
Sugar	2 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

414. APPLE & REDCURRANT PUDDING (T)

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Redcurrants A10	1 tin
Sugar	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

415. APPLE PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	3 lbs.
Cloves	1/16th oz.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

416. APPLE PUDDING (T)

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Sugar	2 lbs.
Cloves	1/16th oz.
Dripping	¼ lb.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

417. BAKED APPLE DUMPLING

100 *portions*

Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	2 lbs.
Cloves	1/16th oz.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

418. BAKED BREAD PUDDING

100 *portions*

Cooking Fat	3 lbs.
Sugar	3 lbs.
Bread	8 lbs.
Currants	2 lbs.
Sultanas	1 lb.
Peel	1 lb.
Mixed Spice	1 oz.
Dried Milk	½ lb.
Dripping	¼ lb.
Salt	1 oz.

419. BAKED CHOCOLATE SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Cocoa	¾ lb.
Sugar	½ lb.
Essence	1/8th oz.

420. BAKED COCONUT SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Desiccated Coconut	1 lb.

421. BAKED FRUIT SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Currants	1½ lbs.
Sultanas	1½ lbs.

422. BAKED JAM ROLL

100 *portions*

Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Jam	6 lbs.
Salt	1 oz.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

423. BAKED LEMON CURD SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Lemon Curd	9 lbs.

424. BAKED LEMON SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Lemons	8

425. BAKED MARMALADE ROLL

100 *portions*

Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Salt	1 oz.
Water	
Marmalade	6 lbs.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

426. BAKED MARMALADE SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Marmalade	9 lbs.

427. BAKED RICE PUDDING

100 *portions*

Rice	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Margarine	½ lb.
Nutmeg	pinch
Salt	½ oz.

428. BAKED SEMOLINA PUDDING

Milk	3 gals.
Semolina	2 lbs.
Margarine	½ lb.
Sugar	2 lbs.
Eggs	3

429. BASIC SPONGE PUDDING MIXTURE

100 *portions*

Margarine	4 lbs.
Sugar	4 lbs.
Eggs	10
Baking Powder	4 ozs.
Dried Milk	1 lb.
Flour	9 lbs.
Milk	2 pts.
Water	3 pts.
Dripping	¼ lb.

430. BAKED SYRUP SPONGE

100 *portions*

Basic Sponge Pudding Mixture

	Full
Syrup	9 lbs.

431. BARONESS PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2 lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	2 pts.
Currants	4 lbs.
Lemons	6
Dripping	¼ lb.
Flour (for dusting)	½ lb.

432. BREAD & BUTTER PUDDING

	100 *portions*
Bread	10 lbs.
Milk	16 pts.
Margarine	2 lbs.
Sugar	1 lb.
Eggs	6
Currants	½ lb.
Sultanas	½ lb.

433. CABINET PUDDING

	100 *portions*
Stale Cake	10 lbs.
Currants	1½ lbs.
Sultanas	1½ lbs.
Eggs	12
Essence	¼ oz.
Milk	2½ gals.
Sugar	1½ lbs.

434. CHOCOLATE PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2½ lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	2 pts.
Cocoa	¾ lb.
Essence	½ oz.
Dripping	½ lb.
Flour (for dusting)	½ lb.

435. CHRISTMAS PUDDING

	100 *portions*
Sultanas	3 lbs.
Currants	3 lbs.
Raisins	3 lbs.
Suet	3 lbs.
Cooking Apples	1 lb.
Breadcrumbs	2 lbs.
Flour	2 lbs.
Sugar	3 lbs.
Oranges	3
Lemons	3
Eggs	12
Salt	½ oz.
Mixed Spice	1 oz.
Grated Nutmeg	¼ oz.
Milk	2 pts.
Colouring	2 fl. oz.
Mixed Peel	1 lb.
Dripping	¼ lb.

436. COLLEGE PUDDING

	100 *portions*
Bread	8 lbs.
Sugar	3 lbs.
Currants	2 lbs.
Sultanas	2 lbs.
Eggs	2
Milk	½ pt.
Cooking Fat	3 lbs.
Mixed Spice	1 oz.
Dripping	4 ozs.

437. EVE'S PUDDING

	100 *portions*
Cooking Fat	1½ lbs.
Margarine	1½ lbs.
Sugar	3 lbs.
Eggs	9
Baking Powder	3 ozs.
Dried Milk	12 ozs.
Flour	6¾ lbs.
Milk	2 pts.
Water	
Sugar	1 lb.
Cooking Apples	14 lbs.
Cloves	1/16th oz.

438. FIG & GINGER PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2 lbs.
Salt	1 oz.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Ginger	2 ozs.
Figs	4 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

439. GOOSEBERRY PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Sugar	3 lbs.
Gooseberries	25 lbs.
Salt	2 ozs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

440. GOOSEBERRY PUDDING (T)

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Sugar	3 lbs.
Gooseberries A10	3 tins
Salt	2 ozs.
Dripping	¼ lb.
Baking Powder	4 ozs.
Flour (for dusting)	½ lb.

441. GREENGAGE PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Salt	2 ozs.
Baking Powder	4 ozs.
Greengages	25 lbs.
Sugar	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

442. GROUND RICE PUDDING

	100 *portions*
Ground Rice	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Margarine	½ lb.

443. LEMON SPONGE PUDDING

	100 *portions*
Margarine	4½ lbs.
Flour	8 lbs.
Sugar	3 lbs.
Milk	2 pts.
Water	
Baking Powder	12 ozs.
Eggs	12
Lemons	4
Dried Milk	12 ozs.
Salt	2 ozs.
Dripping	¼ lb.

444. RHUBARB & APPLE PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Salt	2 ozs.
Rhubarb	10 lbs.
Cooking Apples	15 lbs.
Sugar	3 lbs.
Baking Powder	4 ozs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

445. SAGO PUDDING

	100 *portions*
Milk	3 gals.
Sago	2½ lbs.
Sugar	2 lbs.
Margarine	½ lb.

446. SEMOLINA PUDDING

	100 *portions*
Milk	3 gals.
Semolina	2½ lbs.
Sugar	2 lbs.
Margarine	½ lb.
Flour (for dusting)	½ lb.

447. STEAMED CURRANT ROLL

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Water	
Baking Powder	8 ozs.
Milk	2 pts.
Sugar	2 lbs.
Dried Milk	8 ozs.
Currants	3 lbs.
Salt	1 oz.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

448. STEAMED CURRANT SPONGE

	100 *portions*
Basic Sponge Pudding Mixture	Full
Currants	6 lbs.

449. STEAMED DATE PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2 lbs.
Salt	1 oz.
Milk	2 pts.
Water	
Dried Milk	8 ozs.
Baking Powder	8 ozs.
Dates	6 lbs.
Flour (for dusting)	½ lb.
Dripping	¼ lb.

450. STEAMED FIG PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Salt	1 oz.
Water	
Milk	2 pts.
Sugar	2 lbs.
Baking Powder	8 ozs.
Figs	4 lbs.
Flour (for dusting)	½ lb.
Dripping	¼ lb.

451. STEAMED FRUIT PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2 lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Currants	1 lb.
Sultanas	1 lb.
Stoned Raisins	1 lb.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

452. STEAMED GINGER PUDDING

	100 *portions*
Flour	8 lbs.
Suet	3 lbs.
Sugar	2 lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Dried Ginger	4 ozs.
Syrup	1 lb.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

453. STEAMED GOLDEN PUDDING

	100 *portions*
Flour	4 lbs.
Breadcrumbs	4 lbs.
Sugar	2 lbs.
Syrup	3 lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Cooking Fat	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

454. STEAMED JAM ROLL 100 *portions*

Flour	10 lbs.
Suet	4 lbs.
Baking Powder	4 ozs.
Water	
Salt	2 ozs.
Jam	6 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

455. STEAMED JAM SPONGE

	100 *portions*
Margarine	4 lbs.
Sugar	4 lbs.
Eggs	10
Baking Powder	4 ozs.
Dried Milk	1 lb.
Flour	9 lbs.
Milk	2 pts.
Water	
Dripping	¼ lb.
Jam	6 lbs.

456. STEAMED MARMALADE ROLL

	100 *portions*
Flour	10 lbs.
Suet	4 lbs.
Water	
Salt	2 ozs.
Baking Powder	4 ozs.
Marmalade	6 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

457. SULTANA PUDDING 100 *portions*

Flour	8 lbs.
Suet	3 lbs.
Salt	1 oz.
Sugar	2 lbs.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Sultanas	3 lbs.
Dripping	¼ lb.
Flour (for dusting)	½ lb.

458. SUMMER PUDDING 100 *portions*

Bread	10 lbs.
Blackcurrants	4 lbs.
Redcurrants	4 lbs.
Cooking Apples	4 lbs.
Sugar	3 lbs.

459. TAPIOCA PUDDING 100 *portions*

Tapioca	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Margarine	½ lb.

460. TREACLE PUDDING 100 *portions*

Treacle	3 lbs.
Flour	4 lbs.
Breadcrumbs	4 lbs.
Cooking Fat	3 lbs.
Sugar	1 lb.
Baking Powder	8 ozs.
Dried Milk	8 ozs.
Milk	2 pts.
Water	
Flour (for dusting)	½ lb.
Dripping	¼ lb.

SALADS

461. BEETROOT	100 *portions*
Beetroot	20 lbs.
Vinegar	2 pts.

462. CARROT SALAD	100 *portions*
Lettuce	20
Tomatoes	4 lbs.
Beetroot	2 lbs.
Watercress	1 lb.
Carrots	6 lbs.

463. CHEESE SALAD	100 *portions*
Mixed Basic Salad	Full
Cheese	6½ lbs.

464. CHICKEN SALAD	100 *portions*
Mixed Basic Salad	Full
Boiling Fowls	25 lbs.
Salad Cream	½ gal.

465. COLE SLAW	100 *portions*
Cabbage	9 lbs.
Salt	1 oz.
Vinegar	¼ pt.
Oil	¼ pt.
Pepper	1/8th oz.
Mustard	1 oz.
Sugar	1 oz.

466. CREAM CHEESE SALAD	100 *portions*
Mixed Basic Salad	Full
Cream Cheese	100

467. EGG MAYONNAISE	100 *portions*
Lettuce	20
Watercress	2 lbs.
Tomatoes	5 lbs.
Eggs	100
Beetroots	2 lbs.
Salad Cream	½ gal.

468. EGG SALAD	100 *portions*
Lettuce	20
Watercress	2 lbs.
Tomatoes	5 lbs.
Beetroots	2 lbs.
Eggs	50

469. FISH SALAD	100 *portions*
Mixed Basic Salad	Full
Fillet of Cod	18½ lbs.
Salad Cream	2 pts.
White Sauce	2 pts.

470. HERRING SALAD	100 *portions*
Mixed Basic Salad	Full
Soused Herrings	100

471. LETTUCE SALAD	100 *portions*
Lettuce	20

472. MIXED BASIC SALAD	100 *portions*
Lettuce	20
Tomatoes	4 lbs.
Beetroot	2 lbs.
Watercress	1 lb.

473. PILCHARD SALAD	100 *portions*
Mixed Basic Salad	Full
Pilchards No. 1 Tall	20 tins

474. POTATO MAYONNAISE	100 *portions*
Potatoes	20 lbs.
White Sauce	2 qts.
Salad Cream	3 qts.
Salt	2 ozs.
Onions	1 lb.
Parsley	2 ozs.

475. POTATO SALAD	100 *portions*
Lettuce	10
Tomatoes	4 lbs.
Potato Mayonnaise	Full

476. PROCESSED CHEESE SALAD	100 *portions*
Mixed Basic Salad	Full
Processed Cheese	6¼ lbs.

477. RADISHES	100 *portions*
Radishes	3 bunches

478. RUSSIAN SALAD	100 *portions*
Mixed Vegetables A1 Tall	12 tins
Salad Cream	3 pts.
Spring Onions	1 lb.
Parsley	4 ozs.

479. SALMON SALAD	100 *portions*
Lettuce	20
Watercress	2 lbs.
Tomatoes	5 lbs.
Salmon (½s)	30 tins
Cucumbers	2

480. SARDINE SALAD	100 *portions*
Mixed Basic Salad	Full
Sardines (¼ club)	33 tins

SAUCES

481. ANCHOVY SAUCE	100 *portions*
Margarine	¾ lb.
Flour	¾ lb.
Milk	2 qts.
Fish Stock	2 qts.
Anchovy Essence	3 fl. ozs.

482. APPLE SAUCE — 100 *portions*

Cooking Apples	12 lbs.
Sugar	1 lb.
Water	½ gal.
Cloves	2
Margarine	¼ lb.

483. BLACK BUTTER — 100 *portions*

Margarine/Butter	1 lb.
Lemons	2
Stock	½ gal.
Capers	½ lb.

484. BONE STOCK (1) — 4 *gallons*

Bones	15 lbs.
Onions	2 lbs.
Carrots	2 lbs.
Leeks	2 lbs.
Faggot	1
Water	5 gals.

485. BONE STOCK (2) — 4 *gallons*

Bones (Reclaimed)	15 lbs.
Onions	2 lbs.
Carrots	2 lbs.
Leeks	2 lbs.
Faggot	1
Water	5 gals.

486. BREAD SAUCE — 100 *portions*

Milk	½ gal.
Onions	1 lb.
Cloves	6
Breadcrumbs	1 lb.
Margarine	¼ lb.
Salt	½ oz.
Pepper	pinch

487. BROWN GRAVY — 100 *portions*

Brown Sauce	1½ gals.

488. BROWN SAUCE — 4 *gallons*

Brown Stock	5 gals.
Carrots	1 lb.
Onions	1 lb.
Thyme	sprig
Bayleaf	1
Peppercorns	12
Tomato Puree	1½ lbs.
Flour	2 lbs.
Ham Bone	1
Salt	2 ozs.
Dripping	1 lb.

489. BROWN STOCK — 4 *gallons*

Bones	15 lbs.
Onions	2 lbs.
Leeks	2 lbs.
Carrots	2 lbs.
Faggot	1
Water	5 gals.

490. CAPER SAUCE — 100 *portions*

Margarine	½ lb.
Flour	½ lb.
Milk	2 qts.
Salt	2 ozs.
Capers	6 ozs.
Stock	2 qts.

491. CHEESE SAUCE — 100 *portions*

Cream Sauce	1 gal.
Cheese	2 lbs.
Mustard	½ oz.

492. CREAM SAUCE — 1 *gallon*

Margarine	1 lb.
Flour	1 lb.
Milk	4 qts.
Salt	2 ozs.

493. CURRY SAUCE — 100 *portions*

Bone Stock	1 gal.
Tomato Puree	½ lb.
Onion	1 lb.
Desiccated Coconut	4 ozs.
Flour	12 ozs.
Dripping	8 ozs.
Cooking Apples	8 ozs.
Salt	2 ozs.
Curry Powder	8 ozs.

494. DUGLERE SAUCE — 100 *portions*

Cream Sauce	1 gal.
Tomatoes	2 lbs.
Parsley	4 ozs.

495. EGG SAUCE — 100 *portions*

Margarine	½ lb.
Flour	½ lb.
Milk	4 qts.
Salt	2 ozs.
Eggs (chopped)	6

496. HORSERADISH SAUCE (1) — 100 *portions*

Horseradish	½ lb.
Vinegar	½ pt.
White Sauce	2 pts.

497. HORSERADISH SAUCE (2) — 150 *portions*

Horseradish Sauce (½ gal.)	1 jar

498. LYONNAISE SAUCE — 100 *portions*

Brown Sauce	1½ gals.
Onions	3 lbs.
Dripping	½ lb.

499. MINT SAUCE — 100 *portions*

Vinegar	2 pts.
Water	2 pts.
Mint	12 ozs.
Sugar	4 ozs.

500. MUSHROOM SAUCE	100 *portions*
Mushroom Stalks	2 lbs.
Cream Sauce	1 gal.
Onions	1 lb.
Parsley	8 ozs.

501. MUSTARD SAUCE	100 *portions*
Margarine	8 ozs.
Mustard	2 ozs.
Flour	4 ozs.
Water	3 pts.
Vinegar	1 pt.
Pepper	1/8th oz.
Salt	½ oz.

502. ONION SAUCE	100 *portions*
Margarine	½ lb.
Flour	½ lb.
Milk	2 qts.
Stock	2 qts.
Salt	2 ozs.
Onions	5 lbs.

503. PARSLEY BUTTER	100 *portions*
Margarine/Butter	3 lbs. 2 ozs.
Parsley	4 ozs.
Lemon	1

504. PARSLEY SAUCE	100 *portions*
Margarine	½ lb.
Flour	½ lb.
Milk	4 qts.
Parsley	4 ozs.
Salt	2 ozs.

505. PIQUANTE SAUCE	100 *portions*
Brown Sauce	1 gal.
Onions	½ lb.
Vinegar	1 pt.
Chopped Pickles	½ lb.

506. ROAST GRAVY	100 *portions*
Bone Stock	1½ gals.
Salt	1 oz.
Pepper	¼ oz.
Colour	

507. SALAD CREAM	100 *portions*
Salad Cream	½ gal.

508. TARTARE SAUCE	100 *portions*
Salad Cream	½ gal.
Gherkins	4 ozs.
Capers	2 ozs.
Parsley	4 ozs.

509. TOMATO SAUCE	100 *portions*
Tomato Puree	1 lb.
Bone Stock	1 gal.
Bacon Bones	1 lb.
Fat	½ lb.
Flour	½ lb.
Aromates/parsley/thyme peppercorns	
Carrots	1 lb.
Onions	1 lb.
Salt	2 ozs.

510. WHITE SAUCE (BASIC)	1 *gallon*
Margarine	1 lb.
Flour	1 lb.
Milk	1 gal.

SAUCES SWEET

511. APRICOT SAUCE	100 *portions*
Apricot Jam	4 lbs.
Cornflour	¼ lb.
Water	4 pts.
Colour	

512. CARAMEL SAUCE	100 *portions*
Sugar	1 lb.
Syrup	1 lb.
Cornflour	½ lb.
Water	4 pts.

513. CHOCOLATE MALTED MILK SAUCE	100 *portions*
Milk	1 gal.
Cocoa	12 ozs.
Horlicks	8 ozs.
Cornflour	12 ozs.
Syrup	2 lbs.

514. CHOCOLATE SAUCE	100 *portions*
Milk	1 gal.
Cocoa	6 ozs.
Cornflour	8 ozs.
Syrup	1½ lbs.
Vanilla Essence	

515. COFFEE SAUCE	100 *portions*
Coffee Essence	¼ pt.
Sugar	½ lb.
Milk	4 pts.
Cornflour	4 ozs.

516. CUSTARD SAUCE	100 *portions*
Sugar	1 lb.
Milk	2 gals.
Custard Powder	1 lb.

517. GINGER SAUCE	100 *portions*
Syrup	2 lbs.
Ground Ginger	½ oz.
Milk	1½ gals.
Cornflour	12 ozs.
Lemons	2

518. JAM SAUCE — 100 *portions*

Jam	4 lbs.
Cornflour	¼ lb.
Water	4 pts.
Colour	

519. JAM (with milk puddings) — 100 *portions*

Jam	6 lbs.

520. LEMON SAUCE — 100 *portions*

Water	1 gal.
Lemons	6
Custard Powder	½ lb.
Sugar	1 lb.

521. MARMALADE SAUCE — 100 *portions*

Marmalade	4 lbs.
Water	4 pts.
Cornflour	4 ozs.
Colour	

522. MELBA SAUCE — 100 *portions*

Raspberry Jam	4 lbs.
Water	3 pts.
Cornflour	3 ozs.
Colour	

523. SYNTHETIC CREAM — 100 *portions*

Synthetic Cream	2 pts.

524. SYRUP SAUCE — 100 *portions*

Syrup	6 lbs.

525. VANILLA SAUCE — 100 *portions*

Milk	1½ gals.
Cornflour	12 ozs.
Sugar	1 lb.
Vanilla Essence	

SAVOURIES

526. MACARONI AU GRATIN — 100 *portions*

Macaroni	3 lbs. 2 ozs.
Salt	2 ozs.
Cheese	3 lbs.
Flour	1½ lbs.
Margarine	1½ lbs.
Milk	6 pts.
Water	6 pts.
Salt	2 ozs.
Mustard	1 oz.
Cayenne Pepper	1/8th oz.

527. MACARONI IN TOMATO SAUCE — 100 *portions*

Macaroni	3 lbs. 2 ozs.
Salt	2 ozs.
Tomato Sauce	4 pts.

528. MACARONI AU GRATIN (with Tomato) — 100 *portions*

Macaroni au gratin	Full
Tomatoes	5 lbs.

529. SOFT ROES ON TOAST — 100 *portions*

Soft Roes	12½ lbs.
Flour	1 lb.
Dripping	½ lb.
Margarine	1 lb.
Bread	14 lbs.
Salt	¼ oz.

530. SPAGHETTI CHEESE — 100 *portions*

Spaghetti	4 lbs.
Salt	2 ozs.
Cheese	3 lbs.
Flour	1½ lbs.
Margarine	1½ lbs.
Milk	6 pts.
Water	6 pts.
Salt	2 ozs.
Mustard	1 oz.
Cayenne Pepper	1/8th oz.

531. SPAGHETTI IN TOMATO SAUCE — 100 *portions*

Tomato Sauce	4 pts.
Spaghetti	3 lbs.
Salt	2 ozs.

532. WELSH RAREBIT — 100 *portions*

Cheese	6 lbs.
Margarine	1 lb.
Flour	2 lbs.
Milk	8 pts.
Mustard	1 oz.
Worcester Sauce	5 fl. ozs.
Bread	14 lbs.

SOUPS

533. BROWN WINDSOR — 100 *portions*

Stock	32 pts.
Onions	2 lbs.
Carrots	2 lbs.
Dripping	2 lbs.
Flour	1½ lbs.
Tomato Puree	¾ lb.
Salt	3 ozs.
Faggot	1
Pepper	¼ oz.
Ham or Bacon bone	2 lbs.
Colouring	

534. CELERY

	100 *portions*
Stock	25 pts.
Onions	4 lbs.
Cooking Fat	1 lb.
Celery	10 lbs.
Potatoes	8 lbs.
Flour	1 lb.
Milk	5 pts.
Salt	4 ozs.
Faggot	1

535. CHICKEN BROTH

	100 *portions*
Onions	2 lbs.
Celery	2 lbs.
Chicken Stock	4 gals.
Carrots	8 lbs.
Barley	1 lb.
Parsley	4 ozs.
Salt	4 ozs.

536. CREAM OF CARROT

	100 *portions*
Stock	32 pts.
Carrots	10 lbs.
Onions	4 lbs.
Potatoes	8 lbs.
Cornflour	1 lb.
Milk	1 qt.
Salt	4 ozs.
Pepper	¼ oz.
Faggot	1

537. CREAM OF CHICKEN

	100 *portions*
Chicken Stock	28 pts.
Flour	2 lbs.
Dripping	1 lb.
Potatoes	4 lbs.
Leeks	1 lb.
Onions	2 lbs.
Milk	5 pts.
Salt	4 ozs.
Pepper	¼ oz.

538. CREAM OF LETTUCE

	100 *portions*
Stock	32 pts.
Potatoes	10 lbs.
Margarine	½ lb.
Onions	3 lbs.
Flour	1 lb.
Milk	1 qt.
Leeks	2 lbs.
Faggot	1
Salt	4 ozs.
Pepper	¼ oz.
Lettuce	8

539. CREAM OF LEEK & POTATO

	100 *portions*
Stock	32 pts.
Potatoes	12 lbs.
Margarine	½ lb.
Onions	3 lbs.
Cornflour	1 lb.
Milk	1 qt.
Leeks	12 lbs.
Faggot	1
Salt	4 ozs.
Pepper	¼ oz.

540. CREAM OF TURNIP

	100 *portions*
Stock	32 pts.
Onions	3 lbs.
Turnips	7 lbs.
Potatoes	10 lbs.
Flour	1 lb.
Milk	1 qt.
Margarine	½ lb.
Salt	4 ozs.
Pepper	¼ oz.
Faggot	1

541. CREAM OF VEGETABLES

	100 *portions*
Stock	32 pts.
Carrots	3 lbs.
Leeks	2 lbs.
Potatoes	7 lbs.
Onions	3 lbs.
Turnips	1 lb.
Swedes	1 lb.
Faggot	1
Salt	4 ozs.
Milk	1 qt.
Pepper	¼ oz.

542. CREAM OF WATERCRESS

	100 *portions*
Stock	32 pts.
Watercress	5 lbs.
Potatoes	10 lbs.
Margarine	½ lb.
Onions	3 lbs.
Flour	1 lb.
Milk	1 qt.
Leeks	2 lbs.
Faggot	1
Salt	4 ozs.
Pepper	¼ oz.

543. LEEK & POTATO

	100 *portions*
Stock	32 pts.
Margarine	½ lb.
Onions	3 lbs.
Milk	1 qt.
Leeks	12 lbs.
Potatoes	18 lbs.
Faggot	1
Salt	4 ozs.
Pepper	¼ oz.

544. LENTIL	100 *portions*
Lentils	10 lbs.
Water	32 pts.
Onions	2 lbs.
Potatoes	8 lbs.
Carrots	2 lbs.
Ham Bone	
Salt	4 ozs.
Faggot	1
Pepper	¼ oz.

545. MINESTRONE	100 *portions*
Stock	32 pts.
Carrots	3 lbs.
Turnips	1 lb.
Onions	1½ lbs.
Cabbage	3 lbs.
Leeks	1 lb.
Spaghetti	1 lb.
Fat Bacon	½ lb.
Chopped Parsley	2 ozs.
Potatoes	1 lb.
Tomatoes	3 lbs.
Salt	2 ozs.
Pepper	¼ oz.
Garlic	1 clove
Tomato Puree	½ lb.

546. MOCK TURTLE	100 *portions*
Stock	32 pts.
Onions	2 lbs.
Carrots	2 lbs.
Dripping	2 lbs.
Flour	1½ lbs.
Tomato Puree	¾ lb.
Salt	3 ozs.
Faggot	1
Pepper	¼ oz.
Turtle Herbs	2 ozs.
Colouring	

547. MULLIGATAWNY	100 *portions*
Stock	32 pts.
Dripping	2 lbs.
Curry Powder	½ lb.
Onions	7 lbs.
Flour	1½ lbs.
Cooking Apples	2 lbs.
Tomato Puree	¾ lb.
Salt	4 ozs.
Bayleaves	3
Rice	1 lb.

548. MUTTON BROTH	100 *portions*
Stock	36 pts.
Carrots	1½ lbs.
Turnips	1 lb.
Leeks	1 lb.
Onions	1½ lbs.
Celery	1½ lbs.
Salt	4 ozs.
Barley	¾ lb.
Pepper	¼ oz.

549. PEA	100 *portions*
Split Peas	10 lbs.
Water	32 pts.
Onions	2 lbs.
Carrots	2 lbs.
Ham Bone	1
Faggot	1
Salt	2 ozs.

550. RABBIT BROTH	100 *portions*
Stock	32 pts.
Carrots	2 lbs.
Turnips	2 lbs.
Leeks	1 lb.
Celery	1 lb.
Salt	4 ozs.
Pepper	¼ oz.
Barley	1 lb.

551. SCOTCH BROTH	100 *portions*
Mutton Broth	Full
Kale	1 lb.

552. TOMATO	100 *portions*
Stock	32 pts.
Flour	2 lbs.
Carrots	3 lbs.
Tomato Puree	2 lbs.
Dripping	1 lb.
Sugar	½ lb.
Onions	3 lbs.
Bacon Bones	2 lbs.
Salt	4 ozs.
Faggot	1
Vinegar	½ pt.

553. TOMATO, POTATO & LEEK	100 *portions*
Tomato Soup	½
Leek and Potato Soup	½

554. VEGETABLE	100 *portions*
Stock	32 pts.
Carrots	4 lbs.
Leeks	4 lbs.
Potatoes	7 lbs.
Onions	3 lbs.
Turnips	2 lbs.
Cabbage	2 lbs.
Salt	4 ozs.
Pepper	¼ oz.
Margarine	8 ozs.
Faggot	1

SWEETS ASSORTED

555. APPLE CHARLOTTE

	100 *portions*
Bread	4 lbs.
Suet	1 lb.
Cooking Apples	20 lbs.
Sugar	2 lbs.
Cinnamon	1 oz.
Dripping	¼ lb.

556. APPLE CHARLOTTE (T)

	100 *portions*
Bread	4 lbs.
Suet	1 lb.
Apples A10	2 tins
Sugar	2 lbs.
Cinnamon	1 oz.
Dripping	¼ lb.

557. APPLE CONDE

	100 *portions*
Cooking Apples	18 lbs.
Sugar	1 lb.
Arrowroot	3 ozs.
Sugar	1 lb.
Rice	1½ lbs.
Milk	12 pts.
Essence	¼ oz.

558. APPLE CRUMBLE

	100 *portions*
Cooking Apples	25 lbs.
Sugar	2 lbs.
Flour	6½ lbs.
Margarine	1¼ lbs.
Cooking Fat	1¼ lbs.
Sugar	2 lbs.

559. APPLE FRITTERS

	100 *portions*
Cooking Apples	25 lbs.
Flour	6 lbs.
Milk	2 qts.
Water	1 qt.
Sugar	1 oz.
Baking Powder	2 ozs.
Salt	2 ozs.
Frying Media	4 lbs.
Flour (for dusting)	1 lb.
Sugar	2 lbs.

560. APPLE TURNOVER

	100 *portions*
Flour	8 lbs.
Margarine	1½ lbs.
Cooking Fat	1½ lbs.
Cooking Apples	15 lbs.
Sugar	2 lbs.
Water	
Salt	2 ozs.
Cloves	1/16th oz.
Baking Powder	4 ozs.

561. APPLE TURNOVER (T)

	100 *portions*
Flour	8 lbs.
Cooking Fat	1½ lbs.
Margarine	1½ lbs.
Water	
Salt	2 ozs.
Apples A10	1½ tins
Sugar	1 lb.
Baking Powder	4 ozs.

562. BAKED APPLES

	100 *portions*
Cooking Apples	32 lbs.
Sugar	2 lbs.
Margarine	1 lb.

563. BAKED EGG CUSTARD

	100 *portions*
Milk	3 gals.
Eggs	45
Sugar	1½ lbs.
Ground Nutmeg	¼ oz.

564. BANANA CUSTARD

	100 *portions*
Custard Sauce	Full
Bananas	7 lbs.

565. BANANA JELLY & CREAM

	100 *portions*
Jelly	20 pkts.
Bananas	4 lbs.
Synthetic Cream	2 pts.
Water	20 pts.

566. BLACKBERRY & APPLE FOOL

	100 *portions*
Cooking Apples	8 lbs.
Blackberries	4 lbs.
Milk	12 pts.
Sugar	2 lbs.
Custard Powder	1½ lbs.

567. BLANC-MANGE

	100 *portions*
Cornflour	2 lbs.
Milk	20 pts.
Sugar	1¼ lbs.
Essence	¼ oz.

568. BOILED RICE PUDDING

	100 *portions*
Rice	2¼ lbs.
Milk	3 gals.
Sugar	2 lbs.
Salt	½ oz.

569. CARAMEL CREAM — 25 *portions*

Milk	3 pts.
Sugar	6 ozs.
Eggs	6
Sugar	9 ozs.
Water	

570. CHOCOLATE BLANC-MANGE — 100 *portions*

Milk	20 pts.
Cocoa	12 ozs.
Cornflour	2 lbs.
Sugar	1½ lbs.
Vanilla Essence	

571. CHOCOLATE SEMOLINA — 100 *portions*

Cocoa	¾ lb.
Semolina	2½ lbs.
Sugar	2½ lbs.
Milk	3 gals.

572. COFFEE MOULD — 100 *portions*

Milk	20 pts.
Sugar	1¼ lbs.
Cornflour	2 lbs.
Coffee Essence	8 ozs.

573. FLAP JACK — 100 *portions*

Rolled Oats	6 lbs.
Margarine	3 lbs.
Sugar	3 lbs.
Syrup	3 lbs.
Lemon	1

574. GOOSEBERRY FOOL — 100 *portions*

Gooseberries	12 lbs.
Milk	12 pts.
Sugar	2 lbs.
Custard Powder	1½ lbs.

575. GOOSEBERRY FOOL (T) — 100 *portions*

Gooseberries A10	1½ tins
Milk	12 pts.
Sugar	2 lbs.
Custard Powder	1½ lbs.

576. ICE CREAM — 100 *portions*

Ice Cream 20 ozs.	10

577. ICE CREAM (served with fruit) — 100 *portions*

Ice Cream 20 ozs.	7½

578. ICE CREAM MELBA — 100 *portions*

Ice Cream	Full
Melba Sauce	Full

579. ICE CREAM MELBA & WAFER BISCUITS — 100 *portions*

Ice Cream	Full
Melba Sauce	Full
Wafer Biscuits	200

580. ICE CREAM & WAFER BISCUITS — 100 *portions*

Ice Cream	Full
Wafer Biscuits	200

581. JAM PUFFS — 100 *portions*

Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¾ lbs.
Water	
Jam	1½ lbs.
Salt	2 ozs.
Sugar	8 ozs.
Flour (for dusting)	¼ lb.

582. JELLY — 100 *portions*

Jellies	20 pkts.
Water	20 pts.

583. JUNKET — 100 *portions*

Milk	3½ gals.
Rennet	5 ozs.
Sugar	1¾ lbs.
Ground Nutmeg	½ oz.
Essence	½ oz.

584. LEMON CREAM — 100 *portions*

Cornflour	1 lb.
Milk	18 pts.
Sugar	1¼ lbs.
Gelatine	4 ozs.
Lemon Essence	¼ oz.
Water	1 pt.
Lemons	6

585. LEMON RICE MERINGUE — 100 *portions*

Eggs	12
Lemons	12
Sugar	2 lbs.
Rice	2½ lbs.
Milk	3 gals.
Jam	1½ lbs.
Margarine	½ lb.

586. MARMALADE TURNOVER — 100 *portions*

Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¾ lbs.
Water	
Marmalade	1½ lbs.
Salt	2 ozs.
Sugar	8 ozs.

587. MILK JELLY & CREAM — 100 *portions*

Milk	2 gals.
Water	4 pts.
Jelly	20 pkts.
Synthetic Cream	2 pts.

588. MILKY RICE — 100 *portions*

Rice	2¼ lbs.
Milk	3 gals.
Sugar	2 lbs.
Salt	½ oz.

589. MINCE PIE (individual) — 100 *portions*

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lb.
Water	
Salt	1½ ozs.
Mincemeat	4½ lbs.
Icing Sugar	4 ozs.

590. MINCEMEAT SLICE — 100 *portions*

Flour	9 lbs.
Cooking Fat	1 lb. 14 ozs.
Margarine	1½ lbs.
Water	
Salt	2 ozs.
Mincemeat	7 lbs.
Baking Powder	4½ ozs.

591. PANCAKES — 100 *portions*

Flour	5 lbs.
Eggs	3
Milk	10 pts.
Salt	1 oz.
Dripping	1 lb.
Sugar	2 lbs.
Lemons	13

592. PEAR CONDE — 100 *portions*

Cooking Pears	12½ lbs.
Sugar	½ lb.
Arrowroot	3 ozs.
Sugar	1 lb.
Rice	1½ lbs.
Milk	12 pts.
Essence	¼ oz.

593. PLUM FOOL — 100 *portions*

Cooking Plums	12 lbs.
Milk	12 pts.
Sugar	2 lbs.
Custard Powder	1½ lbs.

594. PRUNE JELLY — 100 *portions*

Jelly	20 pkts.
Prunes	6 lbs.
Sugar	1 lb.
Lemon	1
Water	20 pts.

595. RASPBERRY CREAM — 100 *portions*

Milk	20 pts.
Cornflour	2 lbs.
Sugar	1¼ lbs.
Essence	¼ oz.

596. RASPBERRY SEMOLINA — 100 *portions*

Semolina	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Essence	½ oz.

597. RHUBARB FOOL — 100 *portions*

Rhubarb	20 lbs.
Milk	12 pts.
Sugar	2 lbs.
Custard	1½ lbs.

598. RICE & JELLY MOULD — 100 *portions*

Milk	3 gals.
Rice	2¼ lbs.
Sugar	2 lbs.
Gelatine	¼ lb.
Jelly	10 pts.

599. SEMOLINA MOULD — 100 *portions*

Semolina	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Salt	½ oz.

600. STEAMED JAM SPONGE PUDDING — 100 *portions*

Basic Sponge Mixture	Full
Jam	9 lbs.

601. TRIFLE — 100 *portions*

Milk	1 gal.
Custard Powder	½ lb.
Sugar	½ lb.
Stale Cake	7½ lbs.
Jelly	4 pkts.
Synthetic Cream	2 pts.
Jam	2 lbs.
Fruit Juice	6 pts.

TARTS

602. APPLE SLICE — 100 *portions*

Cooking Apples	25 lbs.
Sugar	3 lbs.
Flour	6 lbs.
Cooking Fat	1¼ lbs.
Margarine	1 lb.
Water	
Salt	1½ ozs.
Flour (for dusting)	½ lb.
Baking Powder	3 ozs.

603. APPLE TART — 100 *portions*

Flour	9 lbs.
Margarine	1½ lbs.
Cooking Fat	1 lb. 14 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	2 lbs.
Flour (for dusting)	½ lb.
Baking Powder	4 ozs.

604. APPLE TART (T) — 100 *portions*

Flour	9 lbs.
Margarine	1½ lbs.
Cooking Fat	1 lb. 14 ozs.
Water	
Apples A10	3 tins
Sugar	2 lbs.
Flour (for dusting)	½ lb.
Baking Powder	4½ ozs.

605. BAKEWELL TART — 100 *portions*

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Water	
Salt	1 oz.
Ground Rice	1 lb.
Flour	1 lb.
Baking Powder	½ oz.
Sugar	1½ lbs.
Eggs	12
Margarine	¾ lb.
Jam	2⅓ lbs.
Flour (for dusting)	⅓ lb.
Baking Powder	3 ozs.

606. COCONUT TART — 100 *portions*

Margarine	1½ lbs.
Sugar	1¼ lbs.
Eggs	8
Flour	1½ lbs.
Desiccated Coconut	1⅓ lbs.
Jam	2½ lbs.
Flour	4 lbs.
Margarine	½ lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Baking Powder	2 ozs.

607. GOOSEBERRY TARTLET (T) — 100 *portions*

Gooseberries A10	1 tin
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Water } Glaze	
Sugar } Glaze	2 lbs.
Arrowroot } Glaze	2 ozs.
Flour (for dusting)	¼ lb.

608. JAM TART — 100 *portions*

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Jam	6 lbs.
Flour (for dusting)	½ lb.
Baking Powder	3 ozs.

609. LEMON CURD TART — 100 *portions*

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Lemon Curd	6 lbs.
Flour (for dusting)	½ lb.
Baking Powder	3 ozs.

610. RASPBERRY TARTLET — 100 *portions*

Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Raspberries	12 lbs.
Sugar	½ lb.
Water } Glaze	4 pts.
Sugar } Glaze	1½ lbs.
Arrowroot } Glaze	2 ozs.
Flour (for dusting)	¼ lb.

611. STRAWBERRY TARTLET — 100 *portions*

Strawberries	12 lbs.
Sugar	½ lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Water } Glaze	
Sugar } Glaze	1½ lbs.
Arrowroot } Glaze	2 ozs.
Flour (for dusting)	¼ lb.

612. STRAWBERRY TARTLET (frozen) — 100 *portions*

Frozen Strawberries	10 lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Sugar } Glaze	1 lb.
Arrowroot } Glaze	2 ozs.
Water } Glaze	
Flour (for dusting)	¼ lb.

613. TREACLE TART — 100 *portions*

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1¼ lbs.
Water	
Syrup	6 lbs.
Breadcrumbs	3 lbs.
Flour (for dusting)	¼ lb
Baking Powder	3 ozs.

VEGETABLES

614. BAKED BEANS — 100 *portions*

Baked Beans A10	3 tins

615. BEETROOT — 100 *portions*

Beetroot	30 lbs.

616. BRAISED CELERY — 100 *portions*

Celery	35 lbs.
Brown Sauce	2 pts.
Brown Stock	4 pts.
Dripping	½ lb.
Salt	3 ozs.

617. BRAISED LEEKS — 100 *portions*

Leeks	30 lbs.
Salt	4 ozs.
Brown Sauce	½ gal.

618. BRAISED ONIONS — 100 *portions*

Onions	25 lbs.
Brown Sauce	6 pts.
Dripping	½ lb.
Salt	2 ozs.
Onion Stock	

619. BROAD BEANS — 100 *portions*

Broad Beans	40 lbs.
Salt	2 ozs.
Parsley Sauce	1 gal.

620. BRUSSEL SPROUTS — 100 *portions*

Brussel Sprouts	35 lbs.
Salt	4 ozs.

621. BRUSSEL TOPS — 100 *portions*

Brussel Tops	35 lbs.
Salt	4 ozs.

622. BUBBLE & SQUEAK — 100 *portions*

Potatoes	20 lbs.
Cabbage	20 lbs.
Dripping	1 lb.
Flour	½ lb.
Salt	2 ozs.

623. BUTTER BEANS — 100 *portions*

Butter Beans	8 lbs.
Parsley	4 ozs.
Onions	1 lb.
Carrots	1 lb.
Ham Bone	1
Salt	2 ozs.
White Pepper	¼ oz.

624. BUTTERED SPINACH — 100 *portions*

Spinach	35 lbs.
Salt	4 ozs.
Margarine/Butter	1 lb.

625. CABBAGE BOILED — 100 *portions*

Cabbage	35 lbs.
Salt	4 ozs.

626. CABBAGE BUTTERED — 100 *portions*

Cabbage	35 lbs.
Margarine/Butter	½ lb.
Salt	2 ozs.

627. CARROTS BOILED — 100 *portions*

Carrots	30 lbs.
Salt	3 ozs.

628. CARROTS BUTTERED — 100 *portions*

Carrots	30 lbs.
Margarine/Butter	1 lb.
Salt	2 ozs.

629. CAULIFLOWER — 100 *portions*

Cauliflower	50 lbs.
Salt	4 ozs.

630. CAULIFLOWER AU GRATIN — 100 *portions*

Cauliflower	50 lbs.
Cheese Sauce	1 gal.
Cheese	1 lb.
Salt	2 ozs.

631. CREAMED CABBAGE — 100 *portions*

Cabbage	35 lbs.
White Sauce	4 pts.
Salt	2 ozs.

632. CREAMED CARROTS — 100 *portions*

Carrots	30 lbs.
White Sauce	4 pts.
Salt	2 ozs.

633. CURLY KALE — 100 *portions*

Kale	35 lbs.
Salt	4 ozs.

634. HARICOT BEANS — 100 *portions*

Haricot Beans	8 lbs.
Carrots	1 lb.
Onions	1 lb.
Ham Bone	1
Salt	2 ozs.
Margarine	½ lb.
Bicarbonate of Soda	1 oz.

635. HARICOT BEANS IN TOMATO SAUCE — 100 *portions*

Haricot Beans	8 lbs.
Tomato Sauce	½ gal.

636. MACEDOINE OF VEGETABLES (T) — 100 *portions*

Macedoine A10	4 tins

637. MIXED VEGETABLES — 100 *portions*

Carrots	7 lbs.
Turnips	7 lbs.
Swedes	7 lbs.
Haricot Beans	2 lbs.
Dried Peas	2 lbs.
Salt	2 ozs.

638. ONIONS FRIED — 100 *portions*

Onions	25 lbs.
Dripping	1 lb.
Salt	2 ozs.

639. PARSNIPS BAKED — 100 *portions*

Parsnips	35 lbs.
Dripping	2 lbs.
Salt	4 ozs.

640. PARSNIPS BOILED — 100 *portions*

Parsnips	35 lbs.
Salt	4 ozs.

641. PARSNIPS MASHED — 100 *portions*

Parsnips	35 lbs.
Salt	4 ozs.
Margarine	8 ozs.

642. PEAS FRESH — 100 *portions*

Peas in Pod	50 lbs.
Salt	4 ozs.

643. PEAS GREEN (frozen) — 100 *portions*

Peas	12½ lbs.

644. PEAS MARROWFAT — 100 *portions*

Marrowfat Peas	8 lbs.
Salt	2 ozs.
Ham Bone	1
Mint	sprig
Carrots	1 lb.
Onions	1 lb.
Margarine	½ lb.

645. PEAS (T) — 200 *portions*

Peas A2	18 tins
Peas A10	4 tins

646. RUNNER BEANS — 100 *portions*

Runner Beans	20 lbs.
Salt	4 ozs.

647. RUNNER BEANS (frozen) — 100 *portions*

Runner Beans	15 lbs.

648. SAVOY CABBAGE — 100 *portions*

Savoy Cabbage	35 lbs.
Salt	4 ozs.

649. SPINACH — 100 *portions*

Spinach	35 lbs.
Salt	4 ozs.

650. SPINACH CREAMED — 100 *portions*

Spinach	30 lbs.
White Sauce	4 pts.
Salt	2 ozs.

651. SPRING GREENS — 100 *portions*

Spring Greens	35 lbs.
Salt	4 ozs.

652. STEWED LEEKS — 100 *portions*

Leeks	30 lbs.
Salt	4 ozs.
White Sauce	½ gal.

653. SWEDES BUTTERED — 100 *portions*

Swedes	30 lbs.
Margarine/Butter	1 lb.
Salt	2 ozs.
Parsley	4 ozs.

654. SWEDES MASHED — 100 *portions*

Swedes	30 lbs.
Potatoes	6 lbs.
Margarine	½ lb.
Salt	4 ozs.
Pepper	¼ oz.

655. TOMATOES — 100 *portions*

Tomatoes	12½ lbs.

656. TOMATOES GRILLED — 100 *portions*

Tomatoes	12½ lbs.

657. TOMATOES STUFFED — 100 *portions*

Tomatoes	12½ lbs.
Breadcrumbs	2 lbs.
Cheese	5 lbs.
Salt	½ oz.

658. TURNIPS BUTTERED — 100 *portions*

Turnips	35 lbs.
Margarine/Butter	½ lb.
Salt	4 ozs.
Parsley	4 ozs.

659. TURNIPS MASHED — 100 *portions*

Turnips	30 lbs.
Potatoes	4 lbs.
Margarine	½ lb.
Salt	2 ozs.

660. TURNIP TOPS — 100 *portions*

Turnip Tops	35 lbs.

661. VEGETABLE MARROW — 100 *portions*

Marrow	40 lbs.
Salt	4 ozs.

662. VICHY CARROTS — 100 *portions*

Carrots	30 lbs.
Margarine	½ lb.
Salt	2 ozs.
Sugar	4 ozs.

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