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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, 1954

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GENERAL HOSPITAL DIETS

A Guide to the Cost of Feeding Patients, with Menus and Recipes.

PREFACE

In March 1951 following the issue of circulars entitled "Christmas Catering," "Use of the Meat Ration" and "Care of Equipment," the King's Fund published a fourth circular on the "Cost of Provisions." This circular, which is out of print, outlined certain basic factors affecting feeding costs and gave some figures for the estimated cost of feeding patients in various types of hospital at that date. Factors influencing food costs remain fundamentally the same, but marked rises in prices since 1951 and recent changes in availability, rationing and sources of supply have all contributed to variable standards of feeding in hospitals and widely divergent views as to what the cost should be.

For these reasons it was decided that the scope of the 1951 circular should be enlarged, and special study has gone into the preparation of the costed menus reproduced in the following pages. These menus 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 made available for the purchase of provisions.

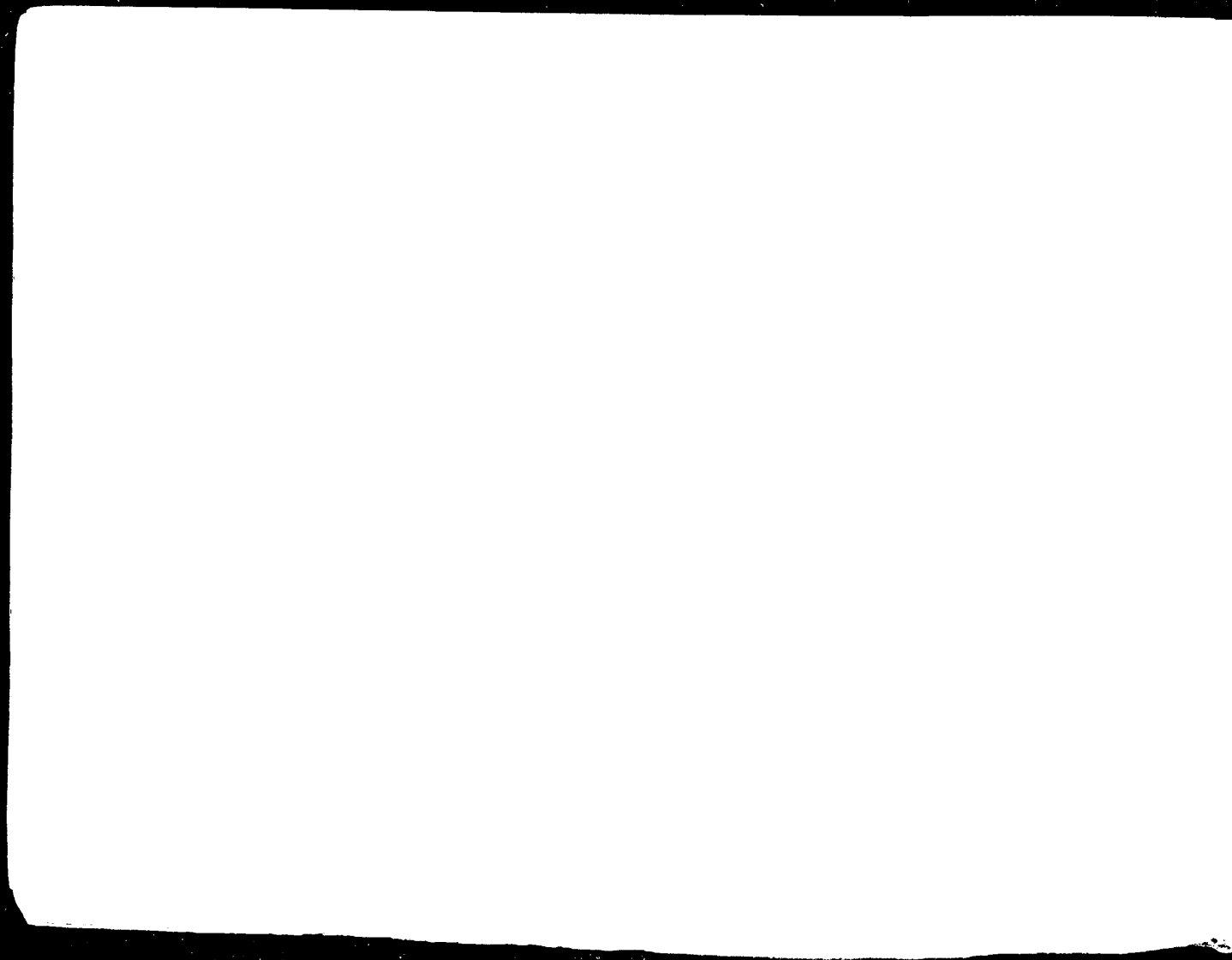
They have been planned primarily for patients on a general diet in acute general hospitals, and it cannot be over-emphasised that they are only meant as a guide to cost and are not intended for patients in chronic sick, mental and mental deficiency hospitals. As conditions and requirements differ so widely between hospitals

it was decided to work on three grades of general dietary, and at a later stage to deal with dietaries for maternity and T.B. patients and also with light and soft diets.

Many factors influence the overall cost per head as calculated by different hospitals Groups. One important factor is the proportion of patients on general diet to special diet. Special diets, particularly high protein diets, usually cost more. Another factor affecting the cost per head is the proportion of beds for maternity cases, chronic sick, T.B. etc. As a rule Maternity and T.B. patients cost more than patients on general diet, and conversely chronic sick cost less.

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 staff cost more or less than the general patients will depend on the method of costing. Then again the system of weighting for non-resident staff meals can have an appreciable effect. Whilst the 15 points system may be satisfactory in some hospitals it will be grossly inaccurate in others. Where a hospital provides a large number of non-resident meals, the cost per head can be raised or lowered by a considerable amount, according to the method of calculation that is used.

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S.E.1.*



1. RECIPES EMPLOYED AND MARKET PRICES

In compiling the menus of this circular some 700 recipes have been used, based on units of 100 portions. The quantities used in these recipes are given on pages 87 to 129.

It is felt that costing at wholesale and retail rates will show the range of cost by which menus can vary, and also 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, vegetables, fish, poultry and rabbits were taken over the twelve months ending September 30th, 1953, in order to cover seasonal availability and fluctuations in price. For all other provisions, including meat, milk, bread and bacon, prices are those existing on October 1st, 1953. As discounts represent a variable factor, they are not taken into consideration.

Only pasteurised milk is used; bulk for cooking and bottled for beverages. Wrapped and sliced bread is used for breakfast and tea; for other meals, for toast and for cooking, ordinary unwrapped bread.

2. RATIONED FOODS

In view of the declared policy of the Minister of Food to end all rationing by the summer of 1954, it was decided to disregard allocations so that future adjustments to these costs could be made without unnecessary complications.

3. MENUS.

The menus A, B and C contained in this circular comprise sets of twelve weekly menus, one for every 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 every main meal, 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 fruit and vegetables, soup appears occasionally, coffee essence is used for beverages and certain refinements found in the A menus are lacking in varying degrees.

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

4. COSTS

These menus are intended as a guide to the kind and variety of dietary that can be provided at different levels of cost. All the menus provide an adequate diet from the nutritional point of view, and the three levels of cost (the A Menu at 27/- weekly wholesale, the B Menu at 25/- weekly wholesale and the C Menu at 22/- weekly wholesale) represent the effect on cost of various factors such as the variety, quality and type of provisions.

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 in these menus of squash, fruit juice, beers, wines and spirits or special foods, for which of course allowance may have to be made.

The following table, extracted from summaries of costs appendices 1A, 1B and 1C, covering the month of January, shows

the difference in average daily costs of three grades of general dietary:—

MEAL	MENU A		MENU B		MENU C	
	<i>Whole-sale</i>	<i>Retail</i>	<i>Whole-sale</i>	<i>Retail</i>	<i>Whole-sale</i>	<i>Retail</i>
Breakfast	8.29	10.12	7.89	9.72	7.70	9.48
Mid-morning drink	1.94	2.43	1.84	2.29	1.58	1.95
Dinner	14.93	18.24	12.38	14.77	11.43	13.58
Tea	4.08	5.16	4.12	5.19	3.66	4.63
Supper	12.88	15.92	10.66	13.27	8.78	10.91
Late evening drink	1.92	2.39	1.78	2.21	1.81	2.24
	44.04d.	54.26d.	38.67d.	47.45d.	34.96d.	42.79d.

These differences can be analysed as follows:

(a) *Breakfasts*

The slight increase of A over B is principally due to the use of Pork Sausages instead of Beef. 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 is found in the A menu but not in the others, and Milk Drinks are used in A and B to a similar extent, but by half the quantity 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 every

meal. Thus although soup appears daily, it has been assumed that only 42 full portions will be consumed during the 12 weeks. Bread appears with every main meal, 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 appears seldom. Roasts are given less frequently than in A menu.

(iii) C Menu

Roasts appear less often than in B. Chicken and frozen fruits and vegetables do not appear at all.

(d) *Teas*

No difference is intended between the A and B menus. Menu C contains less cake and other extras to Bread, Jam and tea.

(e) *Suppers*

(i) A Menu

The same remarks regarding 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 appears rarely. The standard of this meal is slightly lower than that of 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 introduction of some cheaper sweets.

(f) *Late Evening Drinks*

With A and B menus similar remarks apply as for the Mid-morning Drinks.

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

(i) *Bread*

- (a) A full portion costing .75/.85 is served with every breakfast and tea.
- (b) With certain main dishes a half-portion is served at a cost of .37/.42d.
- (c) Where soup is served a quarter-portion is taken at .19/.21d.

(ii) *Fruit*

In some instances where fruit is shown 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 or with melba or chocolate sauce at a cost of 1.35/1.80d. With fruit a smaller portion is given costing 1.01/1.35d.

(iv) *Bacon*

Where sliced rashers are used, particularly for breakfast, a proportion of $\frac{1}{2}$ back and $\frac{1}{2}$ streaky bacon 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

	JAN.		FEB.		MAR.		APL.		MAY		JUNE		JULY	
	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	7.99	9.85	8.25	9.93	7.89	9.60	8.08	9.91	7.96	9.88	8.56	10.45	8.55	10.35
Mid-morning Drink	1.83	2.28	1.94	2.43	2.01	2.53	1.91	2.38	2.06	2.59	1.89	2.39	2.06	2.59
Dinners	14.78	18.55	14.12	16.44	16.40	20.14	13.27	16.06	13.76	16.46	14.82	17.47	15.78	19.90
Teas	4.04	5.14	3.84	4.79	4.27	5.40	4.22	5.34	3.96	4.96	3.95	4.98	4.01	5.07
Suppers	11.72	14.13	16.65	21.26	10.74	13.39	11.63	14.45	14.44	17.61	14.92	18.58	11.18	13.55
Late Evening Drink	1.79	2.22	1.95	2.43	2.04	2.53	2.05	2.56	1.73	2.15	1.75	2.17	1.71	2.13
TOTAL	42.15	52.17	46.75	57.28	43.35	53.59	41.16	50.70	43.91	53.65	45.89	56.04	43.29	53.59

W=Wholesale

R=Retail

*These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs.

MENU - A

COSTS PER HEAD (IN PENCE)

AUG.		SEP.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		
W	R	W	R	W	R	W	R	W	R	W	R	W	R	
8.15	9.97	7.79	9.52	8.69	10.76	8.66	10.40	8.92	10.80	99.49	121.42	8.29	10.12	Breakfasts
1.95	2.43	2.06	2.59	1.75	2.18	2.10	2.63	1.68	2.09	23.24	29.11	1.94	2.43	Mid-morning Drink
13.61	16.18	15.89	19.86	16.37	20.89	13.53	16.44	16.80	20.45	179.13	218.84	14.93	18.24	Dinners
4.08	5.21	3.97	4.98	4.29	5.46	4.36	5.52	4.03	5.07	49.02	61.92	4.08	5.16	Teas
15.17	18.92	11.12	13.72	12.13	14.85	13.47	16.40	11.37	14.16	154.54	191.02	12.88	15.92	Suppers
1.78	2.24	2.21	2.77	2.21	2.77	2.05	2.57	1.75	2.18	23.02	28.72	1.92	2.39	Late Evening Drink
44.74	54.95	43.04	53.44	45.44	56.91	44.17	53.96	44.55	54.75	528.44	651.03	44.04	54.26	
												1.98	2.25	
												46.02	56.51	
												3/10	4/8½	

*Add cost of personal issues

Total Costs

PATIENTS MENU — A

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Fried Bread	2.59	2.85	Grilled Kipper	2.75	3.75	Tomatoes on Toast	3.52	4.66	Scrambled Eggs & Bacon	3.66	4.68
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.64	7.95		6.80	8.85		7.57	9.76		9.68	11.90
Mid-morning drink	Coffee	1.64	2.07	Milk	1.90	2.36	Milk	1.90	2.36	Chocolate	2.16	2.66
Dinner	Leek & Potato Soup	.73	.93	Cream of Tomato Soup	.65	.84	Minestrone Soup	.69	.90	Tomato Soup	.65	.84
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Steak Pie	6.59	6.79	Braised Beef	7.63	7.82	Fried Fillet of Plaice	8.86	12.09	Stewed Rabbit	8.08	12.00
	Cabbage	.88	1.15	Carrots $\frac{1}{2}$	.45	.60	Lemon	.30	.39	Carrots	.90	1.21
	Creamed Potatoes	.80	1.04	Peas (Fr) $\frac{1}{2}$	1.68	2.25	Cauliflower	2.25	3.01	Mashed Potatoes	.80	1.04
	Baked Apple	2.06	2.65	Mashed Potatoes	.80	1.04	Cream Sauce	.61	.73	Sponge Pudding	2.10	2.55
	Custard	.99	1.18	Lemon Meringue Pie	1.28	1.57	Parsley Potatoes	.64	.86	Lemon Sauce	.28	.34
		12.24	13.95		12.68	14.33	Baked Rice Pudding	1.73	2.05		13.00	18.19
Tea	Sweet Biscuits	.85	1.10	Chocolate Eclair	1.37	1.88	Sandwich Spread	.97	1.20	Watercress	1.05	1.40
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Honey	1.00	1.56	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.54	4.63		3.93	5.07		3.53	4.39		3.61	4.59
Supper	Windsor Soup	.57	.72	Lentil Soup	.69	1.10	Cream of Celery Soup	.88	1.12	Potato Soup	.73	.93
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Luncheon Meat	4.19	6.00	Fried Egg & Chips	4.61	5.90	Cold Ham	8.60	9.10	Minced Beef & Vegetable Pie	7.17	7.59
	Mixed Salad	1.84	2.45	Grilled Tomato	1.00	1.34	Mixed Salad	1.84	2.45	Creamed Potatoes	.80	1.04
	Mashed Potatoes	.80	1.04	Semolina Pudding	1.55	1.93	Mashed Potatoes	.80	1.04	Rice & Jelly Mould	2.55	3.05
	Ice Cream	1.01	1.35	Stewed Blackcurrants (Fr)	3.07	4.27	Gooseberry Flan (T)	1.63	2.23			
	Apricots (T)	2.95	3.30				Cream	.40	.60			
		11.55	15.07		12.61	16.75		14.34	16.75		11.44	12.82
Late evening drink	Milk	1.90	2.36	Chocolate	2.16	2.66	Coffee	1.64	2.07	Milk	1.90	2.36
	Total costs	37.51	46.03		40.08	50.02		44.25	55.57		41.79	52.52

W = Wholesale

R = Retail

SPECIMEN WEEK for — JANUARY

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		Breakfast
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01					
Boiled Egg		4.25	5.50	Bacon & Tomatoes		3.47	4.12	Sausage & Bacon		5.62	5.77					
Bread		.75	.85	Toast		.54	.63	Bread		.75	.85					
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
8.30 10.60				7.31 9.00				9.67 10.87				55.97 68.93		7.99 9.85		
Coffee		1.64	2.07	Milk		1.90	2.36	Coffee		1.64	2.07	12.78 15.95		1.83 2.28		Mid-morning drink
Cream of Turnip Soup		.54	.68	Cream of Vegetable Soup		.55	.70	Cream of Chicken Soup		.48	.60					Dinner
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21					
Grilled Fillet of Cod		3.71	5.28	Boiled Chicken & Rice		18.04	24.05	Roast Leg of Lamb		8.03	8.04					
Anchovy Sauce		.38	.45	Brussel Sprouts		.39	.46	Onion Sauce		.50	.62					
Curly Kale		.88	1.15	Creamed Potatoes		2.10	2.81	Gravy		.12	.16					
Saute Potatoes		.91	1.19	Cabinet Pudding		.80	1.04	Savoy Cabbage		.88	1.15					
Steamed Apple Pudding		2.63	3.22	Custard		2.59	3.32	Roast Potatoes		.89	1.16					
Custard		.99	1.18			.99	1.18	Plum & Apple Pie		2.33	2.92					
								Custard		.99	1.18					
10.23 13.36				25.65 33.77				14.41 16.04				103.48 129.88		14.78 18.55		
French Jam Sponge (P)		2.80	3.50	Sultana Scone		.81	1.01	Fruit Cake (P)		2.40	3.20					Tea
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85					
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
5.36 6.69				3.37 4.20				4.96 6.39				28.30 35.96		4.04 5.14		
Scotch Broth		.39	.50	Mock Turtle Soup		.45	.61	Celery Soup		.88	1.12					Supper
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21					
Cold Roast Topside of Beef		7.10	7.12	Cornish Pastie		3.86	4.15	Bacon & Egg Pie		4.06	4.94					
Lettuce		1.10	1.45	Mixed Vegetables		.91	1.32	Parsley Potatoes		.64	.86					
Potato Mayonnaise		1.65	2.10	Mashed Potatoes		.80	1.04	Ice Cream		1.01	1.35					
Cheese & Biscuits		1.94	2.35	Peaches (T)		2.95	3.30	Orange		2.80	3.50					
				Custard		.99	1.18									
12.37 13.73				10.15 11.81				9.58 11.98				82.04 98.91		11.72 14.13		
Milk		1.90	2.36	Cocoa		1.11	1.36	Milk		1.90	2.36	12.51 15.53		1.79 2.22		Late evening drink
39.80 48.81				49.49 62.50				42.16 49.71				295.08 365.16		42.15 52.17		
								Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.				13.86 15.75		1.98 2.25		
								Grand Total Costs				308.94 380.91		44.13 54.42		

PATIENTS MENU—A

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Chipolata Sausages & Baked Beans	5.41	5.43	Bacon & Fried Bread	2.59	2.85	Pork Sausage	3.65	3.65
	Bread	.75	.85	Bread $\frac{1}{2}$	1.80	2.07	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.37	.42	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.54	.63	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		7.52	9.22		11.42	12.80		6.64	7.95		7.70	8.75
Mid-morning drink	Coffee	1.64	2.07	Cocoa	1.11	1.36	Coffee	1.64	2.07	Chocolate	2.16	2.66
Dinner	Celery Soup	.88	1.12	Vegetable Soup	.55	.70	Cream of Potato Soup	.73	.93	Cream of Vegetable Soup	.55	.70
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Lancashire Hot Pot	4.02	4.21	Boiled Gammon	8.60	9.10	Breaded Lamb Cutlet	10.07	10.20	Roast Leg of Pork	8.53	8.54
	Mashed Turnips	.84	1.15	Parsley Sauce	.55	.66	Spring Greens	.88	1.15	Gravy	.12	.16
	Parsley Potatoes	.64	.86	Brussel Sprouts	2.10	2.81	Saute Potatoes	.91	1.19	Apple Sauce	.78	1.00
	Apple Pie (T)	1.98	2.49	Mashed Potatoes	.80	1.04	Stewed Plums (T) & Semolina Pudding	1.57	1.89	Stuffing	.47	.56
	Custard	.99	1.18	Baked Rice Pudding	1.73	2.05		1.55	1.93	Savoy Cabbage	.88	1.15
		9.54	11.22		14.52	16.57		15.90	17.50	Creamed Potatoes	.80	1.04
Tea	Watercress	1.05	1.40	Chelsea Bun	.99	1.21	Coconut Bun	.93	1.11	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.61	4.59		3.55	4.40		3.49	4.30		5.36	6.69
Supper	Pea Soup	.57	.90	Windsor Soup	.57	.72	Tomato Soup	.65	.84	Lentil Soup	.69	1.10
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Grilled Fillet of Sole	8.72	11.78	Roast Chicken & Bacon	21.72	28.96	Assorted Cold Meats	7.72	9.25	Grilled Fillet of Plaice	7.97	11.03
	Runner Beans (Fr)	3.60	4.80	Bread Sauce	1.97	2.12	Lettuce & Tomato			Tartare Sauce	1.50	1.91
	Boiled Potatoes	.53	.71	Tinned Peas	.32	.39	Salad	1.84	2.45	Carrots	.90	1.21
	Fruit Salad (T)	5.75	6.52	Croquette Potatoes	2.26	2.78	Parsley Potatoes	.64	.86	Parsley Potatoes	.64	.86
	Cream	.40	.60	Ice Cream	1.50	1.95	Bread & Butter Pudding	2.36	3.01	Ice Cream	1.01	1.35
				Melba	1.35	1.80	Vanilla Sauce	.76	.91	Raspberries (Fr)	3.07	4.28
				Wafer Biscuits	.59	.82						
					.19	.26						
		19.76	25.52		30.66	40.01		14.16	17.53		15.97	21.95
Late evening drink	Milk	1.90	2.36	Coffee	1.64	2.07	Milk	1.90	2.36	Milk	1.90	2.36
	Total costs	43.97	54.98		62.90	77.21		43.73	51.71		47.14	57.97

W = Wholesale

R = Retail

SPECIMEN WEEK for — FEBRUARY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Fried Egg on Toast	5.01	6.46	Bacon & Saute Potatoes	1.97	2.12	Boiled Egg	4.25	5.50			
Bread	.75	.85		.91	1.19	Bread ½	.37	.42			
Marmalade	.75	1.12	Bread	.75	.85	Toast	.54	.63			
Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12			
			Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
9.06 11.56			6.93 8.41			8.46 10.80			57.73 69.49	8.25 9.93	
Milk	1.90	2.36	Coffee	1.64	2.07	Milk Drink	3.45	4.42	13.54	17.01	Mid-morning drink
Leek & Potato Soup	.73	.93	Cream of Carrot Soup	.60	.77	Vegetable Soup	.55	.70			Dinner
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Fried Wing of Skate	9.76	12.79	Braised Stuffed Hearts	6.20	6.44	Roast Sirloin of Beef	6.56	6.58			
Cauliflower	2.25	3.01	Cabbage	.88	1.15	Gravy	.12	.16			
Cream Sauce	.61	.73	Boulangere Potatoes	.65	.88	Yorkshire Pudding	1.54	1.93			
Mashed Potatoes	.80	1.04	Steamed Jam Roll	2.15	2.62	Brussel Sprouts	2.10	2.81			
Apple Charlotte (T)	1.99	2.58	Custard	.99	1.18	Roast Potatoes	.89	1.16			
Custard	.99	1.18				Stewed Apples (T) & Tapioca Pudding	2.16	2.88			
							1.74	2.08			
17.32 22.47			11.66 13.25			15.85 18.51			98.84 115.08	14.12 16.44	
Scone	.81	1.01	Almond Slice	1.43	1.76	Swiss Bun	.97	1.25			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
3.37 4.20			3.99 4.95			3.53 4.44			26.90 33.57	3.84 4.79	
Minestrone Soup	.69	.90	Mulligatawny Soup	.72	.93	Tomato Soup	.65	.84			Supper
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Curried Beef & Rice	7.00	7.43	Salmon Salad (T)	10.24	12.13	Veal & Ham Pie	5.20	6.60			
Parsley Potatoes	.64	.86	Potato Mayonnaise	1.65	2.10	Parsley Potatoes	.64	.86			
Blackcurrant Flan (Fr)	3.68	4.99	Banana Jelly & Cream	2.61	3.34	Welsh Rarebit ½	1.31	1.59			
Cream	.40	.60									
12.60 14.99			15.41 18.71			7.99 10.10			116.55 148.81	16.65 21.26	
Milk Drink	2.79	3.46	Milk	1.90	2.36	Coffee	1.64	2.07	13.67	17.04	Late evening drink
47.04 59.04			41.53 49.75			40.92 50.34			327.23 401.00	46.75 57.28	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			341.09	416.75	
									1.98	2.25	
									48.73	59.53	

PATIENTS MENU—A

Breakfast	1		Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
			W	R		W	R		W	R		W	R
	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Fried Bread		2.59	2.85	Grilled Kippers	2.75	3.75	Pork Sausage & Tomato	3.65	3.65	Bacon & Saute Potatoes	2.88	3.31
	Bread		.75	.85	Bread	.75	.85	Bread	1.50	2.00	Bread	.75	.85
	Marmalade		.75	1.12	Marmalade	.75	1.12	Marmalade	.75	.85	Marmalade	.75	1.12
	Tea (2 cups)		.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
			6.64	7.95		6.80	8.85		9.20	10.75		6.93	8.41
Mid-morning drink	Coffee		1.64	2.07	Milk	1.90	2.36	Coffee	1.64	2.07	Milk Drink	3.45	4.42
Dinner	Cream of Chicken Soup	.48	.60		Mulligatawny Soup	.72	.93	Cream of Vegetable Soup	.55	.70	Cream of Turnip Soup	.54	.68
	Bread	.19	.21		Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Curried Beef & Rice	7.00	7.43		Boiled Leg of Mutton	8.21	8.28	Fried Fillet of Plaice	8.86	12.09	Beef Olives	7.30	7.49
	Spinach	2.10	2.81		Carrots and Turnips	.87	1.17	Lemon	.30	.39	Spring Greens	.88	1.15
	Creamed Potatoes	.80	1.04		Parsley Potatoes	.64	.86	Peas (Fr)	3.37	4.50	Creamed Potatoes	.80	1.04
	Apple & Blackcurrant Pie (T)	2.15	2.69		Treacle Tart	1.32	1.66	Chipped Potatoes	1.00	1.34	Steamed Marmalade Roll	2.05	2.56
	Custard	.99	1.18		Custard	.99	1.18	Ground Rice Pudding & Stewed Gooseberries (T)	1.65	1.95	Custard	.99	1.18
			13.71	15.96		12.94	14.29		17.95	24.21		12.75	14.31
Tea	Sweet Biscuits	.85	1.10		Orange	2.80	3.50	Devonshire Split	1.46	1.98	Swiss Roll (P)	1.95	2.34
	Bread	.75	.85		Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Honey	1.00	1.56		Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12		Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
			3.54	4.63		5.36	6.69		4.02	5.17		4.51	5.53
Supper	Lentil Soup	.69	1.10		Scotch Broth	.39	.59	Pea Soup	.57	.90	Tomato Soup	.65	.84
	Bread	.19	.21		Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Cold Ham (T)	8.58	9.75		Fried Egg	4.61	5.90	Assorted Cold Meats	7.72	9.25	Grilled Fillet Herring	3.26	4.38
	Mixed Salad	1.84	2.45		Chipped Potatoes	1.00	1.34	Mixed Salad	1.84	2.45	Mustard Sauce	.22	.29
	Parsley Potatoes	.64	.86		Rice & Jelly Mould & Cream	2.55	3.05	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04
	Semolina Pudding & Jam	1.55	1.93			.40	.60	Cheese & Biscuits	1.94	2.35	Baked Rice Pudding & Blackcurrant Puree	1.73	2.05
		.84	1.17									.64	.76
			14.33	17.47		9.14	11.60		12.90	16.02		7.49	9.57
Late evening drink	Milk Drink		2.79	3.46	Milk	1.90	2.36	Milk	1.90	2.36	Cocoa	1.11	1.36
	Total costs		42.65	51.54		38.04	46.15		47.61	60.58		36.24	43.60

W = Wholesale

R = Retail

SPECIMEN WEEK for — MARCH

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		Breakfast
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01								
Tomatoes on Toast	3.52	4.66	Scrambled Egg on Toast (F)	3.66	4.68	Bacon & Sausage (P)	1.97	2.12								
Bread	.75	.85		.54	.63		3.65	3.65	Bread ½	.37	.42					
Marmalade	.75	1.12	Bread	.75	.85		.75	.63	Toast	.54	.63					
Tea (2 cups)	.94	1.12	Marmalade	.75	1.12		.75	1.12	Marmalade	.75	1.12					
			Tea (2 cups)	.94	1.12		.94	1.12	Tea (2 cups)	.94	1.12					
7.57 9.76		8.25 10.41		9.83 11.07		55.22 67.20		7.89 9.60								
Milk	1.90	2.36	Coffee	1.64	2.07	Milk	1.90	2.36		14.07	17.71		2.01	2.53	Mid-morning drink	
Minestrone Soup	.69	.90	Mutton Broth	.38	.49	Leek & Potato Soup	.73	.93							Dinner	
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21								
Grilled Codsteak	5.01	5.67	Braised Silverside of Beef	7.63	7.82	Roast Chicken & Stuffing	21.72	28.96								
Parsley Sauce	.55	.66	Carrots	.90	1.21	Gravy	.12	.16								
Cauliflower	2.25	3.01	Creamed Potatoes	.80	1.04	Peas (Fr)	3.37	4.50								
Mashed Potatoes	.80	1.04	Blackberry & Apple Pie (T)	3.11	3.96	Parsley Potatoes	.64	.86								
Baked Fruit Sponge	2.46	2.97	Custard	.99	1.18	Peach Flan	3.25	4.24								
Apricot Sauce	.60	.83				Cream	.40	.60								
12.55 15.29		14.00 15.91		30.89 41.02		114.79 140.99		16.40 20.14						Tea		
Banbury Cake	1.42	1.76	Chelsea Bun	.99	1.21	Fruit Cake (P)	2.40	3.20								
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85								
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22								
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12								
3.98 4.95		3.55 4.40		4.96 6.39		29.92 37.76		4.27 5.40						Supper		
Cream of Celery Soup	.88	1.12	Brown Windsor Soup	.57	.72	Cream of Carrot Soup	.60	.77								
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21								
Grilled Pork Sausages (2)	7.81	7.82	Soft Roes on Toast	2.30	2.99	Luncheon Meat	4.19	6.00								
Brown Sauce	.43	.55	Watercress	1.05	1.40	Mixed Salad	1.84	2.45								
Lyonnais Potatoes	.99	1.30	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04								
Ice Cream & Apricot Caps	1.01	1.35	Lemon Rice Meringue	2.76	3.40	Meringue & Ice Cream	1.57	2.27								
							1.01	1.35								
13.60 15.41		7.51 9.58		10.20 14.09		75.17 93.74		10.74 13.39								
Milk Drink	2.79	3.46	Milk	1.90	2.36	Milk	1.90	2.36	14.29	17.72		2.04	2.53			
42.39 51.23		36.85 44.73		59.68 77.29		303.46 375.12		43.35 53.59								
Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.										13.86 15.75		1.98 2.25				
Grand Total Costs										317.32 390.87		45.33 55.84				

PATIENTS MENU—A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01
	Bacon & Baked Beans	3-83	4-19	Smoked Haddock	4-00	5-50	Bacon & Saute Potatoes	2-88	3-31	Scrambled Egg on Toast (F)	3-66	4-68
	Toast	54	63	Toast	54	63	Bread	75	85	Bread	75	85
	Bread $\frac{1}{2}$	37	42	Bread $\frac{1}{2}$	37	42	Marmalade	75	1-12	Marmalade	75	1-12
	Marmalade	75	1-12	Marmalade	75	1-12	Tea (2 cups)	94	1-12	Tea (2 cups)	94	1-12
	Tea (2 cups)	94	1-12	Tea (2 cups)	94	1-12						
		8-04	9-49		8-21	10-80		6-93	8-41		7-71	9-78
Mid-morning drink	Cocoa	1-11	1-36	Milk	1-90	2-36	Chocolate	2-16	2-66	Milk Drink	2-79	3-46
Dinner	Chicken Broth	47	1-11	Windsor Soup	57	72	Rabbit Broth	26	36	Cream of Chicken Soup	48	60
	Bread	19	21	Bread	19	21	Bread	19	21	Bread	19	21
	Steak & Kidney Pie	7-39	7-61	Stewed Rabbit	8-08	12-00	Grilled Fillet of Plaice	7-97	11-03	Stewed Steak	6-18	6-36
	Savoy Cabbage	88	1-15	Vichy Carrots	1-00	1-31	Cauliflower	2-25	3-01	Mashed Swedes	89	1-23
	Mashed Potatoes	80	1-04	Parsley Potatoes	64	86	Cream Sauce	61	73	Creamed Potatoes	80	1-04
	Semolina Pudding & Stewed Prunes	1-55	1-93	Plum & Apple Pie (T)	2-33	2-92	Mashed Potatoes	80	1-04	Apple Pie (T)	1-98	2-49
		1-20	1-44	Custard	99	1-18	Steamed Jam Roll	2-15	2-62	Custard	99	1-18
		12-48	14-49		13-80	19-20		15-22	20-18		11-51	13-11
Tea	Genoa Cake (P)	2-40	3-20	Rock Cake	1-08	1-28	Tea Cake	86	1-07	Orange	2-80	3-50
	Bread	75	85	Bread	75	85	Bread	75	85	Bread	75	85
	Jam	87	1-22	Jam	87	1-22	Jam	87	1-22	Jam	87	1-22
	Tea (2 cups)	94	1-12	Tea (2 cups)	94	1-12	Tea (2 cups)	94	1-12	Tea (2 cups)	94	1-12
		4-96	6-39		3-64	4-47		3-42	4-26		5-36	6-69
Supper	Cream of Celery Soup	88	1-12	Tomato Soup	65	84	Lentil Soup	69	1-10	Vegetable Soup	55	70
	Bread	19	21	Bread	19	21	Bread	19	21	Bread	19	21
	Assorted Cold Meats	7-72	9-25	Lamb Cutlet	9-50	9-50	Chicken Patties	12-32	16-26	Fishcake	2-46	3-21
	Cole Slaw	39	54	Grilled Tomatoes	1-50	2-00	Spinach	2-10	2-81	Tomato Sauce	49	64
	Parsley Potatoes	64	86	Croquette Potatoes	1-50	1-95	Mashed Potatoes	80	1-04	Chipped Potatoes	1-00	1-34
	Apple Flan (T)	1-87	2-34	Sago Pudding & Stewed Rhubarb (F)	1-60	1-98	Tapioca Pudding	1-74	2-08	Ice Cream	1-35	1-80
	Cream	40	60		1-40	1-80				Chocolate Sauce	71	87
		12-09	14-92		16-34	18-28		17-84	23-50	Wafer Biscuits	19	26
Late evening drink	Milk	1-90	2-36	Coffee	1-64	2-07	Milk	1-90	2-36	Milk	1-90	2-36
	Total costs	40-58	49-01		45-53	57-18		47-47	61-37		36-21	44-43

W = Wholesale

R = Retail

SPECIMEN WEEK for — APRIL

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence W R	Average daily cost in pence W R	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Bacon & Tomato	3.47	4.12	Sausage (P) & Bacon	5.62	5.77	Boiled Egg	4.25	5.50			
Bread	.75	.85	Bread	.75	.85	Toast	.54	.63			
Marmalade	.75	1.12	Marmalade	.75	1.12	Bread & Butter	.37	.42			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12			
						Tea (2 cups)	.94	1.12			
	7.52	9.22		9.67	10.87		8.46	10.80	56.54	69.37	
Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.64	2.07	13.40	16.63	Mid-morning drink
Mulligatawny Soup	.72	.93	Scotch Broth	.39	.50	Mock Turtle Soup	.45	.61			Dinner
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Roast Leg of Lamb	8.03	8.04	Stewed Neck of Veal (Brown)	6.28	6.52	Roast Topside of Beef	7.10	7.12			
Mint Sauce	.27	.40	Garden Peas (T)	2.26	2.78	Horseradish Sauce	1.20	1.52			
Gravy	.12	.16	Mashed Potatoes	.80	1.04	Gravy	.12	.16			
Spring Greens	.88	1.15	Apple Charlotte	1.99	2.58	Cabbage	.88	1.15			
Mashed Potatoes	.80	1.04	Custard	.99	1.18	Roast Potatoes	.89	1.16			
Trifle & Cream	1.96	2.88				Rhubarb & Apple Pie (T)	2.18	2.72			
						Custard	.99	1.18			
	12.97	14.81		12.90	14.81		14.00	15.83	92.88	112.43	
Hot Cross Bun	1.01	1.38	Watercress	1.05	1.40	Fruit Cake (P)	2.40	3.20			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	3.57	4.57		3.61	4.59		4.96	6.39	29.52	37.36	
Cream of Tomato Soup	.65	.84	Cream of Vegetable Soup	.55	.70	Potato Soup	.73	.93			Supper
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Sardine Salad	5.80	7.07	Cheese & Potato Croquette	2.75	3.39	Herring Salad	4.91	6.66			
Potato Mayonnaise	1.65	2.10	Grilled Tomatoes	1.50	2.00	Potato Mayonnaise	1.65	2.10			
Bakewell Tart	1.98	2.46	Brown Gravy	.43	.55	Bread	.37	.42			
Custard	.99	1.18	Baked Rice Pudding	1.73	2.05	Cheese & Biscuits	1.94	2.35			
	11.26	13.86		7.15	8.90		9.79	12.67	81.41	101.16	
Milk Drink	3.45	4.42	Coffee	1.64	2.07	Milk	1.90	2.36	14.33	18.00	Late evening drink
	40.67	49.24		36.87	43.60		40.75	50.12	288.08	354.95	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			301.94	370.70	

PATIENTS MENU—A

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R
	Boiled Egg	1.61	2.01	Bacon & Tomato	1.61	2.01	Grilled Kipper	1.61	2.01	Sausage (P) & Baked	1.61	2.01
	Bread ½	4.25	5.50	Bread	3.47	4.12	Bread	2.75	3.75	Beans	5.45	5.72
	Toast	.37	.42	Marmalade	.75	.85	Marmalade	.75	.85	Bread	.75	.85
	Marmalade	.54	.63	Tea (2 cups)	.75	1.12	Tea (2 cups)	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.75	1.12		.94	1.12		.94	1.12	Tea (2 cups)	.94	1.12
		.94	1.12									
		8.46	10.80		7.52	9.22		6.80	8.85		9.50	10.82
Mid-morning drink	Coffee	1.64	2.07	Milk	1.90	2.36	Milk Drink	2.79	3.46	Coffee	1.64	2.07
Dinner	Windsor Soup	.57	.72	Scotch Broth	.39	.50	Cream of Chicken Soup	.48	.60	Tomato Soup	.65	.84
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Stewed Neck of Mutton	4.75	5.01	Grilled Lemon Sole	10.06	12.53	Liver & Bacon	5.00	5.28	Boiled Leg of Pork	8.50	8.50
	Mashed Swedes	.89	1.23	Tartare Sauce	1.50	1.91	Brown Sauce	.43	.55	Pease Pudding	1.00	1.53
	Parsley Potatoes	.64	.86	Cauliflower	2.25	3.01	Spring Greens	.88	1.15	Parsnips	.88	1.15
	Minced Slice	2.07	2.51	Mashed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Boiled Potatoes	.53	.71
	Custard	.99	1.18	Steamed Apple Pudding (T)	2.27	2.77	Baked Rice Pudding	1.73	2.05	Bread & Butter Pudding	2.36	3.01
				Custard	.99	1.18						
		10.10	11.72		18.45	23.15		9.35	10.70		14.11	15.95
Tea	Currant Bun	.73	.91	Scone	.81	1.01	Meat Paste	.83	1.13	Dessert Apple	3.30	4.35
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.29	4.10		3.37	4.20		3.39	4.32		5.86	7.54
Supper	Celery Soup	.88	1.12	Cream of Turnip Soup	.54	.68	Pea Soup	1.15	1.81	Mock Turtle Soup	.45	.61
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Assorted Cold Meats	7.72	9.25	Egg Mayonnaise	7.74	10.07	Minced Chicken	11.45	15.25	Minced Beef & Vegetable		
	Mixed Salad	1.84	2.45	Bread	.37	.42	Peas (Fr-)	3.37	4.50	Pie	7.17	7.59
	Creamed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Duchess Potatoes	.81	1.07	Spinach	2.10	2.81
	Ground Rice Pudding & Stewed Gooseberries (T)	1.65	1.95	Cabinet Pudding	2.59	3.32	Trifle & Cream	1.96	2.88	Creamed Potatoes	.80	1.04
		2.03	3.03						Tapioa Pudding	1.74	2.08	
									Stewed Plums (T)	1.57	1.89	
		15.11	19.05		12.07	15.56		18.93	25.72		14.02	16.23
Late evening drink	Cocoa	1.11	1.36	Coffee	1.64	2.07	Milk	1.90	2.36	Cocoa	1.11	1.36
	Total costs	39.71	49.10		44.95	56.56		43.16	55.41		46.24	53.97

W = Wholesale

R = Retail

SPECIMEN WEEK for — MAY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Fishcake	2.46	3.21	Bacon & Fried Bread	2.59	2.85	Fried Egg & Tomato	6.11	7.91			
Bread	.75	.85	Bread	.75	.85	Toast	.54	.63			
Marmalade	.75	1.12	Marmalade	.75	1.12	Bread $\frac{1}{2}$	.37	.42			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12			
						Tea (2 cups)	.94	1.12			
	6.51	8.31		6.64	7.95		10.32	13.21	55.75	69.16	
Milk	1.90	2.36	Cocoa	1.11	1.36	Milk Drink	3.45	4.42	14.43	18.10	Mid-morning drink
Cream of Watercress Soup	2.05	2.65	Lentil Soup	.69	1.10	Vegetable Soup	.55	.70			Dinner
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Grilled Rump Steak & Onions	9.75	9.98	Fried Fillet of Haddock	5.61	7.59	Roast Sirloin of Beef	6.56	6.58			
Cabbage	.88	1.15	Parsley Sauce	.55	.66	Yorkshire Pudding	1.54	1.93			
Creamed Potatoes	.80	1.04	Peas (Fr)	3.37	4.50	Gravy	.12	.16			
Raspberry Flan (Fr) & Cream	3.68	4.99	Chipped Potatoes	1.00	1.34	Cabbage	.88	1.15			
	.40	.60	Stewed Rhubarb	1.40	1.80	Roast Potatoes	.89	1.16			
			Custard	.99	1.18	Gooseberry Flan (T)	1.63	2.23			
						Cream	.40	.60			
	17.75	20.62		13.80	18.38		12.76	14.72	96.32	115.24	
Eccles Cake	1.32	1.53	Swiss Roll (P)	1.95	2.34	Sweet Biscuits	.85	1.10			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	3.88	4.72		4.51	5.53		3.41	4.29	27.71	34.70	
Cream of Carrot Soup	1.21	1.54	Cream of Lettuce Soup	1.44	1.83	Leek & Potato Soup	.73	.93			Supper
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Braised Ox Tongue	6.44	6.48	Pork Sausages (2)	7.81	7.82	Cold Ham (T)	8.58	9.75			
Macedoine of Vegetables (T)	2.10	2.40	Brown Gravy	.43	.55	Mixed Salad	1.84	2.45			
Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04	Parsley Potatoes	.64	.86			
Ice Cream	1.35	1.80	Sago Pudding	1.60	1.98	Cheese & Biscuits	1.94	2.35			
Melba	.59	.82	Stewed Apricots (Dried)	2.07	2.40						
Wafer Biscuits	.19	.26									
	12.71	14.37		14.34	15.83		13.92	16.55	101.10	123.31	
Coffee	1.64	2.07	Milk Drink	2.79	3.46	Milk	1.90	2.36	12.09	15.04	Late evening drink
	44.39	52.45		43.19	52.51		45.76	55.55	307.40	375.55	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			321.26	391.30	
									45.89	55.90	

PATIENTS MENU - A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Scrambled Egg	5.63	6.80	Pork Sausage & Tomato	3.65	3.65	Bacon & Saute Potatoes	2.88	3.31	Smoked Haddock	4.00	5.50
	Toast	.54	.63	Bread	1.50	2.00	Bread	.75	.85	Bread	.75	.85
	Bread 1/2	.37	.42	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
	Tea (2 cups)	.94	1.12									
		9.84	12.10		9.20	10.75		6.93	8.41		8.05	10.60
Mid-morning drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Coffee	1.64	2.07	Milk	1.90	2.36
Dinner	Cream of Leek and Potato Soup	.73	.93	Minestrone Soup	.69	.90	Tomato Soup	.65	.84	Mock Turtle Soup	.45	.61
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Sausage Toad (Pork)	5.42	5.80	Roast Leg of Lamb	8.03	8.04	Grilled Fillet of Cod	4.11	5.85	Breaded Lamb Cutlet	10.07	10.20
	Brown Sauce	.43	.55	Mint Sauce	.27	.40	Cauliflower	2.25	3.01	Vegetable Marrow	.80	1.11
	Cabbage	.88	1.15	Gravy	.12	.16	Cream Sauce	.61	.73	Brown Gravy	.43	.55
	Creamed Potatoes	.80	1.04	Broad Beans in Parsley Sauce	1.80	2.07	Chipped Potatoes	1.00	1.34	New Potatoes	1.28	1.67
	Strawberries & Cream	6.30	8.40	Roast Potatoes	.89	1.16	Gooseberry Pie	2.45	3.11	Semolina Pudding & Stewed Rhubarb	1.55	1.93
		.40	.60	Stewed Rhubarb & Custard	1.40	1.80	Custard	.99	1.18		1.40	1.80
		15.15	18.68		14.93	16.58		12.25	16.27		16.17	18.08
Tea	Madeira Cake (P)	2.00	2.80	Bath Bun	1.24	1.57	Meat Paste	.83	1.13	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		4.56	5.99		3.80	4.76		3.39	4.32		5.36	6.69
Supper	Mutton Broth	.38	.49	Windsor Soup	.57	.72	Cream of Chicken Soup	.48	.60	Potato Soup	.73	.93
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Cold Chicken	21.72	28.96	Poached Egg on Spinach	6.37	8.33	Cold Ham	8.60	9.10	Chipolata Sausages & Bacon	5.41	5.43
	Lettuce & Tomato Salad	1.84	2.45	Mashed Potatoes	.80	1.04	Mixed Salad	1.84	2.45	Grilled Tomato	1.50	2.00
	New Potatoes	1.28	1.67	Raspberry Blanc Mange & Jam	1.33	1.60	New Potatoes	1.28	1.67	Saute Potatoes	.91	1.19
	Baked Rice Pudding	1.73	2.05		.84	1.17	Rhubarb Fool	1.72	2.14	Ice Cream	1.35	1.80
							Wafer Biscuits	.19	.26	Melba Sauce	.59	.82
										Wafer Biscuits	.19	.26
		27.14	35.83		10.10	13.07		14.30	16.43		12.84	14.76
Late evening drink	Coffee	1.64	2.07	Coffee	1.64	2.07	Milk	1.90	2.36	Chocolate	2.16	2.66
	Total costs	60.23	77.03		40.78	48.59		40.41	49.86		46.48	55.15

W = Wholesale

R = Retail

SPECIMEN WEEK for—JUNE

SPECIMEN WEEKLY PRICES																												
5			Cost in pence			6			Cost in pence			7			Cost in pence			Weekly cost			Average daily			Breakfast				
			W R						W R						W R			W R			W R							
Porridge or Cereal with milk			1.61	2.01				Porridge or Cereal with milk			1.61	2.01				Porridge or Cereal with milk			1.61	2.01								
Bacon & Tomatoes			3.47	4.12				Boiled Egg			4.25	5.50				Cold Ham			6.02	6.37								
Bread			.75	.85				Bread			.75	.85				Bread			.75	.85								
Marmalade			.75	1.12				Marmalade			.75	1.12				Marmalade			.75	1.12								
Tea (2 cups)			.94	1.12				Tea (2 cups)			.94	1.12				Tea (2 cups)			.94	1.12								
			7.52	9.22							8.30	10.60							10.07	11.47				59.91	73.15	8.56	10.45	
Coffee			1.64	2.07				Milk Drink			3.45	4.42				Coffee			1.64	2.07				13.28	16.71	1.89	2.39	Mid-morning drink
Cream of Lettuce Soup			.72	.91				Chicken Broth			.47	1.11				Scotch Broth			.39	.50								Dinner
Bread			.19	.21				Bread			.19	.21				Bread			.19	.21								
Beef Hot Pot			6.14	6.26				Salmon Mayonnaise								Roast Leg of Pork			8.53	8.54								
Spring Greens			.88	1.15				(1)			11.56	13.81				Apple Sauce			.78	1.00								
Parsley Potatoes			.64	.86				Bread			.37	.42				Stuffing			.47	.56								
Steamed Jam Roll			2.15	2.62				New Potatoes			1.28	1.67				Gravy			.12	.16								
Custard			.99	1.18				Stewed Cherries & Rice Pudding			1.57	2.07				Cabbage			.88	1.15								
											1.63	1.93				New Potatoes			1.28	1.67								
																Stewed Apricots (D)			2.07	2.40								
																Tapioca Pudding			1.74	2.08								
			11.71	13.19							17.07	21.22							16.45	18.27				103.73	122.29	14.82	17.47	
Chelsea Bun			.99	1.21				Jam Puff			1.16	1.39				Currant Bun			.73	.91								Tea
Bread			.75	.85				Bread			.75	.85				Bread			.75	.85								
Jam			.87	1.22				Jam			.87	1.22				Jam			.87	1.22								
Tea (2 cups)			.94	1.12				Tea (2 cups)			.94	1.12				Tea (2 cups)			.94	1.12								
			3.55	4.40							3.72	4.58							3.29	4.10				27.67	34.84	3.95	4.98	
Mulligatawny Soup			.72	.93				Tomato & Potato Soup			.69	.89				Cream of Vegetable Soup			.55	.70								Supper
Bread			.19	.21				Bread			.19	.21				Bread			.19	.21								
Grilled Fillet of Sole			8.72	11.78				Cold Roast Topside of Beef			7.10	7.12				Egg Salad			4.30	5.64								
Tinned Peas			2.26	2.78				Tomato			1.50	2.00				Bread			.37	.42								
Parsley Potatoes			.64	.86				Mashed Potatoes			.80	1.04				Salad Cream			1.32	1.68								
Blanc Mange & Fresh Raspberries			1.33	1.60				Custard Flan			1.74	2.27				New Potatoes			1.28	1.67								
			4.20	5.60												Cheese & Biscuits			1.94	2.35								
			18.06	23.76							12.02	13.53							9.95	12.67				104.41	130.05	14.92	18.58	
Milk			1.90	2.36				Cocoa			1.11	1.36				Milk			1.90	2.36				12.25	15.24	1.75	2.17	Late evening drink
			44.38	55.00							45.67	55.71							43.30	50.94				321.25	392.28	45.89	56.04	
																Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.								13.86	15.75	1.98	2.25	
																Grand Total Costs								335.11	408.03	47.87	58.29	

PATIENTS MENU—A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Fried Bread	2.59	2.85	Boiled Egg	4.25	5.50	Pork Sausage & Tomato	3.65	3.65	Cold Ham	6.02	6.37
	Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42	Bread	1.50	2.00	Bread	.75	.85
	Marmalade	.75	1.12	Toast	.54	.63	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.64	7.95		8.46	10.80		9.20	10.75		10.07	11.47
Mid-morning drink	Coffee	1.64	2.07	Milk Drink	3.45	4.42	Milk	1.90	2.36	Cocoa	1.11	1.36
Dinner	Tomato Soup	.65	.84	Windsor Soup	.57	.72	Cream of Watercress Soup	1.02	1.32	Leek & Potato Soup	.73	.93
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Braised Rabbit	8.09	12.02	Stewed Neck of Mutton	4.75	5.01	Grilled Fillet of Plaice	8.86	12.09	Boiled Chicken	18.04	24.05
	Runner Beans	1.20	1.61	Caper Sauce	.43	.52	Tartare Sauce	1.50	1.91	Parsley Sauce	.55	.66
	New Potatoes	1.28	1.67	Garden Peas	3.00	4.01	Vegetable Marrow	.80	1.11	Garden Peas	3.00	4.01
	Cherry Pie	3.89	5.04	New Potatoes	1.28	1.67	New Potatoes	1.28	1.67	New Potatoes	1.28	1.67
	Custard	.99	1.18	Gooseberry Flan & Cream	1.69	2.11	Bread & Butter Pudding	2.36	3.01	Stewed Rhubarb	1.40	1.80
		16.29	22.57		12.31	14.85		16.01	21.32	Sago Pudding	1.60	1.98
Tea	Watercress	1.05	1.40	Sandwich Spread	.97	1.20	Orange	2.80	3.50	Madeira Cake (P)	2.00	2.80
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.61	4.59		5.53	4.39		5.36	6.69		4.56	5.99
Supper	Lentil Soup	.69	1.10	Mutton Broth	.38	.49	Chicken Broth	.47	.61	Minestrone Soup	.69	.90
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Fishcake	2.46	3.21	Stewed Ox Kidney & Bacon	6.64	6.73	Cold Roast Loins or Best End of Lamb	7.53	7.54	Sardine Salad	5.80	7.07
	Parsley Sauce	.55	.66	Mashed Potatoes	.80	1.04	Mixed Salad	1.84	2.45	Bread	.37	.42
	Chipped Potatoes	1.00	1.34	Stewed Blackcurrants & Ice Cream	2.14	2.77	Salad Cream	1.32	1.68	New Potatoes	1.28	1.67
	Milk Jelly & Cream	2.85	3.56		1.01	1.35	Bread	.37	.42	Cheese & Biscuits	1.94	2.35
		7.74	10.08		13.13	14.71		14.74	16.86		10.27	12.62
Late evening drink	Milk	1.90	2.36	Coffee	1.64	2.07	Cocoa	1.11	1.36	Milk	1.90	2.36
	Total costs	37.82	49.62		42.52	51.24		48.32	59.34		54.70	69.11

W = Wholesale

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		Breakfast	
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01						
Bacon & Tomato		3.47	4.12	Scrambled Egg & Chipolata Sausages		3.66	4.68	Tomatoes on Toast		3.52	4.66						
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
7.52 9.22				10.41 12.49				7.57 9.76				59.87 72.44	8.55 10.35				
Milk		1.90	2.36	Coffee		1.64	2.07	Milk Drink		2.79	3.46	14.43 18.10	2.06 2.59		Mid-morning drink		
Vegetable Soup		.55	.70	Mock Turtle Soup		.45	.61	Cream of Carrot Soup		.60	.77					Dinner	
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21						
Steak & Kidney Pie		7.39	7.61	Irish Stew		4.60	4.80	Roast Leg of Lamb		7.53	7.54						
Cabbage		.88	1.15	Carrots		.90	1.21	Mint Sauce		.27	.40						
Mashed Potatoes		.80	1.04	New Potatoes		1.28	1.67	Gravy		.12	.16						
Fresh Raspberries & Cream		4.20	5.60	Apple Pie		2.34	2.94	Cabbage		.88	1.15						
		.40	.60	Custard		.99	1.18	Roast Potatoes		.89	1.16						
								Stewed Gooseberries & Tapioca Pudding		1.70	2.22						
										1.74	2.08						
14.41 16.91				10.75 12.62				13.92 15.69				110.48 139.27	15.78 19.90				
Scone		.81	1.01	Mille Feuilles		1.51	2.02	Swiss Bun		.97	1.25					Tea	
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
3.37 4.20				4.07 5.21				3.53 4.44				28.03 35.51	4.01 5.07				
Cream of Chicken Soup		.48	.60	Cream of Lettuce Soup		.72	.91	Scotch Broth		.39	.50					Supper	
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21						
Fried Fillet of Cod		4.61	6.34	Cold Ham (T)		8.58	9.75	Cauliflower Cheese									
Chipped Potatoes		1.00	1.34	Mixed Salad		1.84	2.45	au Gratin		3.53	4.54						
Ground Rice Pudding		1.65	1.95	New Potatoes		1.28	1.67	Bread		.37	.42						
Stewed Plums		1.58	2.04	Ice Cream		1.35	1.80	Saute Potatoes		.91	1.19						
				Melba Sauce		.59	.82	Lemon Rice Meringue		2.76	3.40						
				Wafer Biscuits		.19	.26										
9.51 12.48				14.74 17.87				8.15 10.26				78.28 94.88	11.18 13.55				
Coffee		1.64	2.07	Milk		1.90	2.36	Milk		1.90	2.36	11.99 14.94	1.71 2.13		Late evening drink		
38.35 47.24				43.51 52.62				37.86 45.97				303.08 375.14	43.29 53.59				
								Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.				13.86 15.75	1.98 2.25				
								Grand Total Costs				316.94 390.89	45.27 55.84				

PATIENTS MENU—A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Saute Potatoes	2.88	3.31	Sausage (P) & Baked Beans	5.45	5.72	Tomatoes on Toast	3.52	4.66	Fried Egg on Toast	5.01	6.46
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.93	8.41		9.50	10.82		7.57	9.76		9.06	11.56
Mid-morning drink	Milk	1.90	2.36	Coffee	1.64	2.07	Milk Drink	2.79	3.46	Milk	1.90	2.36
Dinner	Vegetable Soup	.55	.70	Chicken Broth	.47	.61	Mutton Broth	.38	.49	Cream of Vegetable Soup	.55	.70
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Brown Beef Stew	6.69	7.14	Cold Ham	8.60	9.10	Fried Fillet of Haddock	5.61	7.59	Roast Loin of Lamb	7.53	7.54
	Carrots	.90	1.21	Mixed Salad	1.84	2.45	Anchovy Sauce	.38	.45	Mint Sauce	.27	.40
	Mashed Potatoes	.80	1.04	Bread	.37	.42	Spinach	2.10	2.81	Runner Beans	1.20	1.61
	Rhubarb Pie & Custard	2.15	2.69	New Potatoes	1.28	1.67	Chipped Potatoes	1.00	1.34	Gravy	.12	.16
		.99	1.18	Steamed Currant Sponge	2.70	3.27	Baked Rice Pudding & Jam	1.73	2.05	New Potatoes	1.28	1.67
				Custard	.99	1.18		.84	1.17	Gooseberry Flan & Cream	1.69	2.11
		12.27	14.17		16.44	18.91		12.23	16.11		13.23	15.00
Tea	Strawberry Tartlets (Fr)	3.58	4.88	Coffee Eclairs	1.27	1.74	Sponge Cake (P)	1.00	1.25	Currant Bun	.73	.91
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.14	8.07		3.83	4.93		3.56	4.44		3.29	4.10
Supper	Windsor Soup	.57	.72	Lentil Soup	.69	1.10	Cream of Leek & Potato Soup	.74	.94	Cream of Lettuce Soup	.72	.91
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Cold Chicken	21.72	28.96	Fried Egg & Tomato	6.11	7.90	Braised Ham	8.88	9.47	Salmon Salad	10.24	12.13
	Garden Peas (Fr.)	3.00	4.01	Saute Potatoes	.91	1.19	Macedoine of Vegetables (T)	2.10	2.40	Salad Cream	1.32	1.68
	New Potatoes	1.28	1.67	Raspberry Blanc Mange	1.33	1.60	New Potatoes	1.28	1.67	Bread	.37	.42
	Cheese & Biscuits	1.94	2.35	& Stewed Plums	1.58	2.04	Blackcurrant Flan	2.19	2.76	New Potatoes	1.28	1.67
							Cream	.40	.60	Rice & Jelly Mould	2.55	3.05
		28.70	37.92		10.81	14.04		15.78	18.05	Cream	.40	.60
Late evening drink	Milk Drink	3.45	4.42	Milk	1.90	2.36	Cocoa	1.11	1.36	Coffee	1.64	2.07
	Total costs	59.39	75.35		44.12	53.13		43.04	53.18		46.19	55.76

W = Wholesale

R = Retail

SPECIMEN WEEK for—AUGUST

5		Cost in pence		6		Cost in pence		7		Cost in pence		Average daily		Average daily		Breakfast
		W	R			W	R			W	R	W	R	W	R	
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01					
Bacon & Fried Bread		2.59	2.85	Scrambled Egg & Bacon		3.66	4.68	Bacon & Tomatoes		3.47	4.12					
Bread		.75	.85	Bacon		1.97	2.12	Bread		.75	.85					
Marmalade		.75	1.12	Bread ½		.37	.42	Marmalade		.75	1.12					
Tea (2 cups)		.94	1.12	Toast		.54	.63	Tea (2 cups)		.94	1.12					
				Marmalade		.75	1.12									
				Tea (2 cups)		.94	1.12									
																Mid-morning drink
																Dinner
																Tea
																Supper
																Late evening drink

PATIENTS MENU — A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Tomatoes on Toast	3.52	4.66	Bacon & Fried Apple	2.64	3.00	Chipolata Sausages & Baked Beans	5.41	5.43	Bacon & Fried Bread	2.59	2.85
	Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42	Bread	1.80	2.07	Bread	.75	.85
	Marmalade	.75	1.12	Toast	.54	.63	Bread	.75	.85	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12
				Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
		7.57	9.76		6.85	8.30		11.26	12.60		6.64	7.95
Mid-morning drink	Coffee	1.64	2.07	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk Drink	3.45	4.42
Dinner	Windsor Soup	.57	.72	Vegetable Soup	.55	.70	Leek & Potato Soup	.73	.93	Mulligatawny Soup	.72	.93
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Boiled Leg of Mutton	8.21	8.28	Beefsteak Pudding	6.74	6.90	Braised Stuffed Ox Hearts	6.20	6.44	Fried Fillet of Plaice	8.86	12.09
	Caper Sauce	.43	.52	Brown Gravy	.43	.55	Garden Peas (Fr)	3.00	4.01	Tomato Sauce	.49	.64
	Runner Beans	1.20	1.61	Cabbage	.88	1.15	Mashed Potatoes	.80	1.04	Runner Beans	1.20	1.61
	New Potatoes	1.28	1.67	Mashed Potatoes	.80	1.04	Apple Charlotte	1.65	2.11	Parsley Potatoes	.88	1.15
	Bread & Butter Pudding	2.36	3.01	Semolina Pudding & Stewed Plums	1.55	1.93	Custard	.99	1.18	Cherry Pie (T)	3.89	5.04
					1.58	2.04				Custard	.99	1.18
		14.24	16.02		12.72	14.52		13.56	15.92		17.22	22.85
Tea	Fish Paste	.83	1.13	Gingerbread	1.31	1.67	Watercress	1.05	1.40	Tea Cake	.86	1.07
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Honey	1.00	1.56	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.39	4.32		4.00	5.20		3.61	4.59		3.42	4.26
Supper	Scotch Broth	.39	.50	Tomato Soup	.65	.84	Cream of Lettuce Soup	.72	.91	Minestrone Soup	.69	.90
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Liver & Bacon	5.00	5.28	Cold Ham (T)	8.58	9.75	Grilled Fillet of Cod	3.71	5.28	Stuffed Vegetable Marrow	3.61	4.31
	Brown Sauce	.43	.55	Mixed Salad	1.84	2.45	Tartare Sauce	1.50	1.91	Grilled Tomato	1.50	2.00
	Mashed Potatoes	.80	1.04	Parsley Potatoes	.88	1.15	Croquette Potatoes	1.50	1.95	Brown Sauce	.43	.55
	Ice Cream	1.01	1.35	Cheese & Biscuits	1.94	2.35	Tapioca Pudding & Stewed Blackberries	1.74	2.08	Mashed Potatoes	.80	1.04
	Tinned Apricots	2.95	3.30							Trifle & Cream	1.96	2.88
		10.77	12.23		14.08	16.75		11.50	15.11		9.18	11.89
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Milk Drink	2.79	3.46	Milk	1.90	2.36
	Total costs	39.51	46.76		40.66	48.49		44.62	54.04		41.81	53.73

W = Wholesale

R = Retail

SPECIMEN WEEK for—SEPTEMBER

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Boiled Egg	4.25	5.50	Grilled Kipper	2.75	3.75	Bacon & Saute Potatoes	2.88	3.31			
Bread $\frac{1}{2}$	.37	.42	Bread	.75	.85	Bread	.75	.85			
Toast	.54	.63	Marmalade	.75	1.12	Marmalade	.75	1.12			
Marmalade	.75	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
Tea (2 cups)	.94	1.12									
	8.46	10.80		6.80	8.85		6.93	8.41	54.51	66.67	
Milk Drink	2.79	3.46	Milk	1.90	2.36	Coffee	1.64	2.07	14.43	18.10	Mid-morning drink
Lentil Soup	.69	1.10	Cream of Carrot Soup	.60	.77	Mock Turtle Soup	.45	.61			Dinner
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Stewed Rabbit	8.08	12.00	Braised Chicken with	19.96	27.05	Steak & Kidney Pie	7.39	7.61			
Carrots & Turnips	.87	1.17	Tomatoes & Mushrooms			Cabbage	.88	1.15			
Creamed Potatoes	.80	1.04	Vegetable Marrow	.80	1.11	New Potatoes	1.28	1.67			
Steamed Jam Roll	2.15	2.62	Parsley Potatoes	.88	1.15	Ground Rice Pudding	1.65	1.95			
Custard	.99	1.18	Plum & Apple Pie	2.33	2.92	Stewed Blackcurrants	2.14	2.77			
			Custard	.99	1.18						
	13.77	19.32		25.75	34.39		13.98	15.97	111.24	138.99	
Orange	2.80	3.50	Swiss Roll (P)	1.95	2.34	Coconut Bun	.93	1.11			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	5.36	6.69		4.51	5.53		3.49	4.30	27.78	34.89	
Rabbit Broth	.26	.36	Chicken Broth	.47	.61	Pea Soup	.57	.90			Supper
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Cold Roast Topside of Beef	7.10	7.12	Poached Egg on Spinach	6.37	8.33	Soused Herring	3.07	4.21			
Mixed Salad	1.84	2.45	Bread	.37	.42	Mixed Salad	1.84	2.45			
Parsley Potatoes	.88	1.15	Creamed Potatoes	.80	1.04	Parsley Potatoes	.88	1.15			
Baked Rice Pudding	1.73	2.05	Cheese & Biscuits	1.94	2.35	Peach Flan (I) & Cream	3.25	4.24			
	12.00	13.34		10.14	12.96		10.20	13.76	77.87	96.04	
Coffee	1.64	2.07	Milk Drink	3.45	4.42	Milk	1.90	2.36	15.48	19.39	Late evening drink
	44.02	55.68		52.55	68.51		38.14	46.87	301.31	374.08	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.	13.86	15.75	1.98	2.25	
						Grand Total Costs	315.17	389.83	45.02	55.69	

PATIENTS MENU—A

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Fried Bread	2.59	2.85	Pork Sausage & Saute Potatoes	4.56	4.84	Grilled Tomatoes on Toast	3.52	4.66	Bacon & Baked Beans	3.83	4.19
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.64	7.95		8.61	9.94		7.57	9.76		7.88	9.29
Mid-morning drink	Hot Chocolate	2.16	2.66	Coffee	1.64	2.07	Milk	1.90	2.36	Milk	1.90	2.36
Dinner	Mutton Broth	.38	.49	Cream of Vegetable Soup	.55	.70	Tomato Soup	.65	.84	Lentil Soup	.69	1.10
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Braised Steak	8.09	12.02	Fried Fillet of Plaice	8.86	12.09	Roast Chicken	21.72	28.96	Boiled Silverside of Beef	7.40	7.52
	Carrots $\frac{1}{2}$	.45	.60	Lemon	.30	.39	Gravy	.12	.16	Carrots $\frac{1}{2}$	.45	.60
	Cabbage $\frac{1}{2}$	.44	.57	Stewed Leeks	1.50	1.93	Bread Sauce	.32	.39	Cabbage $\frac{1}{2}$	.44	.57
	Mashed Potatoes	.80	1.04	Creamed Potatoes	.80	1.04	Peas (Fr)	3.37	4.50	Parsley Potatoes	.64	.86
	Blackcurrant Flan (T)	2.18	2.77	Blackberry & Apple Pudding	3.40	4.24	Roast Potatoes	.89	1.16	Plum & Apple Pie	2.33	2.92
	Cream	.40	.60	Custard	.99	1.18	Stewed Apricots (Caps)	2.29	3.06	Custard	.99	1.18
		12.93	18.30		16.59	21.78		31.18	41.21		13.13	14.96
Tea	Sandwich Spread	.97	1.20	Watercress	1.05	1.40	Lemon Cakes	1.40	1.78	Cherry Cake (P)	2.70	3.80
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.53	4.39		3.61	4.59		3.96	4.97		5.26	6.99
Supper	Minestrone Soup	.69	.90	Windsor Soup	.57	.72	Cream of Chicken Soup	.48	.60	Celery Soup	.88	1.12
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Veal & Ham Pie	5.20	6.60	Rabbit Pie	6.50	9.33	Cold Ham (T)	8.58	9.75	Grilled Split Herring	3.26	4.38
	Mixed Salad	1.84	2.45	Spinach	2.10	2.81	Russian Salad	2.44	3.02	Mustard Sauce	.22	.29
	Tapioca Pudding & Stewed Damsons (T)	1.74	2.08	Parsley Potatoes	.64	.86	Lettuce	1.10	1.45	Watercress	1.05	1.40
		2.30	3.03	Ice Cream	1.01	1.35	Stewed Apples	1.51	1.96	Bread	.37	.42
				Tinned Pineapple	3.58	4.08	Custard	.99	1.18	Gooseberry Flan (T)	1.63	2.23
										Cream	.40	.60
		11.96	15.27		14.59	19.36		15.29	18.17		8.00	10.65
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.64	2.07	Milk Drink	2.79	3.46
	Total costs	39.12	50.93		46.94	60.10		61.54	78.54		38.96	47.71

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 cost in pence W R		Average daily cost in pence W R		Breakfast
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01					
Scrambled Egg & Tomatoes on Toast		7.18	9.34	Smoked Haddock		4.00	5.50	Bacon & Fried Egg		6.60	8.02					
Bread		.75	.85	Bread ½		.37	.42	Bread		.75	.85					
Marmalade		.75	1.12	Toast		.54	.63	Marmalade		.75	1.12					
Tea (2 cups)		.94	1.12	Marmalade		.75	1.12	Tea (2 cups)		.94	1.12					
11.23 14.44				8.21 10.80				10.65 13.12				60.79 75.30		8.69 10.76		
Cocoa		1.11	1.36	Milk		1.90	2.36	Coffee		1.64	2.07	12.25 15.24		1.75 2.18		
Cream of Carrot Soup		1.21	1.54	Mock Turtle Soup		.45	.61	Tomato Soup		.65	.84					Dinner
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21					
Grilled Fillet of Sole		8.72	11.78	Haricot Mutton		4.71	5.03	Roast Sirloin of Beef		6.56	6.58					
Cauliflower		2.25	3.01	Carrots and Turnips		.87	1.17	Yorkshire Pudding		1.54	1.93					
Cream Sauce		.61	.73	Parsley Potatoes		.64	.86	Gravy		.12	.16					
Parsley Potatoes		.64	.86	Steamed Marmalade				Cabbage		.88	1.15					
Baked Rice Pudding & Jam		1.73	2.05	Roll		2.05	2.56	Roast Potatoes		.89	1.16					
		.84	1.17	Custard		.99	1.18	Semolina Pudding		1.55	1.93					
								Stewed Damsons (T)		2.30	3.03					
16.19 21.35				9.90 11.62				14.68 16.99				114.60 146.21		16.37 20.89		
Sultana Scone		.81	1.01	Orange		2.80	3.50	Fruit Cake (P)		2.40	3.20					
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85					
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
3.37 4.20				5.36 6.69				4.96 6.39				30.05 38.22		4.29 5.46		Supper
Scotch Broth		.39	.50	Leek & Potato Soup		.73	.93	Vegetable Soup		.55	.70					
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21					
Grilled Ox Liver		5.54	5.63	Jellied Pork Pie		4.37	4.59	Braised Ox Tongue		6.44	6.48					
Brown Sauce		.43	.55	Mixed Salad		1.84	2.45	Bread		.37	.42					
Runner Beans (Fr)		3.60	4.80	Mashed Potatoes		.80	1.04	Mashed Potatoes		.80	1.04					
Mashed Potatoes		.80	1.04	Cheese & Biscuits		1.94	2.35	Trifle & Cream		1.96	2.88					
Tinned Peaches		2.95	3.30													
Custard		.99	1.18													
14.89 17.21				9.87 11.57				10.31 11.73				84.91 103.96		12.13 14.85		
Milk		1.90	2.36	Milk Drink		3.45	4.42	Milk		1.90	2.36	15.48 19.39		2.21 2.77		Late evening drink
48.69 60.92				38.69 47.46				44.14 52.66				318.08 398.32		45.44 56.91		
												13.86 15.75		1.98 2.25		
</																

PATIENTS MENU—A

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01
	Cold Ham	6-02	6-37	Bacon & Tomatoes	3-47	4-12	Fried Egg on Toast	5-01	6-46	Pork Sausage & Fried Tomatoes	3-65	3-65
	Bread $\frac{1}{2}$	.37	.42	Bread	.75	.85	Bread	.75	.85	Bread	1-50	2-00
	Toast	.54	.63	Marmalade	.75	1-12	Marmalade	.75	1-12	Bread	.75	.85
	Marmalade	.75	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Marmalade	.75	1-12
	Tea (2 cups)	.94	1-12							Tea (2 cups)	.94	1-12
		10-23	11-67		7-52	9-22		9-06	11-56		9-20	10-75
Mid-morning drink	Cocoa	1-11	1-36	Milk Drink	2-79	3-46	Milk	1-90	2-36	Coffee	1-64	2-07
Dinner	Cream of Lettuce Soup	.72	.91	Scotch Broth	.39	.50	Mock Turtle Soup	.45	.61	Celery Soup	.88	1-12
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Fried Fillet of Haddock	5-61	7-59	Stuffed Shoulder of Lamb	8-27	8-32	Beef Goulash	6-11	6-32	Grilled Codsteak & Lemon	5-01	5-67
	Parsley Sauce	.55	.66	Roast Gravy	.12	.16	Cauliflower	2-25	3-01	Peas (T)	2-26	2-78
	Grilled Tomato	1-50	2-00	Carrots	.90	1-21	Cream Sauce	.61	.73	Duchess Potatoes	.81	1-07
	Creamed Potatoes	.80	1-04	Parsley Potatoes	.88	1-15	Parsley Potatoes	.88	1-15	Steamed Date Pudding	1-71	2-07
	Ice Cream &	1-01	1-35	Apple Pie	1-98	2-49	Baked Syrup Sponge	2-82	3-50	Custard	.99	1-18
	Stewed Apricots (Caps)	2-29	3-06	Custard	.99	1-18	Custard	.99	1-18			
		12-67	16-82		13-72	15-22		14-30	16-71		12-15	14-49
Tea	Chocolate Cake	1-55	1-97	Madeira Cake (P)	2-00	2-80	Watercress	1-05	1-40	Tea Cake	.86	1-07
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12
		4-11	5-16		4-56	5-99		3-61	4-59		3-42	4-26
Supper	Tomato Soup	.65	.84	Lentil Soup	.69	1-10	Vegetable Soup	.55	.70	Cream of Turnip Soup	.54	.68
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Minced Beef & Vegetable Pie	7-17	7-59	Pork Sausages (2)	7-81	7-82	Assorted Cold Meats	7-72	9-25	Lamb Cutlet	9-50	9-50
	Runner Beans (Fr.)	3-60	4-80	Spinach	2-10	2-81	Mixed Salad	1-84	2-45	Brussel Sprouts	2-10	2-81
	Macaire Potatoes	1-05	1-34	Chipped Potatoes	1-00	1-34	Creamed Potatoes	.80	1-04	Brown Gravy	.43	.55
	Caramel Cream	1-87	2-32	Blackcurrant Flan (T)	2-18	2-77	Apple Crumble & Cream	2-41	3-01	Fondant Potatoes	.72	.96
				Cream	.40	.60		.40	.60	Baked Rice Pudding	1-73	2-05
		14-53	17-10		14-37	16-65		13-91	17-26		15-21	16-76
Late evening drink	Coffee	1-64	2-07	Milk	1-90	2-36	Milk Drink	3-45	4-42	Milk	1-90	2-36
	Total costs	44-29	54-18		44-86	52-90		46-23	56-90		43-52	50-69

W = Wholesale

R = Retail

SPECIMEN WEEK for—NOVEMBER

5		Cost in pence		6		Cost in pence		7		Cost in pence		Weekly cost in pence		Average daily cost in pence		Breakfast	
		W	R			W	R			W	R	W	R	W	R		
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01						
Boiled Egg		4.25	5.50	Bacon & Fried Bread		2.59	2.85	Pork Sausage & Baked Beans		5.45	5.72						
Bread ½		.37	.42	Bread		.75	.85	Bread		.75	.85						
Toast		.54	.63	Marmalade		.75	1.12	Marmalade		.75	1.12						
Marmalade		.75	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
		.94	1.12														
8.46		10.80	6.64		7.95	9.50		10.82	60.61		72.77	8.66		10.40			
Milk		1.90	2.36	Milk Drink		3.45	4.42	Milk		1.90	2.36	14.69		18.38	2.10 2.63		Mid-morning drink
Cream of Chicken Soup		.48	.60	Tomato Soup		.65	.84	Mutton Broth		.38	.49						Dinner
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21						
Grilled Liver & Bacon		5.00	5.28	Braised Rabbit		8.09	12.02	Roast Leg of Pork		8.53	8.54						
Brown Sauce		.43	.55	Force-meat Balls		.93	1.04	Apple Sauce		.78	1.00						
Cabbage		.88	1.15	Carrots & Turnips		.87	1.17	Stuffing		.47	.56						
Lyonnais Potatoes		.99	1.30	Parsley Potatoes		.88	1.15	Gravy		.12	.16						
Gooseberry Flan (T)		1.63	2.23	Apple Charlotte		1.99	2.58	Brussel Sprouts		2.10	2.81						
Cream		.40	.60	Custard		.99	1.18	Creamed Potatoes		.80	1.04						
								Tapioca Pudding & Stewed Redcurrants (Fr)		2.17	2.87						
10.00		11.92	14.59		20.19	17.28		19.76	94.71		115.11	13.53		16.44			
Swiss Roll (P)		1.95	2.34	Orange		2.80	3.50	Genoa Cake (P)		2.40	3.20						Tea
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
4.51		5.53	5.36		6.69	4.96		6.39	30.53		38.61	4.36		5.52			
Leek & Potato Soup		.73	.93	Windsor Soup		.57	.72	Pea Soup		.57	.90						Supper
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21						
Chicken Vol au Vent		4.90	6.34	Fillet of Plaice Meuniere		8.59	11.82	Scotch Egg		4.16	4.87						
Grilled Tomato		1.50	2.00	Garden Peas (Fr)		3.37	4.50	Mixed Salad		1.84	2.45						
Creamed Potatoes		.80	1.04	Saute Potatoes		.91	1.19	Parsley Potatoes		.88	1.15						
Semolina Pudding & Stewed Plums (T)		1.55	1.93	Mincemeat Slice		2.07	2.51	Welsh Rarebit ½		1.31	1.58						
		1.57	1.89	Cream		.40	.60										
11.24		14.34	16.10		21.55	8.95		11.16	94.31		114.82	13.47		16.40			
Coffee		1.64	2.07	Milk		1.90	2.36	Milk		1.90	2.36	14.33		18.00	2.05 2.57		Late evening drink
37.75		47.02	48.04		63.16	44.49		52.85	309.18		377.70	44.17		53.96			
									Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86		15.75	1.98 2.25		
									Grand Total Costs			323.04		393.45	46.15 56.21		

PATIENTS MENU—A

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Pork Sausage & Tomatoes	5.15	5.65	Bacon & Baked Beans	3.83	4.19	Boiled Egg	4.25	5.50	Bacon & Tomatoes	3.47	4.12
	Bread	.75	.85	Bread	.75	.85	Toast	.54	.63	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Bread ½	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.94	1.12	Tea (2 cups)	.94	1.12
		9.20	10.75		7.88	9.29		8.46	10.80		7.52	9.22
Mid-morning drink	Coffee	1.64	2.07	Milk	1.90	2.36	Coffee	1.64	2.07	Milk	1.90	2.36
Dinner	Vegetable Soup	.55	.70	Tomato Soup	.65	.84	Cream of Turnip Soup	.54	.68	Cream of Vegetable Soup	.55	.70
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Roast Topside of Beef	7.10	7.12	Roast Chicken & Stuffing	21.72	28.96	Roast Leg of Veal	7.12	7.15	Grilled Fillet of Sole	8.72	11.78
	Horseradish Sauce	1.20	1.52	Bread Sauce	.47	.56	Stuffing	.47	.56	Lemon	.30	.39
	Gravy	.12	.16	Gravy	.32	.39	Gravy	.12	.16	Runner Beans (Fr)	3.60	4.80
	Savoy Cabbage	.88	1.15	Brussel Sprouts	.12	.16	Carrots	.90	1.21	Saute Potatoes	.91	1.19
	Creamed Potatoes	.80	1.04	Roast Potatoes	2.10	2.81	Mashed Potatoes	.80	1.04	Baked Apple Dumpling	2.50	3.14
	Semolina Pudding & Stewed Gooseberries (Fr)	1.55	1.93	Christmas Pudding	.89	1.16	Sago Pudding & Stewed Damsons (T)	1.60	1.98	Custard	.99	1.18
		3.14	4.15	Custard	3.04	3.68		2.30	3.03			
		15.53	17.98		30.49	39.95		14.04	16.02		17.76	23.39
Tea	Sultana Scone	.81	1.01	Chocolate Swiss Roll	1.95	2.34	Watercress	1.05	1.40	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.37	4.20		4.51	5.53		3.61	4.59		5.36	6.69
Supper	Leek & Potato Soup	.73	.93	Chicken Broth	.47	.61	Windsor Soup	.57	.72	Mutton Broth	.38	.49
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21
	Soused Herring	3.07	4.21	Egg Mayonnaise	7.74	10.07	Fishcake	2.46	3.21	Cold Ham	8.60	9.10
	Mixed Salad	1.84	2.45	Parsley Potatoes	.88	1.15	Parsley Sauce	.55	.66	Lettuce & Tomato Salad	1.84	2.45
	Parsley Potatoes	.88	1.15	Mince Pie	1.35	1.66	Grilled Tomato	1.50	2.00	Parsley Potatoes	.88	1.15
	Cheese & Biscuits	1.94	2.35				Chipped Potatoes	1.00	1.34	Gooseberry Flan (T)	1.63	2.23
							Ice Cream & Tinned Peaches	1.01	1.35	Cream	.40	.60
								2.95	3.30			
		8.65	11.30		10.63	13.70		10.23	12.79		13.92	16.23
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36
	Total costs	40.29	48.66		57.31	73.19		39.88	48.63		48.36	60.25

W = Wholesale

R = Retail

SPECIMEN WEEK for — DECEMBER

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R	W	R	
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			
Fried Egg on Toast	5-01	6-46	Pork Sausage & Bacon	5-62	5-77	Bacon & Fried Egg	6-60	8-02			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
	9-06	11-56		9-67	10-87		10-65	13-12	62-44	75-61	
Cocoa	1-11	1-36	Coffee	1-64	2-07	Milk	1-90	2-36	11-73	14-65	Mid-morning drink
Mulligatawny Soup	.72	.93	Scotch Broth	.39	.50	Celery Soup	.88	1-12			Dinner
Bread	.19	.21	Bread	.19	.21	Bread	.19	.21			
Stuffed Ox Hearts	6-20	6-44	Boiled Pickled Pork	6-50	6-50	Roast Shoulder of Lamb	8-03	8-04			
Cabbage	.88	1-15	Pease Pudding	1-00	1-53	Mint Sauce	.27	.40			
Mashed Potatoes	.80	1-04	Parsley Potatoes	.88	1-15	Gravy	.12	.16			
Baked Rice Pudding	1-73	2-05	Semolina Pudding & Blackcurrants (Fr)	1-55	1-93	Brussel Sprouts	2-10	2-81			
	10-52	11-82		13-58	16-09	Creamed Potatoes	.80	1-04			
Lettuce	1-10	1-45	Butterfly Cakes	1-48	1-90	Plum & Apple Pie (T)	2-33	2-92	117-63	143-13	
Bread	.75	.85	Bread	.75	.85	Custard	.99	1-18			
Jam	.87	1-22	Honey	1-00	1-56						Tea
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Chelsea Bun	.99	1-21			
	3-66	4-64		4-17	5-43	Bread	.75	.85	28-23	35-48	
Cream of Lettuce Soup	.72	.91	Potato Soup	.73	.93	Jam	.87	1-22			
Bread	.19	.21	Bread	.19	.21	Tea (2 cups)	.94	1-12			
Cheese & Potato Cutlets	2-75	3-39	Veal & Ham Pie	5-20	6-60						Supper
Piquante Sauce	.41	.55	Lettuce & Potato Salad	2-68	3-32	Cream of Chicken Soup	.48	.60			
Garden Peas (Fr)	3-37	4-50	Ice Cream	1-35	1-80	Bread	.19	.21			
Apple Slice & Cream	2-32	2-92	Melba Sauce	.59	.82	Salmon Salad	10-24	12-13			
	10-16	13-08	Wafer Biscuits	.19	.26	Salad Cream	1-32	1-68			
Coffee	1-64	2-07		10-93	13-94	Parsley Potatoes	.88	1-15			
	36-15	44-53		41-89	50-76	Cheese & Biscuits	1-94	2-35			
							15-05	18-12	79-57	99-16	
						Cocoa	1-11	1-36	12-25	15-23	Late evening drink
							47-97	57-24	311-85	383-26	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13-86	15-75	
						Grand Total Costs			325-71	399-01	
									46-53	57-00	

PATIENTS

SUMMARY OF AVERAGE DAILY

	JAN.		FEB.		MAR.		APL.		MAY		JUNE		JULY	
	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	8-28	10-17	8-01	9-85	8-29	10-26	7-77	9-59	7-64	9-41	7-99	9-77	7-39	9-15
Mid-Morning Drink	1-98	2-48	2-02	2-52	2-09	2-62	1-52	1-88	1-98	2-47	1-78	2-22	1-57	1-94
Dinners	10-57	12-49	12-78	14-92	11-99	14-19	12-29	14-95	12-74	15-13	12-73	15-08	12-82	15-11
Teas	4-20	5-24	4-05	5-09	4-19	5-31	4-09	5-10	4-19	5-31	4-09	5-11	4-16	5-25
Suppers	10-07	12-65	10-12	12-87	9-89	12-18	13-16	16-67	10-87	13-05	11-34	14-40	11-69	15-04
Late Evening Drink	1-98	2-47	1-56	1-93	1-41	1-74	1-84	2-28	1-60	1-98	1-91	2-37	2-13	2-67
TOTAL	37-08	45-50	38-54	47-18	37-86	46-30	40-67	50-47	39-02	47-35	39-84	48-95	39-76	49-16

R = Retail

W = Wholesale

*These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs.

MENU—B

COSTS PER HEAD (IN PENCE)

AUG.		SEP.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		
W	R	W	R	W	R	W	R	W	R	W	R	W	R	
8.15	10.07	8.10	10.16	7.61	9.45	7.52	9.19	7.94	9.59	94.69	116.66	7.89	9.72	Breakfasts
1.87	2.32	1.85	2.32	1.76	2.18	1.65	2.04	2.02	2.52	22.09	27.51	1.84	2.29	Mid-morning Drink
12.32	14.65	13.57	16.53	11.31	13.23	11.00	12.88	14.47	18.09	148.59	177.25	12.38	14.77	Dinners
4.23	5.37	4.01	5.01	4.23	5.28	4.05	5.10	3.99	5.06	49.48	62.23	4.12	5.19	Teas
9.60	11.81	9.54	11.47	11.65	14.50	10.16	12.70	9.87	11.90	127.96	159.24	10.66	13.27	Suppers
1.82	2.27	1.76	2.18	1.86	2.32	1.85	2.32	1.59	1.98	21.31	26.51	1.78	2.21	Late Evening Drink
37.99	46.49	38.83	47.67	38.42	46.96	36.23	44.23	39.88	49.14	464.12	569.40	38.67	47.45	
												*Add cost of personal issues		
												Total Costs		
												3/4½ 4/1½		

PATIENTS MENU — B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Fried Egg on Toast	5.01	6.46	Bacon & Tomatoes	3.47	4.12	Smoked Haddock	4.00	5.50	Bacon & Fried Bread	2.59	2.85
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		9.06	11.56		7.52	9.22		8.05	10.60		6.64	7.95
Mid-morning drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Coffee	1.36	1.68	Coffee	1.36	1.68
Dinner	Stewed Steak	6.18	6.36	Poached Fillet of Cod	3.35	4.87	Steak Pie	6.59	6.79	Fried Fillet of Haddock	5.67	7.59
	Savoy Cabbage	.88	1.15	Stewed Leeks	1.50	1.93	Spring Greens	.88	1.15	Cauliflower	2.25	3.01
	Mashed Potatoes	.80	1.04	Parsley Sauce	.55	.66	Mashed Potatoes	.80	1.04	Cream Sauce	.61	.73
	Steamed Marmalade			Parsley Potatoes	.64	.86	Semolina Pudding	1.55	1.93	Creamed Potatoes	.80	1.04
	Roll	2.05	2.56	Rhubarb Pie	2.15	2.69	Stewed Blackcurrants			Baked Rice Pudding	1.73	2.05
	Custard	.99	1.18	Custard	.99	1.18	½ (T)	1.07	1.39			
		10.90	12.29		9.18	12.19		10.89	12.30		11.06	14.42
Tea	Scone	.81	1.01	Fruit Cake (P)	2.40	3.20	Cheese	1.43	1.69	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.37	4.20		4.96	6.39		3.99	4.88		5.36	6.69
Supper	Pea Soup	1.14	1.80	Celery Soup	1.76	2.24	Sausage & Bacon	3.95	4.11	Rabbit Pie	6.50	9.33
	Bread	.19	.21	Bread	.19	.21	Grilled Tomato	1.50	2.00	Creamed Spinach	2.09	2.75
	Cold Luncheon Meat	4.19	6.00	Beef & Vegetable Pie	7.23	7.65	Chipped Potatoes	1.00	1.34	Parsley Potatoes	.64	.86
	Tomatoes	1.50	2.00	Brown Gravy	.43	.55	Trifle & Cream	1.96	2.88	Dried Apricots and Cream	2.47	3.00
	Mashed Potatoes	.80	1.04	Mashed Potatoes	.80	1.04						
	Sago Pudding & Stewed Gooseberries	1.60	1.98	Cheese & Biscuits	1.94	2.35						
	½ (T)	1.01	1.51									
		10.43	14.54		12.35	14.04		8.41	10.33		11.70	15.94
Late evening drink	Milk Drink	2.79	3.46	Milk	1.90	2.36	Milk Drink	3.45	4.42	Cocoa	1.11	1.36
	Total costs	38.45	48.41		37.02	45.56		36.15	44.21		37.23	48.04

W = Wholesale

R = Retail

SPECIMEN WEEK for — JANUARY

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		Breakfast	
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01						
Beef Sausage & Tomato		4.34	4.85	Cold Ham		6.02	6.37	Scrambled Egg on Toast		4.20	5.31						
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
		8.39	9.95			10.07	11.47			8.25	10.41	57.98		71.16	8.28	10.17	
Milk		1.90	2.36	Milk Drink		3.45	4.42	Milk Drink		2.79	3.46	13.87		17.32	1.98	2.48	Mid-morning drink
Lancashire Hot Pot		4.02	4.21	Grilled Ox Liver		5.54	5.63	Roast Topside of Beef		7.10	7.12					Dinner	
Cabbage		.88	1.15	Onion Gravy		.61	.78	Roast Gravy		.12	.16						
Mashed Potatoes		.80	1.04	Spinach		2.10	2.81	Cabbage		.88	1.15						
Apple Flan & Cream		2.27	2.94	Creamed Potatoes		.80	1.04	Roast Potatoes		.89	1.16						
				Steamed Sultana				Rice Pudding & Stewed Plums (T)		1.63	1.93						
				Pudding		1.77	2.03			1.57	1.89						
				Custard		.99	1.18										
		7.97	9.34			11.81	13.47			12.19	13.41	74.00		87.42	10.57	12.49	
Ginger Cake (Individ.)		1.09	1.43	Swiss Roll (P)		1.95	2.34	Chelsea Bun		.99	1.21					Tea	
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
		3.65	4.62			4.51	5.53			3.55	4.40	29.39		36.71	4.20	5.24	
Scotch Broth		.79	1.01	Tomato Soup		1.30	1.69	Brown Windsor Soup		1.15	1.45					Supper	
Bread		.19	.21	Bread		.19	.21	Bread		.19	.21						
Spaghetti Cheese au Gratin		1.67	2.02	Sausage Roll		3.83	3.99	Sardine Salad		5.80	7.07						
Chipped Potatoes		1.00	1.34	Brown Gravy		.43	.55	Potato Mayonnaise		1.65	2.10						
Blanc Mange & Stewed Redcurrants (T)		1.33	1.60	Mashed Potatoes		.80	1.04	Lemon Curd Tart		1.65	2.05						
		2.10	2.85	Stewed Apples		1.51	1.96	Custard		.99	1.18						
		7.08	9.03			9.05	10.62			11.43	14.06	70.45		88.56	10.07	12.65	
Coffee		1.36	1.68	Milk		1.90	2.36	Coffee		1.36	1.68	13.87		17.32	1.98	2.47	Late evening drink
		30.35	36.98			40.79	47.87			39.57	47.42	259.56		318.49	37.08	45.50	
								Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.				13.86		15.75	1.98	2.25	
								Grand Total Costs				273.42		334.24	39.06	47.75	

PATIENTS MENU - B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Grilled Herring	3.26	4.38	Bacon & Tomatoes	3.47	4.12	Beef Sausage & Saut� Potatoes	2.84	2.85	Scrambled Egg on Toast	4.20	5.31
	Bread �	.37	.42	Bread	.75	.85	Bread	.91	1.19	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Bread	.75	.85	Marmalade	.75	1.12
	Toast	.54	.63	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12
	Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12			
		7.47	9.68		7.52	9.22		7.80	9.14		8.25	10.41
Mid-morning drink	Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36
Dinner	Roast Leg of Lamb	8.03	8.04	Irish Stew	4.60	4.80	Meat & Vegetable Pie	7.23	7.65	Boiled Hock of Bacon	5.94	6.49
	Onion Sauce	.50	.62	Mashed Turnips	.84	1.15	Brown Sauce	.43	.55	Parsley Sauce	.55	.66
	Gravy	.12	.16	Parsley Potatoes	.64	.86	Brussel Sprouts	2.10	2.81	Spinach	2.10	2.81
	Spring Greens	.88	1.15	Baked Syrup Sponge	2.82	3.50	Mashed Potatoes	.80	1.04	Boiled Potatoes	.53	.71
	Creamed Potatoes	.80	1.04	Custard	.99	1.18	Lemon Rice Meringue	2.76	3.40	Steamed Jam Roll	2.15	2.62
	Apple & Blackcurrant Pie (T)	2.15	2.69						Custard	.99	1.18	
	Custard	.99	1.18									
		13.47	14.88		9.89	11.49		13.32	15.45		12.26	14.47
Tea	Currant Bun	.73	.91	Watercress	1.05	1.40	Scone	.81	1.01	Swiss Roll (P)	1.95	2.34
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.29	4.10		3.61	4.59		3.37	4.20		4.51	5.53
Supper	Mutton Broth	.76	.98	Tomato Soup	1.30	1.69	Grilled Fillet of Cod	3.71	5.28	Lentil Soup	1.39	2.20
	Bread	.19	.21	Bread	.19	.21	Anchovy Sauce	.38	.45	Bread	.19	.21
	Veal & Ham Pie	5.20	6.60	Fried Egg	4.61	5.90	Grilled Tomato	1.50	2.00	Pork Luncheon Meat	4.19	6.00
	Mixed Salad	1.84	2.45	Chipped Potatoes	1.00	1.34	Duchess Potatoes	.81	1.07	Lettuce & Tomato Salad	1.84	2.45
	Parsley Potatoes	.64	.86	Semolina Pudding & Stewed Gooseberries (T) �	1.55	1.93	Bread & Butter Pudding	2.36	3.01	Creamed Potatoes	.80	1.04
	Cheese & Biscuits	1.94	2.35		1.01	1.51			Baked Rice Pudding	1.73	2.05	
		10.57	13.45		9.66	12.58		8.76	11.81		10.14	13.95
Late evening drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36	Cocoa	1.11	1.36
	Total costs	38.06	46.15		33.69	41.60		36.51	44.64		38.17	48.08

W = Wholesale

R = Retail

SPECIMEN WEEK for — FEBRUARY

5			Cost in pence		6			Cost in pence		7			Cost in pence		Weekly cost in pence		Average daily cost in pence		Breakfast
			W	R				W	R				W	R	W	R	W	R	
Porridge or Cereal with milk			1.61	2.01	Porridge or Cereal with milk			1.61	2.01	Porridge or Cereal with milk			1.61	2.01					
Bacon & Fried Bread			2.59	2.85	Tomatoes on Toast			3.52	4.66	Cold Ham (T)			6.60	7.50					
Bread			.75	.85	Bread			.75	.85	Toast			.54	.63					
Marmalade			.75	1.12	Marmalade			.75	1.12	Bread ½			.37	.42					
Tea (2 cups)			.94	1.12	Tea (2 cups)			.94	1.12	Marmalade			.75	1.12					
					</														

PATIENTS MENU — B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Tomatoes on Fried Bread	4.00	5.18	Bacon & Bubble & Squeak	2.88	3.30	Beef Sausage & Tomato	4.34	4.85	Cold Ham (T)	6.60	7.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		8.05	10.28		6.93	8.40		8.39	9.95		10.65	12.60
Mid-morning drink	Milk	1.90	2.36	Milk Drink	2.79	3.46	Milk	1.90	2.36	Milk Drink	3.45	4.42
Dinner	Braised Rabbit	8.09	12.02	Beef & Tomato Hot Pot	6.61	6.88	Boiled Silverside of Beef	7.40	7.52	Grilled Beef Sausages (2)	5.43	5.45
	Carrots & Turnips	.87	1.17	Cabbage	.88	1.15	Curly Kale	.88	1.15	Brown Sauce	.43	.55
	Parsley Potatoes	.64	.86	Creamed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Spring Greens	.88	1.15
	Minced Slice	2.07	2.51	Steamed Fig Pudding	1.71	1.96	Apple Crumble	2.41	3.01	Lyonnaise Potatoes	.99	1.30
	Custard	.99	1.18	Ginger Sauce	.90	1.11	Custard	.99	1.18	Rhubarb & Apple Pie	2.18	2.72
		12.66	17.74		10.90	12.14		12.32	13.72	Custard	.99	1.18
Tea	Cherry Cake (Slab) (P)	2.70	3.80	Watercress	1.05	1.40	Chelsea Bun	.99	1.21	Sultana Scone	.81	1.01
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		5.26	6.99		3.61	4.59		3.55	4.40		3.37	4.20
Supper	Fried Fillet of Cod	4.61	6.34	Grilled Ox Liver	5.54	5.63	Grilled Split Mackerel	3.79	5.27	Tomato Soup	1.30	1.69
	Grilled Tomato	1.50	2.00	Lyonnaise Sauce	.61	.78	Mustard Sauce	.22	.29	Bread	.19	.21
	Mashed Potatoes	.80	1.04	Tinned Peas	2.26	2.78	Cauliflower	2.25	3.01	Roast Topside of Beef	7.10	7.12
	Ground Rice Pudding	1.65	1.95	Mashed Potatoes	.80	1.04	Saute Potatoes	.91	1.19	Mixed Salad	1.84	2.45
	Tinned Pears $\frac{1}{2}$	1.47	1.65	Stewed Apples (T) & Custard	2.16	2.88	Stewed Gooseberries (T)	2.03	2.67	Parsley Potatoes	.64	.86
					.99	1.18	Custard	.99	1.18	Banana Custard	1.97	2.47
		10.03	12.98		12.36	14.29		10.19	13.61		13.04	14.80
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Coffee	1.36	1.68	Cocoa	1.11	1.36
	Total costs	39.01	51.71		38.49	45.24		37.71	45.72		42.52	49.73

W = Wholesale

R = Retail

SPECIMEN WEEK for — MARCH

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		Breakfast
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01					
Boiled Egg		4.25	5.50	Smoked Haddock		4.00	5.50	Bacon & Tomatoes		3.47	4.12					
Toast		.54	.63	Bread		.75	.85	Bread		.75	.85					
Bread ½		.37	.42	Marmalade		.75	1.12	Marmalade		.75	1.12					
Marmalade		.75	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
Tea (2 cups)		.94	1.12									58.05 71.85		8.29 10.26		
		8.46	10.80			8.05	10.60			7.52	9.22	14.66 18.32		2.09 2.62		
Milk		1.90	2.36	Coffee		1.36	1.68	Coffee		1.36	1.68					Dinner
Grilled Fillet of Haddock		4.72	6.33	Grilled Lamb Cutlet		9.50	9.50	Roast Shoulder of Lamb		8.03	8.04					
Brussel Sprouts		2.10	2.81	Tinned Peas		2.26	2.78	Mint Sauce		.27	.40					
Creamed Potatoes		.80	1.04	Fondant Potatoes		.72	.96	Gravy		.12	.16					
Blackcurrant Flan (T)		2.18	2.77	Baked Rice Pudding		1.73	2.05	Cabbage		.88	1.15					
Ice Cream		1.01	1.35					Roast Potatoes		.89	1.16					
								Trifle & Cream		1.96	2.88					
		10.81	14.30			14.21	15.29			12.15	13.79	83.95 99.33		11.99 14.19		
Jam Tart		1.59	2.05	Orange		2.80	3.50	Eccles Cake		1.32	1.53					
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85					
Honey		1.00	1.56	Jam		.87	1.22	Jam		.87	1.22					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
		4.28	5.58			5.36	6.69			3.88	4.72	29.31 37.17		4.19 5.31		Supper
Scotch Broth		.79	1.01	Scrambled Egg		3.66	4.68	Cream of Leek & Potato Soup		1.49	1.89					
Bread		.19	.21	Grilled Tomato		1.50	2.00	Bread		.19	.21					
Cheese Pudding		1.58	1.93	Chipped Potatoes		1.00	1.34	Sardine Salad		5.80	7.07					
Croquette Potatoes		1.50	1.95	Cheese & Biscuits		1.94	2.35	Parsley Potatoes		.64	.86					
Junket & Cream		1.63	1.95					Lemon Meringue Pie		1.28	1.57					
		.40	.60													
		6.09	7.65			8.10	10.37			9.40	11.60	69.21 85.30		9.89 12.18		
Coffee		1.36	1.68	Milk		1.90	2.36	Cocoa		1.11	1.36	9.85 12.16		1.41 1.74		
		32.90	42.37			38.98	46.99			35.42	42.37	265.03 324.13		37.86 46.30		
								Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.				13.86 15.75		1.98 2.25		
								Grand Total Costs				278.89 339.88		39.84 48.55		

PATIENTS MENU - B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01
	Bacon & Baked Beans	3-83	4-19	Beef Sausage & Tomato	4-34	4-85	Grilled Kipper	2-75	3-75	Bacon & Saute Potatoes	2-88	3-31
	Bread	.75	.85	Bread	.75	.85	Toast	.54	.63	Bread	.75	.85
	Marmalade	.75	1-12	Marmalade	.75	1-12	Bread $\frac{1}{2}$	.37	.42	Marmalade	.75	1-12
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Marmalade	.75	1-12	Tea (2 cups)	.94	1-12
		7-88	9-29		8-39	9-95		6-96	9-05		6-93	8-41
Mid-morning drink	Cocoa	1-11	1-36	Milk	1-90	2-36	Milk	1-90	2-36	Coffee	1-36	1-68
Dinner	Lancashire Hot Pot	4-02	4-21	Boiled Ham	8-60	9-10	Grilled Ox Liver	5-54	5-63	Stewed Steak	6-18	6-36
	Cauliflower	2-25	3-01	Parsley Sauce	.55	.66	Onion Gravy	.61	.78	Carrots $\frac{1}{2}$	.45	.60
	Creamed Potatoes	.80	1-04	Spinach	2-10	2-81	Curly Kale	.88	1-15	Cabbage $\frac{1}{2}$	.44	.57
	Steamed Apple & Gooseberry (T) Pudding	2-53	3-12	Mashed Potatoes	.80	1-04	Creamed Potatoes	.80	1-04	Parsley Potatoes	.64	.86
	Custard	.99	1-18	Redcurrant Flan (T) Cream	2-20	2-80	Semolina Pudding & Stewed Prunes	1-55	1-93	Steamed Fruit Pudding	1-69	1-96
					.40	.60		1-20	1-44	Custard	.99	1-18
		10-59	12-56		14-65	17-01		10-58	11-97		10-39	11-53
Tea	Watercress	1-05	1-40	Chocolate Swiss Roll	1-95	2-34	Sandwich Spread	.97	1-20	Orange	2-80	3-50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12
		3-61	4-59		4-51	5-53		3-53	4-39		5-36	6-69
Supper	Scotch Broth	.79	1-01	Minced Beef & Vegetable Pie	7-17	7-59	Cold Roast Topside of Beef	7-10	7-12	Roast Chicken	21-72	28-96
	Bread	.19	.21	Brown Gravy	.43	.55	Lettuce & Tomato Salad	1-84	2-45	Bread Sauce	.32	.39
	Scrambled Egg & Tomato	5-16	6-68	Creamed Potatoes	.80	1-04	Parsley Potatoes	.64	.86	Gravy	.12	.16
	Chipped Potatoes	1-00	1-34	Baked Egg Custard	3-22	4-03	Mincemeat Slice & Cream	2-07	2-51	Tinned Peas	2-26	2-78
	Sago Pudding & Apricot (Caps) $\frac{1}{2}$	1-60	1-98					.40	.60	Croquette Potatoes	1-50	1-95
										Rhubarb Flan & Cream	1-62	2-00
											.40	.60
		9-88	12-75		11-62	13-21		12-05	13-54		27-94	36-84
Late evening drink	Milk	1-90	2-36	Coffee	1-36	1-68	Cocoa	1-11	1-36	Milk	1-90	2-36
	Total costs	34-97	42-91		42-43	49-74		36-13	42-67		53-88	67-51

W = Wholesale

R = Retail

SPECIMEN WEEK for — APRIL

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			
Scrambled Egg on Toast	4-20	5-31	Bacon & Tomatoes	3-47	4-12	Boiled Egg	4-25	5-50			
Bread	.75	.85	Bread	.75	.85	Toast	.54	.63			
Marmalade	.75	1-12	Marmalade	.75	1-12	Bread $\frac{1}{2}$	.37	.42			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Marmalade	.75	1-12			
						Tea (2 cups)	.94	1-12			
	8-25	10-41		7-52	9-22		8-46	10-80	54-39	67-13	
Cocoa	1-11	1-36	Milk	1-90	2-36	Coffee	1-36	1-68	10-64	13-16	Mid-morning drink
Grilled Fillet of Sole	8-72	11-78	Stewed Rabbit	8-08	12-00	Roast Ribs of Beef	6-05	6-07			Dinner
Tartare Sauce	1-50	1-91	Spring Greens	.88	1-15	Horseradish Sauce	1-20	1-52			
Grilled Tomato	1-50	2-00	Parsley Potatoes	.64	.86	Gravy	.12	.16			
Chipped Potatoes	1-00	1-34	Apple Pie &	1-98	2-49	Savoy Cabbage	.88	1-15			
Bread & Butter Pudding	2-36	3-01	Custard	.99	1-18	Roast Potatoes $\frac{1}{2}$	.44	.58			
Marmalade Sauce	.52	.77				Mashed Potatoes $\frac{1}{2}$	.40	.52			
						Stewed Plums (T) & Custard	1-57	1-89			
							.99	1-18			
	15-60	20-81		12-57	17-68		11-65	13-07	86-03	104-63	
Hot Cross Bun	1-01	1-38	Coffee Cake	1-35	1-71	Doughnut	1-56	1-85			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
	3-57	4-57		3-91	4-90		4-12	5-04	28-61	35-71	
Tomato Soup	1-30	1-69	Fried Fillet of Cod	4-61	6-34	Mock Turtle Soup	.91	1-23			Supper
Bread	.19	.21	Tomato Sauce	.49	.64	Bread	.19	.21			
Pork Luncheon Meat	4-19	6-00	Chipped Potatoes	1-00	1-34	Cauliflower Cheese					
Mixed Salad	1-84	2-45	Tapioa Pudding &	1-74	2-08	au Gratin	3-53	4-54			
Salad Cream	1-32	1-68	Blackcurrant Puree	.64	.76	Grilled Tomato	1-50	2-00			
Parsley Potatoes	.64	.86				Bread	.37	.42			
Cheese & Biscuits	1-94	2-35				Peach Flan (T) & Ice Cream	3-25	4-24			
							1-01	1-35			
	11-42	15-24		8-48	11-16		10-76	13-99	92-15	116-73	
Milk	1-90	2-36	Milk Drink	2-79	3-46	Milk	1-90	2-36	12-86	15-94	Late evening drink
	41-85	54-75		37-17	48-78		38-25	46-94	284-68	353-30	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13-86	15-75	
						Grand Total Costs			298-54	369-05	
									42-65	52-72	

PATIENTS MENU — B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Beef Sausage & Tomato	4.34	4.85	Smoked Haddock	4.00	5.50	Bacon & Tomatoes	3.47	4.12	Fishcake	2.46	3.21
	Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42	Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42
	Marmalade	.75	1.12	Toast	.54	.63	Marmalade	.75	1.12	Toast	.54	.63
	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12
				Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12
		8.59	9.95		8.21	10.80		7.52	9.22		6.67	8.51
Mid-morning drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36
Dinner	Cold Roast Sirloin of Beef	6.56	6.58	Stewed Neck of Veal	6.04	6.20	Fried Fillet of Cod	4.61	6.34	Braised Beef	7.63	7.82
	Mixed Salad	1.84	2.45	Carrots	.90	1.21	Anchovy Sauce	.38	.45	Mashed Turnips $\frac{1}{2}$	.42	.57
	Beetroot	.75	1.20	Boiled Potatoes	.53	.71	Garden Peas (T)	2.26	2.78	Spring Greens $\frac{1}{2}$	.44	.57
	Parsley Potatoes	.64	.86	Steamed Gooseberry			Chipped Potatoes	1.00	1.34	Creamed Potatoes	.80	1.04
	Cabinet Pudding	2.59	3.32	Pudding (T)	3.12	3.89	Rhubarb Pie & Custard	2.15	2.69	Apple Pie (T)	2.34	2.94
	Vanilla Sauce	.76	.91	Custard	.99	1.18		.99	1.18	Custard	.99	1.18
		13.14	15.32		11.58	13.19		11.39	14.78		12.62	14.12
Tea	Sandwich Spread	.97	1.20	Watercress	1.05	1.40	Bath Bun	1.24	1.57	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Honey	1.00	1.56	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.53	4.39		3.61	4.59		3.93	5.10		5.36	6.69
Supper	Macaroni au Gratin	1.59	1.92	Bacon & Egg Pie	4.06	4.94	Leek & Potato Soup	1.46	1.87	Windsor Soup	1.15	1.45
	Grilled Tomato	1.50	2.00	Creamed Spinach	2.09	2.75	Bread	.19	.21	Bread	.19	.21
	Bread	.37	.42	Macaire Potatoes	1.05	1.34	Jellied Veal	5.50	6.12	Scrambled Egg	3.66	4.68
	Croquette Potatoes	1.50	1.95	Ice Cream	1.35	1.80	Russian Salad	2.44	3.02	Grilled Bacon	1.97	2.13
	Apricot Flan (T)	2.98	3.85	Caramel Sauce	.20	.25	Lettuce	1.10	1.45	Saute Potatoes	.91	1.19
	Cream	.40	.60				Ground Rice Pudding	1.65	1.95	Cheese & Biscuits	1.94	2.35
							Tinned Redcurrants $\frac{1}{2}$	1.05	1.42			
		8.34	10.74		10.75	11.08		13.39	16.04		9.82	12.00
Late evening drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36	Coffee	1.36	1.68
	Total costs	36.61	44.12		37.16	43.38		39.49	49.18		37.61	45.36

W = Wholesale

R = Retail

3

1
1
2
3
2
2

PATIENTS MENU — B

Breakfast	1		2		3		4	
	Cost in pence		Cost in pence		Cost in pence		Cost in pence	
	W	R	W	R	W	R	W	R
	Porridge or Cereal with milk	1-61 2-01	Porridge or Cereal with milk	1-61 2-01	Porridge or Cereal with milk	1-61 2-01	Porridge or Cereal with milk	1-61 2-01
	Bacon & Baked Beans	3-83 4-19	Grilled Kipper	2-75 3-75	Bacon & Tomatoes	3-47 4-12	Scrambled Egg on Toast	4-20 5-31
	Toast	.54 .63	Toast	.54 .63	Bread	.75 .85	Bread	.75 .85
	Bread ½	.37 .42	Bread ½	.37 .42	Marmalade	.75 1-12	Marmalade	.75 1-12
	Marmalade	.75 1-12	Marmalade	.75 1-12	Tea (2 cups)	.94 1-12	Tea (2 cups)	.94 1-12
	Tea (2 cups)	.94 1-12	Tea (2 cups)	.94 1-12				
		8-04 9-49		6-96 9-05		7-52 9-22		8-25 10-41
Mid-morning drink	Coffee	1-36 1-68	Milk Drink	3-45 4-42	Coffee	1-36 1-68	Milk	1-90 2-36
Dinner	Grilled Fillet Herring	3-26 4-38	Roast Ribs of Beef	6-05 6-07	Stuffed Shoulder of Mutton	8-27 8-32	Brown Beef Stew	6-69 7-14
	Mustard Sauce	.22 .29	Yorkshire Pudding	1-54 1-93	Brown Gravy	.43 .55	Carrots	.90 1-21
	Cauliflower	2-25 3-01	Gravy	.12 .16	Cabbage	.88 1-15	Creamed Potatoes	.80 1-04
	Parsley Potatoes	.64 .86	Spring Greens	.88 1-15	Boulangere Potatoes	.65 .88	Apple & Blackcurrant Pudding	3-47 4-32
	Steamed Golden Pudding	1-53 1-85	Roast Potatoes	.89 1-16	Summer Pudding	1-92 2-47	Custard	.99 1-18
	Custard	.99 1-18	Trifle & Cream	1-96 2-88	Custard	.99 1-18		
		8-89 11-57		11-44 13-35		13-14 14-55		12-85 14-89
Tea	Orange	2-80 3-50	Chelsea Bun	.99 1-21	Madeira Cake (P)	2-00 2-80	Scone	.81 1-01
	Bread	.75 .85	Bread	.75 .85	Bread	.75 .85	Bread	.75 .85
	Jam	.87 1-22	Jam	.87 1-22	Jam	.87 1-22	Jam	.87 1-22
	Tea (2 cups)	.94 1-12	Tea (2 cups)	.94 1-12	Tea (2 cups)	.94 1-12	Tea (2 cups)	.94 1-12
		5-36 6-69		3-55 4-40		4-56 5-99		3-37 4-20
Supper	Cream of Vegetable Soup	.96 1-22	Minced Chicken	11-45 15-25	Tomato Soup	1-30 1-69	Windsor Soup	1-15 1-45
	Bread	.19 .21	Garden Peas	3-00 4-01	Bread	.19 .21	Bread	.19 .21
	Beef Sausage (2)	5-43 5-45	Duchess Potatoes	.81 1-07	Salmon Salad	10-24 12-13	Cheese & Potato Cutlets	2-75 3-39
	Grilled Tomato	1-50 2-00	Redcurrant Flan & Cream	1-85 2-33	New Potatoes	1-28 1-67	Grilled Tomato	1-50 2-00
	Creamed Potatoes	.80 1-04		.40 .60	Lemon Curd Tart	1-65 2-05	Tapiooca Pudding	1-74 2-08
	Ice Cream	1-35 1-80					Jam Sauce	.61 .84
	Chocolate Sauce	.71 .87						
		10-94 12-59		17-51 23-26		14-66 17-75		7-94 9-97
Late evening drink	Milk	1-90 2-36	Milk	1-90 2-36	Milk	1-90 2-36	Milk Drink	2-79 3-46
	Total costs	36-49 44-38		44-81 56-84		43-14 51-55		37-10 45-29

W = Wholesale

R = Retail

SPECIMEN WEEK for — JUNE

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Bacon & Fried Bread	2.59	2.85	Cold Ham	6.02	6.37	Boiled Egg	4.25	5.50			
Bread	.75	.85	Bread	.75	.85	Toast	.34	.63			
Marmalade	.75	1.12	Marmalade	.75	1.12	Bread $\frac{1}{2}$	.37	.42			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12			
						Tea (2 cups)	.94	1.12			
	6.64	7.95		10.07	11.47		8.46	10.80	55.94	68.39	
Cocoa	1.11	1.36	Coffee	1.36	1.68	Milk	1.90	2.36	12.44	15.54	Mid-morning drink
Fried Fillet of Haddock	5.61	7.59	Grilled Pork Sausages (2)	7.81	7.82	Steak & Kidney Pie	7.39	7.61			Dinner
Garden Peas	3.00	4.01	Fried Onions $\frac{1}{2}$	.59	.76	Spring Greens	.88	1.15			
New Potatoes	1.28	1.67	Cabbage $\frac{1}{2}$	.44	.57	Mashed Potatoes	.80	1.04			
Fresh Fruit Salad	4.52	5.74	Creamed Potatoes	.80	1.04	Stewed Gooseberries & Semolina Pudding	1.70	2.22			
Pastry Fingers	.54	.63	Cherry Pie	3.89	5.04		1.55	1.93			
Custard	.99	1.18	Custard	.99	1.18						
	15.94	20.82		14.52	16.41		12.32	13.95	89.10	105.54	
Swiss Roll (P)	1.95	2.34	Currant Bun	.73	.91	Cheese	1.43	1.69			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			Tea
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	4.51	5.53		3.29	4.10		3.99	4.88	28.63	35.79	
Cream of Watercress			Grilled Fillet of Cod	3.71	5.28	Luncheon Meat	4.19	6.00			Supper
Soup	2.05	2.65	Lemon	.30	.39	Tomato	1.50	2.00			
Bread	.19	.21	Grilled Tomato	1.50	2.00	Parsley Potatoes	.64	.86			
Scotch Egg	4.16	4.87	Chipped Potatoes	1.00	1.34	Apple Flan	1.87	2.34			
Mixed Salad	1.84	2.45	Baked Rice Pudding	1.73	2.05	Cream	.40	.60			
Parsley Potatoes	.64	.86									
Cabinet Pudding	2.59	3.32									
	11.47	14.36		8.24	11.06		8.60	11.80	79.36	100.79	
Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36	13.40	16.62	Late evening drink
	41.57	52.38		38.59	46.08		37.17	46.15	278.87	342.67	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.	13.86	15.75	1.98	2.25	
						Grand Total Costs	292.73	358.42	41.82	51.20	

PATIENTS MENU — B

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Potato Cake	2.71	3.08	Fried Tomatoes on Toast	3.52	4.66	Beef Sausage & Tomato	4.34	4.85	Grilled Kipper	2.75	3.75
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Toast	.54	.63
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12
										Tea (2 cups)	.94	1.12
		6.76	8.18		7.57	9.76		8.39	9.95		6.96	9.05
Mid-morning drink	Cocoa	1.11	1.36	Coffee	1.36	1.68	Coffee	1.36	1.68	Milk	1.90	2.36
Dinner	Fried Fillet of Haddock	5.61	7.59	Brown Stewed Mutton	4.61	4.82	Liver & Bacon	5.00	5.28	Cold Roast Ribs of Beef	6.05	6.07
	Parsley Sauce	.55	.66	Garden Peas (F)	3.00	4.01	Brown Sauce	.43	.55	Lettuce & Tomato		
	Runner Beans	1.20	1.61	Mashed Potatoes	.80	1.04	Spring Greens	.88	1.15	Salad	1.84	2.45
	New Potatoes	1.28	1.67	Bread & Butter			Lyonnaise Potatoes	.99	1.30	New Potatoes	1.28	1.67
	Gooseberry Pie	2.45	3.11	Pudding	2.36	3.01	Semolina Pudding	1.55	1.93	Cherry Pie	3.89	5.04
	Custard	.99	1.18	Marmalade Sauce	.52	.77	Stewed Blackcurrants $\frac{1}{2}$ (F)	1.07	1.38	Custard	.99	1.18
		12.08	15.82		11.29	13.65		9.92	11.59		14.05	16.41
Tea	Sultana Scone	.81	1.01	Fruit Cake (P)	2.40	3.20	Bath Bun	1.24	1.57	Sandwich Spread	.97	1.20
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.37	4.20		4.96	6.39		3.80	4.76		3.53	4.39
Supper	Scotch Egg	4.16	4.87	Chicken Salad	14.41	19.13	Minestrone Soup	1.39	1.80	Fried Egg	4.61	5.90
	Mixed Salad	1.84	2.45	Salad Cream	1.32	1.68	Bread	.19	.21	Grilled Tomato	1.50	2.00
	Bread	.37	.42	New Potatoes	1.28	1.67	Cauliflower au Gratin	3.53	4.54	Chipped Potatoes	1.00	1.34
	Parsley Potatoes	.64	.86	Rice & Fruit Flan	2.02	2.48	New Potatoes	1.28	1.67	Raspberries &	4.20	5.60
	Ice Cream	1.35	1.80	Cream	.40	.60	Lemon Meringue Pie	1.28	1.57	Tapioca Pudding	1.74	2.08
	Chocolate Sauce	.71	.87									
		9.07	11.27		19.43	25.56		7.67	9.79		13.05	16.92
Late evening drink	Milk	1.90	2.36	Milk Drink	2.79	3.46	Milk	1.90	2.36	Milk Drink	3.45	4.42
	Total costs	34.29	43.19		47.40	60.50		33.04	40.13		42.94	53.55

W = Wholesale

R = Retail

SPECIMEN WEEK for — JULY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Bacon & Saute Potatoes	2.88	3.31	Boiled Egg	4.25	5.50	Bacon & Fried Bread	2.59	2.85			
Bread	.75	.85	Bread $\frac{1}{2}$	.37	.42	Bread	.75	.85			
Marmalade	.75	1.12	Toast	.54	.63	Marmalade	.75	1.12			
Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12			
			Tea (2 cups)	.94	1.12						
	6.93	8.41		8.46	10.80		6.64	7.95	51.71	64.10	
Cocoa	1.11	1.36	Coffee	1.36	1.68	Milk Drink	2.79	3.46	10.99	13.58	Mid-morning drink
Steak & Kidney Pie	7.39	7.61	Cold Ham	8.60	9.10	Roast Shoulder of Lamb	8.03	8.04			Dinner
Savoy Cabbage	.88	1.15	Runner Beans	1.20	1.61	Mint Sauce	.27	.40			
Mashed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Gravy	.12	.16			
Stewed Rhubarb	1.40	1.80	Baked Rice Pudding	1.73	2.05	Broad Beans in Parsley Sauce	2.94	3.87			
Custard	.99	1.18	Stewed Gooseberries	1.70	2.22	New Potatoes	.55	.66			
						Apple & Redcurrant Pie	1.28	1.67			
						Custard	2.89	3.68			
							.99	1.18			
	11.46	12.78		13.87	15.84		17.07	19.66	89.74	105.75	
Watercress	1.05	1.40	Dessert Apple	3.30	4.35	Cheese	1.43	1.69			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	3.61	4.59		5.86	7.54		3.99	4.88	29.12	36.75	
Luncheon Meat	4.19	6.00	Minced Beef & Vegetable Pie	7.17	7.59	Tomato Soup	1.30	1.69			Supper
Mixed Salad	1.84	2.45	Carrots	.90	1.21	Bread	.19	.21			
Salad Cream	1.32	1.68	Creamed Potatoes	.80	1.04	Soused Herring	3.07	4.21			
New Potatoes	1.28	1.67	Ice Cream Melba			Mixed Salad	1.84	2.45			
Apple Flan & Cream	1.87	2.34	& Wafer Biscuits	2.13	2.88	Parsley Potatoes	.64	.86			
						Peach Flan	3.25	4.24			
						Cream	.40	.60			
	10.90	14.74		11.00	12.72		10.69	14.26	81.81	105.26	
Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36	14.95	18.68	Late evening drink
	35.91	44.24		41.66	49.94		43.08	52.57	278.32	344.12	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			292.18	359.87	
									41.74	51.41	

PATIENTS MENU — B

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Cold Ham (T)	6.60	7.50	Fishcake	2.46	3.21	Bacon & Fried Bread	2.59	2.85
	Bread	.75	.85	Bread	.75	.85	Toast	.54	.63	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Bread ½	.37	.42	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12
		7.52	9.22		10.65	12.60		6.67	8.51		6.64	7.95
Mid-morning drink	Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68
Dinner	Steak Pie	6.59	6.79	Fried Fillet of Cod	4.61	6.34	Boiled Silverside of Beef	7.40	7.52	Braised Steak	6.18	6.36
	Carrots ½	.45	.60	Lemon	.30	.39	Carrots ½	.45	.60	Cabbage	.88	1.15
	Cabbage ½	.44	.57	Runner Beans	1.20	1.61	Turnip Tops ½	.42	.57	Creamed Potatoes	.80	1.04
	Creamed Potatoes	.80	1.04	New Potatoes	1.28	1.67	Boiled Potatoes	.53	.71	Blackberry & Apple Pie	3.11	3.96
	Stewed Rhubarb	1.40	1.80	Bread & Butter Pudding	2.36	3.01	Cherry Pie	3.89	5.04	Custard	.99	1.18
	Custard	.99	1.18	Marmalade Sauce	.52	.77	Custard	.99	1.18			
		10.67	11.98		10.27	13.79		13.68	15.62		11.96	13.69
Tea	Swiss Bun	.97	1.25	Tea Cake	.86	1.07	Madeira Cake (P)	2.00	2.80	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.53	4.44		3.42	4.26		4.56	5.99		5.36	6.69
Supper	Cheese & Potato Cutlets	2.75	3.39	Cold Sirloin of Beef	6.56	6.58	Fried Egg	4.61	5.90	Tomato Soup	1.30	1.69
	Green Peas (F)	3.00	4.01	Mixed Salad	1.84	2.45	Grilled Tomato	1.50	2.00	Bread	.19	.21
	Piquante Sauce	.41	.55	Bread	.37	.42	Chipped Potatoes	1.00	1.34	Grilled Fillet of Herring	3.26	4.38
	Strawberry Blanc			Parsley Potatoes	.64	.86	Redcurrants &	1.64	2.15	Mustard Sauce	.22	.29
	Mange	1.33	1.60	Gooseberry Fool & Cream	1.64	2.05	Ice Cream	1.01	1.35	Parsley Potatoes	.64	.86
	Ice Cream	1.01	1.35		.40	.60				Cheese & Biscuits	1.94	2.35
		8.50	10.90		11.45	12.96		9.76	12.74		7.55	9.78
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk Drink	3.45	4.42	Milk	1.90	2.36
	Total costs	33.23	40.26		39.05	47.65		40.02	49.64		34.77	42.15

W = Wholesale

R = Retail

SPECIMEN WEEK for — AUGUST

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			
Fried Egg & Tomato	6-11	7-90	Bacon & Saute Potatoes	2-88	3-31	Boiled Egg	4-25	5-50			
Bread	.75	.85	Bread	.75	.85	Toast	.54	.63			
Marmalade	.75	1-12	Marmalade	.75	1-12	Bread ½	.37	.42			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Marmalade	.75	1-12			
						Tea (2 cups)	.94	1-12			
	10-16	13-00		6-93	8-41		8-46	10-80	57-03	70-49	
Milk	1-90	2-36	Milk	1-90	2-36	Milk Drink	2-79	3-46	13-11	16-26	Mid-morning drink
Fish Salad	5-05	6-98	Beef & Tomato Hot Pot	6-61	6-88	Roast Leg of Lamb	8-03	8-04			Dinner
Salad Cream	1-32	1-68	Stewed Leeks	1-50	1-93	Gravy	.12	.16			
Garden Peas (F)	3-00	4-01	Creamed Potatoes	.80	1-04	Cabbage	.88	1-15			
Parsley Potatoes	.64	.86	Apple & Blackcurrant Pie	3-17	4-03	Roast Potatoes	.89	1-16			
Steamed Jam Sponge	2-51	3-26	Custard	.99	1-18	Stewed Plums	1-58	2-04			
Custard	.99	1-18				Semolina Pudding	1-55	1-93			
	13-51	17-97		13-07	15-06		13-05	14-48	86-21	102-59	
Watercress	1-05	1-40	Raspberry Bun	1-11	1-37	French Jam Sandwich	2-80	3-50			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1-22	Jam	.87	1-22	Honey	1-00	1-56			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
	3-61	4-59		3-67	4-56		5-49	7-03	29-64	37-56	
Stuffed Vegetable			Veal & Ham Pie	5-20	6-60	Celery Soup	1-77	1-24			Supper
Marrow	3-61	4-31	Russian Salad	2-44	3-02	Bread	.19	.21			
Grilled Tomato	1-50	2-00	New Potatoes	1-28	1-67	Sardine Salad	5-80	7-07			
Brown Sauce	.43	.55	Banana Custard	1-97	2-47	Bread	.37	.42			
Boiled Potatoes	.53	.71				Parsley Potatoes	.64	.86			
Baked Rice Pudding	1-73	2-05				Mincemeat Slice & Cream	2-07	2-51			
							.40	.60			
	7-80	9-62		10-89	13-76		11-24	12-91	67-19	82-67	
Coffee	1-36	1-68	Cocoa	1-11	1-36	Milk	1-90	2-36	12-73	15-90	Late evening drink
	38-34	49-22		37-57	45-51		42-93	51-04	265-91	325-47	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13-86	15-75	
						Grand Total Costs			279-77	341-22	
									39-97	48-74	

PATIENTS MENU - B

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Scrambled Egg on Toast	4.20	5.31	Bacon & Fried Bread	2.59	2.85	Grilled Kipper	2.75	3.75
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread ½	.37	.42
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Toast	.54	.63
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12
		7.52	9.22		8.25	10.41		6.64	7.95		6.96	9.05
Mid-morning drink	Milk Drink	3.45	4.42	Coffee	1.36	1.68	Milk	1.90	2.36	Cocoa	1.11	1.36
Dinner	Brown Beef Stew	6.69	7.14	Boiled Gammon	8.60	9.10	Poached Fillet of Cod	3.35	4.87	Pork Luncheon Meat	4.19	6.00
	Mixed Vegetables	.91	1.32	Curly Kale	.88	1.15	Parsley Sauce	.55	.66	Cauliflower	2.25	3.01
	Mashed Potatoes	.80	1.04	Creamed Potatoes	.80	1.04	Carrots	.90	1.21	Cream Sauce	.61	.73
	Steamed Golden Pudding	1.53	1.85	Plum & Apple Pie	2.33	2.92	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04
	Custard	.99	1.18	Custard	.99	1.18	Baroness Pudding	1.93	2.25	Baked Apple	2.50	3.14
		10.92	12.53		13.60	15.39		8.36	11.03		11.34	15.10
Tea	Fruit Cake (Individ.)	1.10	1.32	Currant Bun	.73	.91	Watercress	1.05	1.40	Orange	2.80	3.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		3.66	4.51		3.29	4.10		3.61	4.59		5.36	6.69
Supper	Macaroni Cheese au Gratin	1.59	1.92	Minced Beef & Vegetable Pie	7.17	7.59	Scotch Egg	4.16	4.87	Jellied Steak Pie	4.00	4.22
	Stuffed Tomatoes	2.68	3.40	Brown Gravy	.43	.55	Sliced Tomato	1.50	2.00	Mixed Salad	1.84	2.45
	Bread	.37	.42	Creamed Potatoes	.80	1.04	Bread	.37	.42	Parsley Potatoes	.64	.86
	Blackberry & Apple Fool	2.00	2.51	Semolina Pudding	1.55	1.93	Chipped Potatoes	1.00	1.34	Baked Egg Custard	3.22	4.03
	Shortbread Fingers	.57	.65	Blackcurrant Puree	.64	.76	Milk Jelly & Cream	2.85	3.56			
		7.21	8.90		10.59	11.87		9.88	12.19		9.70	11.56
Late evening drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Coffee	1.36	1.68	Milk Drink	2.79	3.46
	Total costs	34.66	41.94		38.20	44.81		31.75	39.80		37.26	47.22

W = Wholesale

R = Retail

SPECIMEN WEEK for — SEPTEMBER

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Beef Sausage & Tomato	4.34	4.85	Boiled Egg	4.25	5.50	Bacon & Fried Egg	6.60	8.82			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	8.39	9.95		8.30	10.60		10.65	13.92	56.71	71.10	Mid-morning drink
Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36	12.98	16.22	
Boiled Fowl	18.04	24.05	Boiled Silverside of Beef	7.40	7.52	Roast Shoulder of Lamb	8.03	8.04			Dinner
Parsley Sauce	.55	.66	Dumpling	.44	.51	Onion Sauce	.50	.62			
Runner Beans	1.20	1.61	Carrots	.90	1.21	Gravy	.12	.16			
Creamed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Savoy Cabbage	.88	1.15			
Blackcurrant Flan & Cream	2.19	2.76	Damson Pie	2.70	3.42	Roast Potatoes	.89	1.16			
	.40	.60	Custard	.99	1.18	Blackberry & Apple Pie	3.11	3.96			
						Custard	.99	1.18			
	23.18	30.72		13.07	14.70		14.52	16.27	94.99	115.74	
Lemon Cake (Individ)	1.40	1.78	Lettuce	1.10	1.45	Chocolate Swiss Roll	1.95	2.34			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	3.96	4.97		3.66	4.64		4.51	5.53	28.05	35.03	
Braised Ox Tongue	6.44	6.48	Cream of Chicken Soup	.97	1.20	Grilled Fillet of Cod	3.71	5.28			Supper
Spinach	2.10	2.81	Bread	.19	.21	Parsley Butter	.56	.65			
Croquette Potatoes	1.50	1.95	Pork Sausage & Tomato	5.15	5.65	Runner Beans	1.20	1.61			
Cheese & Biscuits	1.94	2.35	Saute Potatoes	.91	1.19	Mashed Potatoes	.80	1.04			
			Trifle & Cream	1.96	2.88	Chocolate Mould & Cream	1.58	1.89			
							.40	.60			
	11.98	13.59		9.18	11.13		8.25	11.07	66.79	80.31	
Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.36	1.68	12.32	15.26	Late evening drink
	51.31	63.95		37.47	45.11		41.19	50.83	271.84	333.66	
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			285.70	349.41	
									40.81	49.92	

PATIENTS MENU — B

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01
	Smoked Haddock	4-00	5-50	Fried Tomatoes on Toast	3-52	4-66	Bacon & Baked Beans	3-83	4-19	Grilled Kipper	2-75	3-75
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12
		8-05	10-60		7-57	9-76		7-88	9-29		6-80	8-85
Mid-morning drink	Cocoa	1-11	1-36	Milk	1-90	2-36	Milk	1-90	2-36	Milk Drink	2-79	3-46
Dinner	Steak Pie	6-59	6-79	Boiled Hock of Bacon	5-94	6-49	Grilled Fillet of Cod	3-71	5-28	Stewed Mutton	4-61	4-81
	Cabbage	.88	1-15	Pease Pudding	1-00	1-33	Parsley Sauce	.55	.66	Mashed Turnips	.84	1-15
	Mashed Potatoes	.80	1-04	Savoy Cabbage	.88	1-15	Runner Beans	1-20	1-61	Parsley Potatoes	.64	.86
	Semolina Pudding & Stewed Blackberries	1-55	1-93	Creamed Potatoes	.80	1-04	Chipped Potatoes	1-00	1-34	Steamed Apple Pudding	2-63	3-22
		2-14	2-77	Steamed Golden Pudding	1-53	1-85	Custard Flan	1-74	2-27	Custard	.99	1-18
				Custard	.99	1-18						
		11-96	13-68		11-14	13-24		8-20	11-16		9-71	11-22
Tea	Watercress	1-05	1-40	Currant Bun	.73	.91	French Jam Sandwich (P)	2-80	3-50	Sandwich Spread	.97	1-20
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22	Jam	.87	1-22
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12
		3-61	4-59		3-29	4-10		5-36	6-69		3-53	4-39
Supper	Poached Egg on Spinach	6-37	8-33	Lentil Soup	1-39	2-20	Minced Chicken	11-45	15-25	Cold Roast Topside of Beef	7-10	7-12
	Parsley Potatoes	.64	.86	Bread	.19	.21	Tomato	1-50	2-00	Mixed Salad	1-84	2-05
	Apricot Flan & Cream	2-98	3-85	Assorted Cold Meats	7-72	9-25	Duchess Potatoes	.81	1-07	Bread	.37	.42
		.40	.60	Lettuce & Tomato Salad	1-84	2-45	Stewed Peaches ½	1-47	1-65	Creamed Potatoes	.80	1-04
				Milk Jelly & Cream	2-85	3-56	Tapioca Pudding	1-74	2-08	Ice Cream	1-35	1-80
		10-39	13-64		13-99	17-67		16-97	22-05	Blackcurrant Puree	.64	.76
Late evening drink	Milk	1-90	2-36	Coffee	1-36	1-68	Cocoa	1-11	1-36	Milk	1-90	2-36
	Total costs	37-02	46-23		39-25	48-81		41-42	52-91		36-83	43-47

W = Wholesale

R = Retail

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		Breakfast	
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01						
Bacon & Fried Bread		2.59	2.85	Sausage & Meat Cake		3.97	4.01	Boiled Egg		4.25	5.50						
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
6.64		7.95	8.02		9.11	8.30		10.60	53.26		66.16	7.61		9.45			
Coffee		1.36	1.68	Milk		1.90	2.36	Coffee		1.36	1.68	12.32		15.26	1.76 2.18		Mid-morning drink
Grilled Liver		5.54	5.63	Braised Steak		6.18	6.36	Roast Leg of Pork		8.53	8.54						Dinner
Lyonnais Sauce		.61	.78	Carrots ½		.45	.60	Sage & Onion Stuffing		.46	.60						
Savoy Cabbage		.88	1.15	Peas (T) ½		1.13	1.39	Apple Sauce		.78	1.00						
Mashed Potatoes		.80	1.04	Parsley Potatoes		.64	.86	Gravy		.12	.16						
Baked Marmalade Roll		1.71	2.24	Redcurrant Flan (T)		2.20	2.80	Brussel Sprouts		2.10	2.81						
Custard		.99	1.18	Custard		.99	1.18	Creamed Potatoes		.80	1.04						
10.53		12.02	11.59		13.19	16.02		18.14	79.15		92.65	11.31		13.23			Tea
Almond Slice		1.43	1.76	Orange		2.80	3.50	Swiss Roll (P)		1.95	2.34						
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22						
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12						
3.99		4.95	5.36		6.69	4.51		5.53	29.65		36.94	4.23		5.28			Supper
Fried Fillet of Cod		4.61	6.34	Tomato Soup		1.30	1.69	Jellied Veal		5.50	6.12						
Creamed Potatoes		.80	1.04	Bread		.19	.21	Mixed Salad		1.84	2.05						
Sago Pudding & Stewed Gooseberries (T) ½		1.60	1.98	Cauliflower Cheese		3.53	4.54	Mashed Potatoes		.80	1.04						
		1.01	1.51	Bread		.37	.42	Mince & Meat Slice		2.07	2.51						
				Baked Apple Dumpling		2.50	3.14	Custard		.99	1.18						
				Custard		.99	1.18										
8.02		10.87	8.88		11.18	11.20		12.90	81.55		101.50	11.65		14.50			
Milk Drink		3.45	4.42	Coffee		1.36	1.68	Milk		1.90	2.36	12.98		16.22	1.86 2.32		Late evening drink
33.99		41.89	37.11		44.21	43.29		51.21	268.91		328.73	38.42		46.96			
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86		15.75	1.98		2.25			
						Grand Total Costs			282.77		344.48	40.40		49.21			

PATIENTS MENU — B

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Baked Beans	3.83	4.19	Beef Sausage & Tomato	4.34	4.85	Bacon & Saute Potatoes	2.88	3.31	Tomatoes on Toast	3.52	4.66
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		7.88	9.29		8.39	9.95		6.93	8.41		7.57	9.76
Mid-morning drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk Drink	2.79	3.46	Coffee	1.36	1.68
Dinner	Curried Beef & Rice	7.00	7.43	Irish Stew	4.60	4.80	Fried Fillet of Cod	4.61	6.34	Bacon & Egg Pie	4.06	4.94
	Savoy Cabbage	.88	1.15	Carrots & Turnips	.87	1.17	Grilled Tomato	1.50	2.00	Brussel Sprouts	2.10	2.81
	Mashed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04	Boiled Potatoes	.53	.71
	Treacle Tart	1.32	1.66	Steamed Ginger Pudding	1.49	1.74	Baked Rice Pudding	1.73	2.05	Semolina Pudding & Stewed Apples	1.55	1.93
	Custard	.99	1.18	Custard	.99	1.18					1.51	1.96
		10.99	12.46		8.59	9.75		8.64	11.43		9.75	12.35
Tea	Orange	2.80	3.50	Fish Paste	.83	1.13	Chocolate Cake (Indiv)	1.55	1.97	Sandwich Spread	.97	1.20
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		5.36	6.69		3.39	4.32		4.11	5.16		3.53	4.39
Supper	Cream of Celery Soup	1.77	2.24	Mutton Broth	.76	.98	Cream of Vegetable Soup	.96	1.22	Braised Stuffed Hearts	6.20	6.44
	Bread	.19	.21	Bread	.19	.21	Bread	.19	.21	Carrots	.90	1.21
	Fried Egg	4.61	5.90	Cold Roast Topside of Beef	7.10	7.12	Cheese Pudding	1.58	1.93	Creamed Potatoes	.80	1.04
	Grilled Tomato	1.50	2.00	Mixed Salad	1.84	2.45	Peas (T)	2.26	2.78	Blanc Mange & Apricots (D)	1.33	1.60
	Chipped Potatoes	1.00	1.34	Creamed Potatoes	.80	1.04	Parsley Potatoes	.64	.86		2.07	2.40
	Chocolate Blanc Mange	1.58	1.89	Ice Cream & Blackcurrants (T)	1.01	1.35	Junket & Jam	1.63	1.95			
	Cream	.40	.60		2.14	2.79		.84	1.17			
		11.05	14.18		13.84	15.94		8.10	10.12		11.30	12.69
Late evening drink	Coffee	1.36	1.68	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36
	Total costs	38.54	46.66		37.22	43.68		31.68	39.94		35.41	43.23

W = Wholesale

R = Retail

SPECIMEN WEEK for — NOVEMBER

5			6			7			Weekly cost in pence		Average daily cost in pence		Breakfast
Cost in pence W R			Cost in pence W R			Cost in pence W R			W R		W R		
Porridge or Cereal with milk			Porridge or Cereal with milk			Porridge or Cereal with milk			1.61 2.01				
Boiled Egg			Bacon & Bubble & Squeak			Bacon & Fried Bread			2.59 2.85				
Bread			Bread			Bread			.75 .85				
Marmalade			Marmalade			Marmalade			.75 1.12				
Tea (2 cups)			Tea (2 cups)			Tea (2 cups)			.94 1.12				
8.30 10.60			6.93 8.40			6.64 7.95			52.64 64.36		7.52 9.19		
Milk			Cocoa			Coffee			11.53 14.26		1.65 2.04		Mid-morning drink
Beef Hot Pot			Cold Ham			Roast Leg of Lamb			8.03 8.04				Dinner
Parsnips			Lettuce & Tomato			Mint Sauce			.27 .40				
Parsley Potatoes			Salad			Gravy			.12 .16				
Apple & Redcurrant (T) Pudding			Parsley Potatoes			Cabbage			.88 1.15				
Custard			Bread & Butter Pudding			Roast Potatoes			.89 1.16				
			Jam Sauce			Stewed Figs			1.20 1.44				
						Ground Rice Pudding			1.65 1.95				
11.94 13.64			14.05 16.26			13.04 14.30			77.00 90.19		11.00 12.88		
Watercress			Scone			Fruit Cake Slab (P)			2.40 3.20				Tea
Bread			Bread			Bread			.75 .85				
Jam			Jam			Jam			.87 1.22				
Tea (2 cups)			Tea (2 cups)			Tea (2 cups)			.94 1.12				
3.61 4.59			3.37 4.20			4.96 6.39			28.33 35.74		4.05 5.10		
Grilled Fillet of Cod			Rabbit Pie			Scotch Broth			.79 1.01				Supper
Tomato			Creamed Spinach			Bread			.19 .21				
Saute Potatoes			Mashed Potatoes			Cheese			1.43 1.69				
Cheese & Biscuits			Ice Cream & Pineapple (T) ½			Mixed Salad			1.84 2.45				
						Beetroot			.62 .98				
						Custard Flan			1.74 2.27				
8.06 10.82			12.19 16.51			6.61 8.61			71.15 88.87		10.16 12.70		
Milk Drink			Coffee			Milk			12.98 16.22		1.85 2.32		Late evening drink
37.26 46.43			39.01 48.41			34.51 41.29			253.63 309.64		36.23 44.23		
						Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.			13.86 15.75		1.98 2.25		
						Grand Total Costs			267.49 325.39		38.21 46.48		

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 Bacon & Fried Bread Bread Marmalade Tea (2 cups)	1-61 2-01 2-59 2-85 .75 .85 .75 1-12 .94 1-12	Porridge or Cereal with milk Boiled Egg Bread $\frac{1}{2}$ Toast Marmalade Tea (2 cups)	1-61 2-01 4-25 5-50 .37 .42 .54 .63 .75 1-12 .94 1-12	Porridge or Cereal with milk Bacon & Tomatoes Bread Marmalade Tea (2 cups)	1-61 2-01 3-47 4-12 .75 .85 .75 1-12 .94 1-12	Porridge or Cereal with milk Beef Sausage & Baked Beans Bread Marmalade Tea (2 cups)	1-61 2-01 4-70 4-92 .75 .85 .75 1-12 .94 1-12
		6-64 7-95		8-46 10-80		7-52 9-22		8-75 10-02
Mid-morning drink	Milk	1-90 2-36	Milk Drink	3-45 4-42	Coffee	1-36 1-68	Milk Drink	2-79 3-46
Dinner	Haricot Mutton Mashed Turnips Parsley Potatoes Steamed Apple Pudding Custard	4-71 5-03 .84 1-15 .64 .86 2-63 3-22 .99 1-18	Cottage Pie Brown Gravy Brussel Sprouts Parsley Potatoes Plum Pie (T) Custard	4-67 4-88 .43 .55 2-10 2-81 .64 .86 2-54 3-00 .99 1-18	Roast Leg of Pork Sage & Onion Stuffing Apple Sauce Gravy Cabbage Roast Potatoes Ice Cream & Gooseberries (T)	8-53 8-54 -.46 -.60 -.78 1-00 -.12 .16 -.88 1-15 -.89 1-16 1-01 1-35 2-03 2-67	Baked Fillet of Cod in Breadcrumbs Tartare Sauce Cauliflower Croquette Potatoes Steamed Jam Sponge Custard	3-83 5-48 1-50 1-91 2-25 3-01 1-50 1-95 2-51 3-26 .99 1-18
		9-81 11-44		11-37 13-28		14-70 16-63		12-58 16-79
Tea	Orange Bread Jam Tea (2 cups)	2-80 3-50 .75 .85 .87 1-22 .94 1-12	Watercress Bread Jam Tea (2 cups)	1-05 1-40 .75 .85 .87 1-22 .94 1-12	Rich Fruit Cake (P) Bread Jam Tea (2 cups)	2-08 2-73 .75 .85 .87 1-22 .94 1-12	Sandwich Spread Bread Jam Tea (2 cups)	.97 1-20 .75 .85 .87 1-22 .94 1-12
		5-36 6-69		3-61 4-59		4-64 5-92		3-53 4-39
Supper	Grilled Split Herring Mustard Sauce Bread Sago Pudding & Apricots (T) $\frac{1}{2}$	3-26 4-38 -.22 .29 -.37 .42 1-60 1-98 1-47 1-65	Cream of Carrot Soup Bread Cold Ham Mixed Salad Creamed Potatoes Cabinet Pudding	1-21 1-54 .19 .21 8-60 9-10 1-84 2-45 .80 1-04 2-59 3-32	Tomato Soup Bread Soft Roes on Toast Trifle & Cream	1-30 1-69 .19 .21 2-30 2-99 1-96 2-88	Cold Roast Ribs of Beef Tomato Creamed Potatoes Tapioca Pudding & Stewed Damsons (T)	6-05 6-07 1-50 2-00 .80 1-04 1-74 2-08 2-30 3-03
		6-92 8-72		15-23 17-66		5-75 7-77		12-39 14-22
Late evening drink	Cocoa	1-11 1-36	Milk	1-90 2-36	Milk	1-90 2-36	Cocoa	1-11 1-36
	Total costs	31-74 38-52		44-02 53-11		35-87 43-58		41-15 50-24

W = Wholesale

R = Retail

SPECIMEN WEEK for — DECEMBER

5			6			7			Weekly cost in pence W R		Average daily cost in pence W R		Breakfast
Cost in pence W R			Cost in pence W R			Cost in pence W R							
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01					
Fried Egg on Toast	5.01	6.46	Bacon & Saute Potatoes	2.88	3.31	Beef Sausage & Bacon	3.95	4.11					
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85					
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12					
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12					
9.06 11.56			6.93 8.41			8.20 9.21			55.56 67.17		7.94 9.59		
Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68	14.12 17.64		2.02 2.52		
Boiled Silverside of Beef	7.40	7.52	Braised Rabbit	8.09	12.02	Roast Chicken	21.72	28.96					Dinner
Curly Kale	.88	1.15	Carrots	.90	1.21	Stuffing	.47	.57					
Dumpling	.44	.51	Parsley Potatoes	.64	.86	Bread Sauce	.32	.39					
Parsley Potatoes	.64	.86	Blackcurrant Flan (T)	2.18	2.77	Gravy	.12	.16					
Baked Rice Pudding	1.73	2.05	Cream	.40	.60	Brussel Sprouts	2.10	2.81					
						Roast Potatoes	.89	1.16					
11.09 12.09			12.21 17.46			29.55 38.91			101.31 126.60		14.47 18.09		
Tea Cake	.86	1.07	Marmite	.24	.42	Madeira Cake (P)	2.00	2.80					Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85					
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22					
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12					
3.42 4.26			2.80 3.61			4.56 5.99			27.92 35.45		3.99 5.06		
Liver & Bacon	5.00	5.28	Cream of Watercress			Chicken Broth	.94	1.22					Supper
Brown Gravy	.43	.55	Soup	2.05	2.65	Bread	.19	.21					
Creamed Potatoes	.80	1.04	Bread	.19	.21	Welsh Rarebit	2.63	3.17					
Blanc Mange &	1.33	1.60	Egg Salad	4.30	5.64	Grilled Tomato	1.50	2.00					
Tinned Oranges ½	1.85	2.10	Bread	.37	.42	Ice Cream &	1.01	1.35					
			Potato Mayonnaise	1.65	2.10	Fruit Salad (T) ½	2.87	3.26					
9.41 10.57			10.24 13.13			9.14 11.21			69.08 83.28		9.87 11.90		
Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36	11.18 13.84		1.59 1.98		Late evening drink
36.24 42.52			35.44 46.65			54.71 69.36			279.17 343.98		39.88 49.14		
Add Cost of Personal Issues: Butter 4 oz, Margarine 3 oz, Sugar 8 oz.									13.86 15.75		1.98 2.25		
Grand Total Costs									293.03 359.73		41.86 51.39		

PATIENTS

SUMMARY OF AVERAGE DAILY

	JAN.		FEB.		MAR.		APR.		MAY		JUNE		JULY	
	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Breakfasts	7.45	9.10	8.28	10.14	7.69	9.45	7.60	9.28	7.75	9.37	7.41	9.21	7.67	9.58
Mid-morning Drink	1.44	1.78	1.85	2.32	1.52	1.88	1.52	1.88	1.44	1.78	1.56	1.93	1.76	2.18
Dinners	10.21	12.47	11.09	13.07	10.32	12.31	11.71	13.46	11.87	14.18	12.24	14.72	12.47	14.91
Teas	3.59	4.55	4.03	5.11	3.19	4.05	3.85	4.84	3.39	4.32	3.40	4.27	3.42	4.35
Suppers	10.00	12.28	8.23	10.18	8.48	11.00	8.73	10.68	8.46	10.77	8.74	10.50	9.29	11.40
Late Evening Drink	2.14	2.67	1.60	1.98	1.82	2.26	1.84	2.28	1.71	2.12	1.90	2.37	1.71	2.12
TOTAL	34.83	42.85	35.08	42.80	33.02	40.95	35.25	42.42	34.62	42.54	35.25	43.00	36.32	44.54

W=Wholesale

R=Retail

*These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs.

MENU—C

COSTS PER HEAD (IN PENCE)

AUG.		SEP.		OCT.		NOV.		DEC.		TOTAL		MEAN AVERAGE		
W	R	W	R	W	R	W	R	W	R	W	R	W	R	
7.51	9.29	7.41	9.21	7.80	9.63	8.12	9.92	7.74	9.55	92.43	113.73	7.70	9.48	Breakfasts
1.78	2.22	1.44	1.78	1.41	1.74	1.52	1.88	1.68	2.08	18.92	23.45	1.58	1.95	Mid-morning Drink
12.08	14.36	11.13	13.28	10.99	12.68	11.41	13.21	11.66	14.36	137.18	163.01	11.43	13.58	Dinners
3.74	4.68	3.84	4.88	3.77	4.73	3.78	4.75	3.94	4.99	43.94	55.52	3.66	4.63	Teas
8.29	10.38	9.33	11.46	8.51	10.77	9.23	11.42	8.09	10.06	105.38	130.90	8.78	10.91	Suppers
1.67	2.07	1.82	2.27	1.84	2.28	1.84	2.27	1.79	2.22	21.68	26.91	1.81	2.24	Late Evening Drink
35.07	43.00	34.97	42.88	34.32	41.83	35.90	43.45	34.90	43.26	419.53	513.52	34.96	42.79	
												*Add cost of personal issues		
												1.98	2.25	
												Total Costs		
												36.94	45.04	
												3/1	3/9	

PATIENTS MENU -- C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Potato Cake	2.71	3.08	Boiled Egg	4.25	5.50	Bacon & Tomato	3.47	4.12	Smoked Haddock	4.00	5.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.76	8.18		8.30	10.60		7.52	9.22		8.05	10.60
Mid-morning drink	Coffee	1.36	1.68	Cocoa	1.11	1.36	Milk	1.90	2.36	Coffee	1.36	1.68
Dinner	Grilled Beef Sausages (2)	5.43	5.45	Grilled Fillet of Cod	3.71	5.28	Steak Pie	6.59	6.79	Stewed Rabbit	8.08	12.00
	Brown Gravy	.43	.55	Butter Beans	.90	1.34	Cabbage	.88	1.15	Carrots	.90	1.21
	Cabbage	.88	1.15	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04	Boiled Potatoes	.53	.71
	Mashed Potatoes	.80	1.04	Steamed Sultana			Tapioea Pudding &	1.74	2.08	Steamed Fig Roll	1.71	1.96
	Apple Pie	2.34	2.94	Pudding	1.77	2.03	Stewed Prunes	1.20	1.44	Custard	.99	1.18
	Custard	.99	1.18	Custard	.99	1.18						
		10.87	12.31		8.01	10.69		11.21	12.50		12.21	17.06
Tea	Bread	.75	.85	Orange	2.80	3.50	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Bread	.75	.85	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
				Tea (2 cups)	.94	1.12						
		2.56	3.19		5.36	6.69		2.56	3.19		2.56	3.19
Supper	Cold Roast Leg of Lamb	8.03	8.04	Leek & Potato Soup	1.46	1.87	Macaroni Cheese au Gratin	1.59	1.92	Tomato Soup	1.30	1.69
	Mixed Salad	1.84	2.45	Bread	.19	.21	Tomato Sauce	.49	.64	Bread	.19	.21
	Mashed Potatoes	.80	1.04	Cold Roast Ribs of Beef	6.05	6.07	Bread	.37	.42	Fried Egg	4.61	5.90
	Semolina Pudding	1.55	1.93	Mashed Potatoes	.80	1.04	Mincemeat Tart	2.07	2.51	Grilled Tomato	1.50	2.00
	Jam	.84	1.17	Stewed Apricots (D)	2.07	2.40	Custard	.99	1.18	Mashed Potatoes	.80	1.04
				Custard	.99	1.18				Stewed Gooseberries (T)	2.03	2.67
										Custard	.99	1.18
		13.06	14.63		11.56	12.77		5.51	6.67		11.42	14.69
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Milk Drink	2.79	3.46	Milk	1.90	2.36
	Total costs	36.51	42.35		36.24	44.47		31.49	37.40		37.50	49.58

W = Wholesale

R = Retail

SPECIMEN WEEK for — JANUARY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost		Average daily		Breakfast
	W	R		W	R		W	R	in pence		cost in pence		
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01					
Beef Sausage	2.84	2.85	Bacon & Fried Bread	2.59	2.85	Sausage (B) & Bacon	3.95	4.11					
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85					
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12					
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12					
6.89	7.95		6.64	7.95		8.00	9.21		52.16	63.71	7.45	9.10	
Milk	1.90	2.36	Cocoa	1.11	1.36	Coffee	1.36	1.68	10.10	12.48	1.44	1.78	Mid-morning drink
Fried Fillet of Cod	4.61	6.34	Lancashire Hot Pot	4.02	4.21	Roast Topside of Beef	7.10	7.12					Dinner
Tinned Peas	2.26	2.78	Mashed Swedes	.89	1.23	Gravy	.12	.16					
Mashed Potatoes	.80	1.04	Parsley Potatoes	.64	.86	Spring Greens	.88	1.15					
Baked Rice Pudding	1.73	2.05	Custard Flan	1.74	2.27	Roast Potatoes	.89	1.16					
						Baked Apple Dumpling	2.50	3.14					
						Custard	.99	1.18					
9.40	12.21		7.29	8.57		12.48	13.91		71.47	87.25	10.21	12.47	
Madeira Cake (P)	2.00	2.80	Bread	.75	.85	Genoa Cake (P)	2.40	3.20					Tea
Bread	.75	.85	Jam	.87	1.22	Bread	.75	.85					
Jam	.87	1.22	Tea (2 cups)	.94	1.12	Jam	.87	1.22					
Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12					
4.56	5.99		2.56	3.19		4.96	6.39		25.12	31.83	3.59	4.55	
Vegetable Soup	1.10	1.40	Pea Soup	1.14	1.80	Veal & Ham Pie (P)	5.20	6.60					Supper
Bread	.19	.21	Bread	.19	.21	Lettuce	1.10	1.45					
Luncheon Meat	4.19	6.00	Fishcake	2.46	3.21	Potato Mayonnaise	1.65	2.10					
Tomato	1.50	2.00	Chipped Potatoes	1.00	1.34	Orange Jelly &	1.65	2.00					
Creamed Potatoes	.80	1.04	Tapioca Pudding & Jam	1.74	2.08	Blanc Mange	1.33	1.60					
Bread & Butter Pudding	2.36	3.01		.84	1.17								
10.14	13.66		7.37	9.81		10.93	13.75		69.99	85.98	10.00	12.28	
Cocoa	1.11	1.36	Milk Drink	3.45	4.42	Milk	1.90	2.36	14.95	18.68	2.14	2.67	Late evening drink
34.00	43.53		28.42	35.30		39.63	47.30		243.79	299.93	34.83	42.85	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	1.98	2.25	
						Grand Total Costs			257.65	315.68	36.81	45.10	

PATIENTS MENU - C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Smoked Haddock	4.00	5.50	Fried Tomatoes on Toast	3.52	4.66	Bacon & Tomato	3.47	4.12	Beef Sausage & Baked Beans	4.70	4.92
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		8.05	10.60		7.57	9.76		7.52	9.22		8.75	10.02
Mid-morning drink	Milk	1.90	2.36	Coffee	1.36	1.68	Milk Drink	3.45	4.42	Milk	1.90	2.36
Dinner	Braised Beef	7.63	7.82	Fried Fillet of Haddock	5.61	7.59	Stewed Middle Neck of Lamb	4.75	5.01	Boiled Silverside of Beef	7.40	7.52
	Carrots $\frac{1}{2}$	.45	.60	Tinned Peas	2.26	2.78	Mashed Turnips	.84	1.15	Dumpling	.44	.51
	Cabbage $\frac{1}{2}$	.44	.57	Tomato Sauce	.49	.64	Parsley Potatoes	.64	.86	Cabbage	.88	1.15
	Mashed Potatoes	.80	1.04	Chipped Potatoes	1.00	1.34	Mince-meat Slice	2.07	2.51	Parsley Potatoes	.64	.86
	Steamed Apple Pudding (T)	2.27	2.77	Baked Rice Pudding	1.73	2.05	Custard	.99	1.18	Baked Apple	2.06	2.65
	Custard	.99	1.18							Custard	.99	1.18
		12.58	13.98		11.09	14.40		9.29	10.71		12.41	13.87
Tea	Fruit Cake (P)	2.40	3.20	Sweet Biscuits	.85	1.10	Orange	2.80	3.50	Cheese	1.43	1.69
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		4.96	6.39		3.41	4.29		5.36	6.69		3.99	4.88
Supper	Vegetable Soup	1.10	1.40	Minced Beef & Vegetable Pie	7.17	7.59	Fishcake	2.46	3.21	Luncheon Meat	4.19	6.00
	Bacon & Potato Cake	2.71	3.08	Brown Gravy	.43	.55	Parsley Sauce	.55	.66	Tomato & Beetroot	1.50	2.00
	Grilled Tomato	1.50	2.00	Creamed Potatoes	.80	1.04	Mashed Potatoes	.80	1.04	Bread	.37	.42
	Bread	.37	.42	Ice Cream & Stewed Apricots (D) $\frac{1}{2}$	1.01	1.35	Strawberry Blanc Mange	1.33	1.60	Chocolate Flan & Cream	1.69	2.12
	Tapioca Pudding	1.74	2.08									
		7.42	8.98		10.44	11.73		5.14	6.51		8.37	11.52
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36
	Total costs	36.02	43.67		35.77	44.22		32.66	39.91		37.32	45.01

W = Wholesale

R = Retail

SPECIMEN WEEK for — FEBRUARY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	
	W	R		W	R		W	R			
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			Breakfast
Fried Egg on Fried Bread	5-03	6-41	Bacon & Saute Potatoes	2-88	3-31	Cold Ham	6-02	6-37			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
9-08 11-51			6-93 8-41			10-07 11-47			57-97 70-99	8-28 10-14	
Coffee	1-36	1-68	Milk	1-90	2-36	Cocoa	1-11	1-36	12-98	16-22	Mid-morning drink
Steamed Fillet of Cod	3-35	4-87	Grilled Ox Liver	5-54	5-63	Roast Leg of Lamb	8-03	8-04			Dinner
Parsley Sauce	.55	.66	Lyonnaise Sauce	.61	.78	Gravy	.12	.16			
Carrots	.90	1-21	Marowfat Peas	.80	1-42	Savoy Cabbage	.88	1-15			
Mashed Potatoes	.80	1-04	Creamed Potatoes	.80	1-04	Mashed Potatoes	.80	1-04			
Baked Marmalade Roll	1-71	2-24	Apple & Redcurrant (T) Pie	3-05	3-90	Bread & Butter Pudding	2-36	3-01			
Custard	.99	1-18	Custard	.99	1-18						
8-30 11-20			11-79 13-95			12-19 13-40			77-65 91-51	11-09 13-07	
Bread	.75	.85	Madeira Cake (P)	2-00	2-80	Fish Paste	.83	1-13			Tea
Jam	.87	1-22	Bread	.75	.85	Bread	.75	.85			
Tea (2 cups)	.94	1-12	Jam	.87	1-22	Jam	.87	1-22			
			Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
2-56 3-19			4-56 5-99			3-39 4-32			28-23 35-75	4-03 5-11	
Windsor Soup	1-15	1-45	Scotch Broth	.79	1-01	Tomato Soup	1-30	1-69			Supper
Bread	.19	.21	Jellied Veal (T)	5-50	6-12	Bread	.19	.21			
Cauliflower Cheese	3-53	4-54	Tomato	1-50	2-00	Welsh Rarebit	2-63	3-17			
Bread	.37	.42	Bread	.37	.42	Watercress	1-05	1-40			
Stewed Gooseberries (T)	2-03	2-67	Creamed Potatoes	.80	1-04	Ice Cream	1-35	1-80			
Semolina	1-55	1-93	Lemon Blanc Mange	1-33	1-60	Melba Sauce	.59	.82			
8-82 11-22			10-29 12-19			7-11 9-09			57-59 71-24	8-23 10-18	
Cocoa	1-11	1-36	Coffee	1-36	1-68	Milk	1-90	2-36	11-18	13-84	Late evening drink
31-23 40-16			36-83 44-58			35-77 42-00			245-60 299-55	35-08 42-80	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.			13-86	15-75	
						Grand Total Costs			259-46	315-30	
									37-06	45-05	

PATIENTS MENU - C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Saute Potatoes	2.88	3.31	Beef Sausage	2.84	2.85	Tomatoes on Fried Bread	4.00	5.18	Bacon & Baked Beans	3.83	4.19
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.93	8.41		6.89	7.95		8.05	10.28		7.88	9.29
Mid-morning drink	Coffee	1.36	1.68	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36
Dinner	Brown Beef Stew	6.69	7.14	Grilled Fillet of Cod	3.71	5.28	Roast Topside of Beef	7.10	7.12	Sausage Toad (Beef)	4.23	4.62
	Carrots	.90	1.21	Tomato Sauce	.49	.64	Gravy	.12	.16	Parsnips	.88	1.15
	Mashed Potatoes	.80	1.04	Cauliflower	2.25	3.01	Cabbage	.88	1.15	Brown Sauce	.43	.55
	Bread Pudding	1.64	2.06	Chipped Potatoes	1.00	1.34	Roast Potatoes	.89	1.16	Creamed Potatoes	.80	1.04
	Jam Sauce	.61	.84	Gooseberry Pudding (T)	3.12	3.89	Stewed Apples	1.51	1.96	Stewed Rhubarb	1.40	1.80
				Custard	.99	1.18	Ice Cream	1.01	1.35	Custard	.99	1.18
		10.64	12.29		11.56	15.34		11.51	12.90		8.73	10.34
Tea	Bread	.75	.85	Fruit Cake (P)	2.40	3.20	Bread	.75	.85	Bread	.75	.85
	Jam	.87	1.22	Bread	.75	.85	Jam	.87	1.22	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		2.56	3.19		4.96	6.39		2.56	3.19		2.56	3.19
Supper	Vegetable Soup	1.10	1.40	Rabbit Pie	6.50	9.33	Smoked Haddock	4.00	5.50	Lentil Soup	1.39	2.20
	Macaroni Cheese au Gratin	1.59	1.92	Mashed Potatoes	.80	1.04	Bread	.37	.42	Cold Brisket of Beef (T)	6.37	7.50
	Grilled Tomato	1.50	2.00	Stewed Plums (T) ½	.78	.94	Treacle Tart	1.32	1.66	Mixed Salad	1.84	2.45
	Bread	.37	.42	Semolina	1.55	1.93	Custard	.99	1.18	Bread	.37	.42
	Rhubarb Flan	1.62	2.00						Apple Flan	1.87	2.34	
		6.18	7.74		9.63	13.24		6.68	8.76		11.84	14.91
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.36	1.68
	Total costs	29.57	35.67		36.05	46.64		32.60	39.85		34.27	41.77

W = Wholesale

R = Retail

SPECIMEN WEEK for — MARCH

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence W R	Average daily cost in pence W R	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			
Scrambled Egg on Toast	4-20	5-31	Bacon & Tomato	3-47	4-12	Boiled Egg	4-25	5-50			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
8-25 10-41			7-52 9-22			8-30 10-60			53-82 66-16	7-69 9-45	
Cocoa	1-11	1-36	Milk	1-90	2-36	Coffee	1-36	1-68	10-64 13-16	1-52 1-88	Mid-morning drink
Fried Cods Roe in Batter	4-86	6-35	Irish Stew	4-60	4-80	Steak Pie	6-59	6-79			Dinner
Anchovy Sauce	.38	.45	Carrots & Turnips	.87	1-17	Savoy Cabbage	.88	1-15			
Spring Greens	.88	1-15	Boiled Potatoes	.53	.71	Mashed Potatoes	.80	1-04			
Parsley Potatoes	.64	.86	Steamed Jam Roll	2-15	2-62	Sago Pudding	1-60	1-98			
Baked Rice Pudding	1-73	2-05	Custard	.99	1-18	Tinned Damsons	2-30	3-03			
8-49 10-86			9-14 10-48			12-17 13-99			72-24 86-20	10-32 12-31	
Madeira Cake (P)	2-00	2-80	Bread	.75	.85	Bread	.75	.85			Tea
Bread	.75	.85	Jam	.87	1-22	Jam	.87	1-22			
Jam	.87	1-22	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
Tea (2 cups)	.94	1-12							22-32 28-33	3-19 4-05	
4-56 5-99			2-56 3-19			2-56 3-19					Supper
Minced Beef	4-21	4-28	Luncheon Meat	4-19	6-00	Minestrone Soup	1-39	1-80			
Bread	.37	.42	Mixed Salad	1-84	2-45	Pilchards in Tomato Sauce	3-80	5-30			
Creamed Potatoes	.80	1-04	Bread	.37	.42	Lettuce	1-10	1-45			
Cabinet Pudding	2-59	3-32	Trifle & Cream	1-96	2-88	Bread	.37	.42			
						Mincemeat Slice	2-07	2-51			
7-97 9-06			8-36 11-75			8-73 11-48			59-39 76-94	8-48 11-00	
Milk	1-90	2-36	Milk	1-90	2-36	Milk	1-90	2-36	12-76 15-84	1-82 2-26	Late evening drink
32-28 40-04			31-38 39-36			35-02 43-30			231-17 286-63	33-02 40-95	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.	13-86	15-75		1-98 2-25	
						Grand Total Costs	245-03	302-38	35-00	43-20	

PATIENTS MENU - C

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Grilled Kipper	2.75	3.75	Bacon & Fried Bread	2.59	2.85	Beef Sausage	2.84	2.85	Boiled Egg	4.25	5.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.80	8.85		6.64	7.95		6.89	7.95		8.30	10.60
Mid-morning drink	Coffee	1.36	1.68	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36
Dinner	Roast Shoulder of Lamb	8.03	8.04	Boiled Beef	7.40	7.52	Brown Mutton Stew	6.69	7.14	Fried Fillet of Cod	4.61	6.34
	Mint Sauce	.27	.40	Dumpling	.44	.51	Parsley Potatoes	.64	.86	Parsley Sauce	.55	.66
	Gravy	.12	.16	Spring Greens	.88	1.15	Carrots	.90	1.21	Tinned Peas	2.26	2.78
	Cabbage	.88	1.15	Mashed Potatoes	.80	1.04	Steamed Lemon			Creamed Potatoes	.80	1.04
	Roast Potatoes	.89	1.16	Tapioca Pudding	1.74	2.08	Pudding	2.30	2.81	Apple & Redcurrant		
	Stewed Plums (T)	1.57	1.89	Jam	.84	1.17	Custard	.99	1.18	Pie (T)	3.05	3.90
	Custard	.99	1.18							Custard	.99	1.18
		12.75	13.98		12.10	13.47		11.52	13.20		12.26	15.90
Tea	Dark Fruit Cake (P)	2.40	3.20	Watercress	1.05	1.40	Bread	.75	.85	Bread	.75	.85
	Bread	.75	.85	Bread	.75	.85	Jam	.87	1.22	Jam	.87	1.22
	Jam	.87	1.22	Jam	.87	1.22	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12						
		4.96	6.39		3.61	4.59		2.56	3.19		2.56	3.19
Supper	Cheese & Potato Cutlets	2.75	3.39	Fried Egg	4.61	5.90	Leek & Potato Soup	1.46	1.87	Cottage Pie	4.67	4.88
	Grilled Tomato	1.50	2.00	Bread	.37	.42	Bread	.19	.21	Tomato	1.50	2.00
	Bread	.37	.42	Chipped Potatoes	1.00	1.34	Welsh Rarebit	2.63	3.17	Brown Sauce	.43	.55
	Jam Tart	1.59	2.05	Banana Custard	1.97	2.47	Watercress	1.05	1.40	Bread	.37	.42
							Ice Cream & Gooseberries (T) ½	1.01	1.35	Chocolate Blanc Mange	1.58	1.98
		6.21	7.86		7.95	10.13		7.35	9.33		8.55	9.83
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36
	Total costs	33.98	41.12		33.31	39.86		31.58	37.71		35.47	44.24

W = Wholesale

R = Retail

SPECIMEN WEEK for — APRIL

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Tomatoes on Toast	3.52	4.66	Bacon & Fried Potatoes	2.88	3.31	Cold Ham	6.02	6.37			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	7.57	9.76		6.93	8.41		10.07	11.47	53.20	64.99	
Coffee	1.36	1.68	Cocoa	1.11	1.36	Milk	1.90	2.36	10.64	13.16	Mid-morning drink
Boiled Ham	8.60	9.10	Minced Beef & Vegetable Pie	7.17	7.59	Roast Ribs of Beef	6.05	6.07			Dinner
Butter Beans	.90	1.34	Cabbage	.88	1.15	Gravy	.12	.16			
Parsley Potatoes	.64	.86	Boiled Potatoes	.53	.71	Parsnips	.88	1.15			
Baked Apple & Custard	2.06	2.65	Ground Rice Pudding	1.65	1.95	Roast Potatoes	.89	1.16			
	.99	1.18				Rhubarb Flan & Cream	1.62	2.00			
							.40	.60			
	13.19	15.13		10.23	11.40		9.96	11.14	82.01	94.22	
Orange	2.80	3.50	Swiss Roll (P)	1.95	2.34	Fish Paste	.83	1.13			Tea
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	5.36	6.69		4.51	5.53		3.39	4.32	26.95	33.90	
Sardines	6.52	7.50	Grilled Beef Sausage (2)	5.43	5.45	Veal & Ham Pie (P)	5.20	6.60			Supper
Mixed Salad	1.84	2.45	Grilled Tomato	1.50	2.00	Lettuce & Tomato Salad	1.84	2.45			
Bread	.37	.42	Mashed Potatoes	.80	1.04	Sago Pudding & Jam	1.60	1.98			
Cabinet Pudding	2.59	3.32	Ice Cream	1.35	1.80		.84	1.17			
Custard	.99	1.18	Wafer Biscuits	.19	.26						
	12.31	14.87		9.27	10.55		9.48	12.20	61.12	74.77	
Cocoa	1.11	1.36	Milk	1.90	2.36	Milk Drink	2.79	3.46	12.86	15.94	Late evening drink
	40.90	49.49		33.95	39.61		37.59	44.95	246.78	296.98	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.			13.86	15.75	
						Grand Total Costs			260.64	312.73	
									37.23	44.67	

PATIENTS MENU — C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R	Porridge or Cereal with milk	W	R
	Bacon & Saute Potatoes	2.88	3.31	Cold Ham	6.02	6.37	Sausage & Meat Cake	3.97	4.01	Bacon & Tomatoes	3.47	4.12
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		6.93	8.41		10.07	11.47		8.02	9.11		7.52	9.22
Mid-morning drink	Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68	Cocoa	1.11	1.36
Dinner	Grilled Beef Sausage (2)	5.43	5.45	Stewed Rabbit	8.08	12.00	Fried Fillet of Whiting	5.11	6.84	Steak & Kidney Pie	7.39	7.61
	Brown Gravy	.43	.55	Carrots	.90	1.21	Parsley Sauce	.55	.66	Braised Onion	1.26	1.64
	Cabbage	.88	1.15	Creamed Potatoes	.80	1.04	Tinned Peas	2.26	2.78	Creamed Potatoes	.80	1.04
	Mashed Potatoes	.80	1.04	Rhubarb & Apple Pie	2.18	2.72	Chipped Potatoes	1.00	1.34	Mandarin Oranges (T) $\frac{1}{2}$	1.85	2.10
	Steamed Gooseberry (T) Pudding	3.12	3.89	Custard	.99	1.18	Semolina Pudding & Stewed Apples	1.55	1.93	Ice Cream	1.01	1.35
	Custard	.99	1.18									
		11.65	13.26		12.95	18.15		11.98	15.51		12.31	13.74
Tea	Bread	.75	.85	Bread	.75	.85	Currant Bun	.73	.91	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Bread	.75	.85	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Tea (2 cups)	.94	1.12
		2.56	3.19		2.56	3.19	Tea (2 cups)	.94	1.12		2.56	3.19
Supper	Grilled Fillet of Cod	3.71	5.28	Scotch Broth	.79	1.01	Luncheon Meat	4.19	6.00	Scrambled Egg	3.66	4.68
	Parsley Sauce	.64	.86	Cauliflower Cheese	3.53	4.54	Lettuce & Tomato Salad	1.84	2.45	Chipped Potatoes	1.00	1.34
	Boiled Potatoes	.53	.71	Grilled Tomato	1.50	2.00	Bread	.37	.42	Apple Pie (T)	1.98	2.49
	Fruit Jelly	1.65	2.00	Bread	.37	.42	Gooseberry Flan (T)	1.63	2.05	Custard	.99	1.18
	Cream	.40	.60	Ice Cream	1.01	1.35						
				Apricots (T) $\frac{1}{2}$	1.47	1.65						
		6.93	9.45		8.67	10.97		8.03	10.92		7.63	9.69
Late evening drink	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36
	Total costs	31.33	38.35		37.26	47.50		34.58	43.68		33.03	39.56

W = Wholesale

R = Retail

SPECIMEN WEEK for — MAY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Grilled Kipper	2.75	3.75	Bacon & Fried Bread	2.59	2.85	Boiled Egg	4.25	5.50			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	6.80	8.85		6.64	7.95		8.30	10.60	54.28	65.61	
Milk	1.90	2.36	Coffee	1.36	1.68	Cocoa	1.11	1.36	10.10	12.48	Mid-morning drink
Stuffed Ox Hearts	6.20	6.44	Lancashire Hot Pot	4.02	4.21	Roast Leg of Pork	8.53	8.54			Dinner
Cabbage	.88	1.15	Stewed Leeks	1.50	1.93	Sage & Onion Stuffing	.46	.60			
Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04	Apple Sauce	.78	1.00			
Raspberry Blanc Mange	1.33	1.60	Blackcurrant & Apple			Gravy	.12	.16			
Cream	.40	.60	Pudding (T)	3.43	4.13	Savoy Cabbage	.88	1.15			
			Custard	.99	1.18	Roast Potatoes	.89	1.16			
						Milky Rice &	1.63	1.93			
						Stewed Rhubarb $\frac{1}{2}$	.70	.90			
	9.45	10.65		10.74	12.49		13.99	15.44	83.07	99.24	
Cherry Cake (P)	2.70	3.80	Bread	.75	.85	Genoa Cake (P)	2.40	3.20			Tea
Bread	.75	.85	Jam	.87	1.22	Bread	.75	.85			
Jam	.87	1.22	Tea (2 cups)	.94	1.12	Jam	.87	1.22			
Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12			
	5.26	6.99		2.56	3.19		4.96	6.39	23.75	30.24	
Minced Beef Curry & Rice	5.12	5.42	Jellied Veal (T)	5.50	6.12	Cream of Lettuce Soup	1.44	1.83			Supper
Creamed Potatoes	.80	1.04	Tomato	1.50	2.00	Pilchards in Tomato	2.80	5.30			
Trifle & Cream	1.96	2.88	Parsley Potatoes	.64	.86	Mixed Salad	1.84	2.45			
			Minced Slice	2.07	2.51	Bread	.37	.42			
			Custard	.99	1.18	Cheese & Biscuits	1.94	2.35			
	7.88	9.34		10.70	12.67		9.39	12.35	59.23	75.39	
Milk	1.90	2.36	Milk	1.90	2.36	Coffee	1.36	1.68	11.97	14.84	Late evening drink
	33.19	40.55		33.90	40.34		39.11	47.82	242.40	297.80	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.	13.86	15.75	1.98	2.25	
						Grand Total Costs	256.26	313.55	36.60	44.79	

PATIENTS MENU — C

	1		2		3		4	
	Cost in pence		Cost in pence		Cost in pence		Cost in pence	
	W	R	W	R	W	R	W	R
Breakfast	Porridge or Cereal with milk	1.61 2.01	Porridge or Cereal with milk	1.61 2.01	Porridge or Cereal with milk	1.61 2.01	Porridge or Cereal with milk	1.61 2.01
	Grilled Beef Sausage	2.84 2.85	Bacon & Fried Bread	2.59 2.85	Smoked Haddock	4.00 5.50	Bacon & Tomatoes	3.47 4.12
	Bread	.75 .85	Bread	.75 .85	Bread	.75 .85	Bread	.75 .85
	Marmalade	.75 1.12	Marmalade	.75 1.12	Marmalade	.75 1.12	Marmalade	.75 1.12
	Tea (2 cups)	.94 1.12	Tea (2 cups)	.94 1.12	Tea (2 cups)	.94 1.12	Tea (2 cups)	.94 1.12
		6.89 7.95		6.64 7.95		8.05 10.60		7.52 9.22
Mid-morning drink	Cocoa	1.11 1.36	Coffee	1.36 1.68	Milk	1.90 2.36	Milk	1.90 2.36
Dinner	Cold Ham	8.60 9.10	Steamed Fillet of Cod	3.35 4.87	Beef & Tomato Hot Pot	6.61 6.88	Salmon Salad	10.24 12.13
	Mixed Salad	1.84 2.45	Parsley Sauce	.55 .66	Spring Greens	.88 1.15	Salad Cream	1.32 1.68
	Salad Cream	1.32 1.68	Garden Peas	3.00 4.01	Mashed Potatoes	.80 1.04	Bread	.37 .42
	Parsley Potatoes	.64 .86	Creamed Potatoes	.80 1.04	Steamed Gooseberry Pudding	2.67 3.29	New Potatoes	1.28 1.67
	Baked Rice Pudding	1.73 2.07	Baked Bread Pudding	1.64 2.06	Custard	.99 1.18	Golden Pudding	1.53 1.85
		14.13 16.16	Custard	.99 1.18			Custard	.99 1.18
				10.33 13.82		11.95 13.54		15.73 18.93
Tea	Bread	.75 .85	Bread	.75 .85	Madeira Cake (P)	2.00 2.80	Bread	.75 .85
	Jam	.87 1.22	Jam	.87 1.22	Bread	.75 .85	Jam	.87 1.22
	Tea (2 cups)	.94 1.12	Tea (2 cups)	.94 1.12	Jam	.87 1.22	Tea (2 cups)	.94 1.12
		2.56 3.19		2.56 3.19	Tea (2 cups)	.94 1.12		2.56 3.19
Supper	Spaghetti Cheese	1.67 2.02	Cold Roast Leg of Lamb	8.03 8.04	Tomato Soup	1.30 1.69	Minced Beef & Vegetable Pie	7.17 7.59
	Grilled Tomato	1.50 2.00	Mixed Salad	1.84 2.45	Fried Egg	4.61 5.90	Brown Gravy	.43 .55
	Chipped Potatoes	1.00 1.34	New Potatoes	1.28 1.67	Bread	.37 .42	Creamed Potatoes	.80 1.04
	Apple Slice	2.33 2.92	Sago Pudding	1.60 1.98	Chipped Potatoes	1.00 1.34	Ice Cream	1.35 1.80
		6.50 8.28	Jam	.84 1.17	Milk Jelly & Cream	2.85 3.56		
				13.59 15.31		10.13 12.91		9.75 10.98
Late evening drink	Milk	1.90 2.36	Milk	1.90 2.36	Cocoa	1.11 1.36	Milk	1.90 2.36
	Total costs	33.09 39.30		36.38 44.31		37.70 46.76		39.36 47.04

W = Wholesale

R = Retail

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	1.61	2.01	Bacon & Saute Potatoes	2.88	3.31	Fried Tomatoes on Toast	3.52	4.66								Breakfast
Boiled Egg	4.25	5.50	Bread	.75	.85	Bread	.75	.85								
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12								
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12								
	8.30	10.60		6.93	8.41		7.57	9.76		51.90	64.49		7.41	9.21		
Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68		10.89	13.48		1.56	1.93		Mid-morning drink
Grilled Fillet of Haddock	4.72	6.33	Haricot Mutton	4.71	5.03	Roast Ribs of Beef	6.05	6.07								Dinner
Grilled Tomatoes	1.50	2.00	Cauliflower	2.25	3.01	Gravy	.12	.16								
Chipped Potatoes	1.00	1.34	Parley Potatoes	.64	.86	Yorkshire Pudding	1.54	1.93								
Semolina Pudding & Stewed Cherries ½	1.55	1.93	Steamed Apple			Cabbage	.88	1.15								
	.78	1.03	Pudding	2.63	3.22	Roast Potatoes	.89	1.16								
			Custard	.99	1.18	Stewed Damsons (T)	2.30	3.03								
	9.55	12.63		11.22	13.30	Custard	.99	1.18		12.77	14.68		12.24	14.72		
Bread	.75	.85	Orange	2.80	3.50	Rock Cake	1.08	1.28								Tea
Jam	.87	1.22	Bread	.75	.85	Bread	.75	.85								
Tea (2 cups)	.94	1.12	Jam	.87	1.22	Jam	.87	1.22								
	2.56	3.19		5.36	6.69	Tea (2 cups)	.94	1.12		3.64	4.47		3.40	4.27		
Vegetable Soup	1.10	1.40	Egg & Tomato Salad	4.30	5.64	Beef Sausage & Bacon	3.95	4.11								Supper
Bread	.19	.21	Salad Cream	1.32	1.68	Boiled Potatoes	.53	.71								
Welsh Rarebit	2.63	3.17	Bread	.37	.42	Semolina Mould	1.48	1.86								
Watercress	1.05	1.40	Lemon Curd Tart	1.65	2.05	Caramel Sauce	.20	.25								
Junket & Jam	1.63	1.95														
	.84	1.17														
	7.44	9.30		7.64	9.79		6.16	6.93		61.21	73.50		8.74	10.50		
Cocoa	1.11	1.36	Milk Drink	3.45	4.42	Milk	1.90	2.36		13.27	16.58		1.90	2.37		Late evening drink
	30.32	38.76		36.50	44.97		33.40	39.88		246.75	301.02		35.25	43.00		
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.				13.86	15.75		1.98	2.25		
						Grand Total Costs				260.61	316.77		37.23	45.25		

PATIENTS MENU — C

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk Fried Egg on Toast Bread Marmalade Tea (2 cups)	1.61 5.01 .75 .75 .94	2.01 6.46 .85 1.12 1.12	Porridge or Cereal with milk Beef Sausage & Tomato Bread Marmalade Tea (2 cups)	1.61 2.84 1.50 .75 .94	2.01 2.85 2.00 .85 1.12	Porridge or Cereal with milk Bacon & Fried Bread Bread Marmalade Tea (2 cups)	1.61 2.59 .75 .75 .94	2.01 2.85 .85 1.12 1.12	Porridge or Cereal with milk Grilled Kipper Bread Marmalade Tea (2 cups)	1.61 2.75 .75 .75 .94	2.01 3.75 .85 1.12 1.12
		9.06	11.56		8.39	9.95		6.64	7.95		6.80	8.85
Mid-morning drink	Cocoa	1.11	1.36	Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68
Dinner	Roast Leg of Lamb Mint Sauce Gravy Garden Peas New Potatoes Cherry Flan Custard	8.03 .27 .12 3.00 1.28 2.52 .99	8.04 .40 .16 4.01 1.67 3.23 1.18	Boiled Hock of Bacon Pease Pudding Spring Greens Parsley Potatoes Gooseberry Pie Custard	5.94 1.00 .88 .64 2.45 .99	6.49 1.53 1.15 .86 3.11 1.18	Baked Stuffed Haddock Parsley Butter Runner Beans New Potatoes Tapioca Pudding & Blackcurrants	4.88 .56 1.20 1.28 1.74 2.14	6.73 .65 1.61 1.67 2.08 2.77	Steak & Kidney Pie Cabbage Mashed Potatoes Ground Rice Pudding Jam	7.39 .88 .80 1.65 .85	7.61 1.15 1.04 1.95 1.17
		16.21	18.69		11.90	14.32		11.80	15.51		11.57	12.92
Tea	Bread Jam Tea (2 cups)	.75 .87 .94	.85 1.22 1.12	Bread Jam Tea (2 cups)	.75 .87 .94	.85 1.22 1.12	Scone Bread Jam Tea (2 cups)	.81 .75 .87 .94	1.01 .85 1.22 1.12	Genoa Cake (P) Bread Jam Tea (2 cups)	2.40 .75 .87 .94	3.20 .85 1.22 1.12
		2.56	3.19		2.56	3.19		3.37	4.20		4.96	6.39
Supper	Cream of Vegetable Soup Cheese Salad Bread Trifle & Cream	.96 3.27 .37 1.96	1.22 4.14 .42 2.88	Minced Beef & Vegetable Pie Brown Gravy Mashed Potatoes Ice Cream	7.17 .43 .80 1.35	7.59 .55 1.04 1.80	Tomato Soup Cambridge Sausage Lettuce Bread Apricot Flan (T)	1.30 4.40 1.10 .37 2.98	1.69 4.50 1.45 .42 3.85	Scotch Broth Scrambled Egg Grilled Tomato Bread Saute Potatoes Lemon Cream	.79 3.66 1.50 .37 .91 1.36	1.01 4.68 2.00 .42 1.19 1.66
		6.56	8.66		9.75	10.98		10.15	11.91		8.59	10.96
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Cocoa	1.11	1.36	Milk	1.90	2.36
	Total costs	37.40	45.82		35.86	42.48		34.97	43.29		35.18	43.16

W = Wholesale

R = Retail

SPECIMEN WEEK for — JULY

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01			
Grilled Tomatoes on Toast	3-52	4-66	Bacon & Pan Fried Potatoes	2-88	3-31	Boiled Egg	4-25	5-50			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12			
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
	7-57	9-76		6-93	8-41		8-30	10-60	53-69	67-08	
Milk	1-90	2-36	Milk Drink	2-79	3-46	Milk	1-90	2-36	12-32	15-26	Mid-morning drink
Fried Fillet of Cod	4-61	6-34	Grilled Ox Liver	5-54	5-63	Roast Topside of Beef	7-10	7-12			Dinner
Stewed Leeks	1-50	1-93	Lyonnaise Sauce	.61	.78	Yorkshire Pudding	1-54	1-93			
Cream Sauce	.61	.93	Carrots	.90	1-21	Gravy	.12	.16			
Creamed Potatoes	.80	1-04	Parsley Potatoes	.64	.86	Cabbage	.88	1-15			
Apple & Blackberry Pie	3-11	3-96	Summer Pudding	1-92	2-47	New Potatoes	1-28	1-67			
Custard	.99	1-18	Custard	.99	1-18	Gooseberries & Custard	1-70	2-22			
	11-62	15-38		10-60	12-13		13-61	15-43	87-31	104-38	
Bread	.75	.85	Fish Paste	.83	1-13	Madeira Cake (P)	2-00	2-80			Tea
Jam	.87	1-22	Bread	.75	.85	Bread	.75	.85			
Tea (2 cups)	.94	1-12	Jam	.87	1-22	Jam	.87	1-22			
	2-56	3-19	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12			
				3-39	4-32		4-56	5-99	23-96	30-47	
Luncheon Meat	4-19	6-19	Grilled Beef Sausages (2)	5-43	5-45	Cream of Lettuce Soup	1-44	1-83			Supper
Mixed Salad	1-84	2-45	Tomato	1-50	2-00	Bread	.19	.21			
Bread	.37	.42	Chipped Potatoes	1-00	1-34	Sardines on Toast	4-56	5-31			
New Potatoes	1-28	1-67	Ice Cream	1-01	1-35	Watercress	1-05	1-40			
Baked Rice Pudding	1-73	2-05	Melba Sauce	.59	.82	Semolina Pudding & Fresh Fruit Salad ½	1-55	1-93			
	9-41	12-78		9-53	10-96		11-05	13-55	65-04	79-80	
Coffee	1-36	1-68	Milk	1-90	2-36	Milk	1-90	2-36	11-97	14-84	Late evening drink
	34-42	45-15		35-14	41-64		41-32	50-29	254-29	311-83	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.			13-86	15-75	1-98 2-25
						Grand Total Costs			264-15	327-58	38-30 46-79

PATIENTS MENU — C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Scrambled Egg on	3.66	4.68	Bacon & Fried Bread	2.59	2.85	Grilled Herring	3.26	4.38
	Bread	.75	.85	Toast	.54	.63	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Bread	.75	.85	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Marmalade	.75	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
				Tea (2 cups)	.94	1.12						
		7.52	9.22		8.25	10.41		6.64	7.95		7.31	9.48
Mid-morning drink	Coffee	1.36	1.68	Cocoa	1.11	1.36	Milk	1.90	2.36	Coffee	1.36	1.68
Dinner	Haricot Mutton	4.71	5.03	Steak Pie	6.59	6.79	Stewed Rabbit	8.08	12.00	Roast Topside of Beef	7.10	7.12
	Runner Beans	1.20	1.61	Cabbage	.88	1.15	Carrots	.90	1.21	Gravy	.12	.16
	New Potatoes	1.28	1.67	Creamed Potatoes	.80	1.04	New Potatoes	1.28	1.67	Spring Greens	.88	1.15
	Rhubarb & Apple Pie	2.18	2.72	Semolina Pudding &	1.55	1.93	Steamed Sponge			Roast Potatoes	.89	1.16
	Custard	.99	1.18	Stewed Blackberries	2.14	2.77	Pudding	2.10	2.55	Stewed Plums	1.58	2.04
							Blackcurrant Puree	.64	.76	Custard	.99	1.18
		10.36	12.21		11.96	13.68		13.00	18.19		11.56	12.81
Tea	Bread	.75	.85	Fruit Cake (P)	2.40	3.20	Bread	.75	.85	Chocolate Swiss Roll	1.95	2.34
	Jam	.87	1.22	Bread	.75	.85	Jam	.87	1.22	Bread	.75	.85
	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Tea (2 cups)	.94	1.12	Jam	.87	1.22
		2.56	3.19	Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12
					4.96	6.39		2.56	3.19		4.51	5.53
Supper	Cheese & Potato			Grilled Fillet of Cod	3.71	5.28	Fried Egg	4.61	5.90	Baked Stuffed Marrow	3.61	4.31
	Croquettes	2.75	3.39	Chipped Potatoes	1.00	1.34	Grilled Tomato	1.50	2.00	Garden Peas	3.00	4.01
	Garden Peas	3.00	4.01	Gooseberry Fool	1.64	2.05	Bread	.37	.42	Brown Gravy	.43	.55
	Parsley Sauce	.55	.66	Wafer Biscuits	.19	.26	Saute Potatoes	.91	1.19	Bread	.37	.42
	Bread	.37	.42				Prune Jelly	2.34	2.83	Tapioca Pudding	1.74	2.08
	Sago Pudding &	1.60	1.98									
	Jam	.84	1.17									
		9.11	11.63		6.54	8.93		9.73	12.34		9.15	11.37
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36
	Total costs	32.02	39.29		34.72	43.13		35.73	46.39		35.79	43.23

W = Wholesale

R = Retail

SPECIMEN WEEK for — AUGUST

5	Cost in pence		6	Cost in pence		7	Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
	W	R		W	R		W	R			
Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01			
Bacon & Baked Beans	3.83	4.19	Tomatoes on Fried Bread	4.00	5.18	Bacon & Saute Potatoes	2.88	3.31			
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85			
Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12			
Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12			
	7.88	9.29		8.05	10.28		6.93	8.41	52.58	65.04	
Milk Drink	3.45	4.42	Coffee	1.36	1.68	Milk	1.90	2.36	12.44	15.54	Mid-morning drink
Sausage Toad (Beef)	4.23	4.62	Boiled Ham	8.60	9.10	Roast Loin of Lamb	7.53	7.54			Dinner
Brown Sauce	.43	.55	Vegetable Marrow	.80	1.11	Mint Sauce	.27	.40			
Runner Beans	1.20	1.61	Creamed Potatoes	.80	1.04	Gravy	.12	.16			
Mashed Potatoes	.80	1.04	Apple Pudding	2.63	3.22	Garden Peas	3.00	4.01			
Fruit Jelly & Ice Cream	1.65	2.00	Custard	.99	1.18	New Potatoes	1.28	1.67			
	9.32	11.17		13.82	15.65		14.56	16.79	84.58	100.50	
Bread	.75	.85	Orange	2.80	3.50	Raspberry Bun	1.11	1.37			Tea
Jam	.87	1.22	Bread	.75	.85	Bread	.75	.85			
Tea (2 cups)	.94	1.12	Jam	.87	1.22	Jam	.87	1.22			
	2.56	3.19	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	26.18	32.74	
Cheese & Tomato Salad	3.27	4.14	Liver & Bacon	5.00	5.28	Scotch Egg	4.16	4.87			Supper
Salad Cream	1.32	1.68	Brown Sauce	.43	.55	Mixed Salad	1.84	2.45			
Bread	.37	.42	Boiled Potatoes	.53	.71	Bread	.37	.42			
New Potatoes	1.28	1.67	Ice Cream	1.35	1.80	Baked Rice Pudding	1.73	2.05			
Blackcurrant Flan	1.85	2.33									
	8.09	10.24		7.31	8.34		8.10	9.79	58.03	72.64	
Milk	1.90	2.36	Milk	1.90	2.36	Cocoa	1.11	1.36	11.72	14.52	Late evening drink
	33.20	40.67		37.80	45.00		36.27	43.27	245.53	300.98	
						Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.	13.86	15.75	1.98	2.25	
						Grand Total Costs	259.39	316.73	37.05	45.25	

PATIENTS MENU - C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Boiled Egg	4.25	5.50	Bacon & Fried Bread	2.59	2.85	Smoked Haddock	4.00	5.50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		7.52	9.22		8.30	10.60		6.64	7.95		8.05	10.60
Mid-morning drink	Milk	1.90	2.36	Coffee	1.36	1.68	Cocoa	1.11	1.36	Coffee	1.36	1.68
Dinner	Curried Beef & Rice	7.00	7.43	Fried Fillet of Haddock	5.61	7.59	Braised Silverside of Beef	7.63	7.82	Grilled Beef Sausages (2)	5.43	5.45
	Cabbage	.88	1.15	Runner Beans	1.20	1.61	Carrots & Turnips	.87	1.17	Fried Onions ½	.59	.76
	Boiled Potatoes	.53	.71	Creamed Potatoes	.80	1.04	Boiled Potatoes	.53	.71	Cabbage	.88	1.15
	Baked Apple	2.06	2.65	Tapioca Pudding	1.74	2.08	Blackberry & Apple Pie	3.11	3.96	Brown Gravy	.43	.55
	Custard	.99	1.18	Jam Sauce	.61	.84	Custard	.99	1.18	Mashed Potatoes	.80	1.04
		11.46	13.12		9.96	13.16		13.13	14.84	Steamed Marmalade Roll	2.05	2.56
Tea	Genoa Cake (P)	2.40	3.20	Currant Bun	.73	.91	Bread	.75	.85	Custard	.99	1.18
	Bread	.75	.85	Bread	.75	.85	Jam	.87	1.22	Bread	.75	.85
	Jam	.87	1.22	Jam	.87	1.22	Tea (2 cups)	.94	1.12	Jam	.87	1.22
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12				Tea (2 cups)	.94	1.12
		4.96	6.39		3.29	4.10		2.56	3.19		2.56	3.19
Supper	Cheese & Potato Croquettes	2.75	3.39	Scotch Broth	.79	1.01	Lentil Soup	1.39	2.20	Veal & Ham Pie (P)	5.20	6.60
	Creamed Carrots	1.19	1.55	Cold Ham (T)	8.58	9.75	Scrambled Egg	3.66	4.68	Lettuce & Tomato Salad	1.84	2.45
	Bread	.37	.42	Mixed Salad	1.84	2.45	Grilled Tomato	1.50	2.00	Bread	.37	.42
	Gooseberry Fool (T)	1.86	2.07	Bread	.37	.42	Bread	.37	.42	Stewed Apples & Semolina	1.51	1.96
	Wafer Biscuit	.19	.26	Stewed Plums	1.58	2.04	Chipped Tomatoes	1.00	1.34		1.55	1.93
				Custard	.99	1.18	Ice Cream	1.35	1.80			
		6.36	7.69		14.15	16.85		9.27	12.44		10.47	13.36
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk Drink	3.45	4.42	Milk	1.90	2.36
	Total costs	33.31	40.14		38.96	48.75		36.16	44.20		35.51	43.88

W = Wholesale

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		Breakfast
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01					
Grilled Tomatoes on Toast		3.52	4.66	Beef Sausage (1)		2.84	2.85	Bacon & Pan Fried Potatoes		2.88	3.31					
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85					
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
		7.57	9.76			6.89	7.95			6.93	8.41	51.90	64.49	7.41	9.21	
Milk		1.90	2.36	Cocoa		1.11	1.36	Coffee		1.36	1.68	10.10	12.48	1.44	1.78	Mid-morning drink
Baked Fillet of Cod in Breadcrumbs		3.83	5.48	Liver & Bacon		5.00	5.28	Roast Sirloin of Beef		6.56	6.58					Dinner
Anchovy Sauce		.38	.45	Brown Sauce		.43	.55	Yorkshire Pudding		1.54	1.93					
Garden Peas		3.00	4.01	Savoy Cabbage		.88	1.15	Gravy		.12	.16					
Parsley Potatoes		.64	.86	Creamed Potatoes		.80	1.04	Runner Beans		1.20	1.61					
Trifle & Cream		1.96	2.88	Baked Rice Pudding		1.73	2.05	New Potatoes		1.28	1.67					
		9.81	13.68			8.84	10.07			13.50	15.41	77.87	92.97	11.13	13.28	
Watercress		1.05	1.40	Madeira Cake (P)		2.00	2.80	Orange		2.80	3.50					Tea
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85					
Jam		.87	1.22	Jam		.87	1.22	Jam		.87	1.22					
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12					
		3.61	4.59			4.56	5.99			5.36	6.69	26.90	34.14	3.84	4.88	
Cream of Vegetable Soup		.96	1.22	Cottage Pie		4.67	4.88	Sausage Roll		3.83	3.99					Supper
Macaroni au Gratin		1.59	1.92	Grilled Tomato		1.50	2.00	Mixed Salad		1.84	2.45					
Runner Beans		1.20	1.61	Brown Gravy		.43	.55	Parsley Potatoes		.64	.86					
Bread		.37	.42	Bread		.37	.42	Junket &		1.63	1.95					
Prunes		1.20	1.44	Apricot Flan		2.98	3.85	Jam		.84	1.17					
Custard		.99	1.18													
		6.31	7.79			9.95	11.70			8.78	10.42	65.29	80.25	9.33	11.46	
Coffee		1.36	1.68	Milk		1.90	2.36	Cocoa		1.11	1.36	12.73	15.90	1.82	2.27	Late evening drink
		30.56	39.86			33.25	39.43			37.04	43.97	244.79	300.23	34.97	42.88	
								Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.				13.86	15.75	1.98	2.25	
								Grand Total Costs				258.65	315.98	36.95	45.13	

PATIENTS MENU - C

	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Fried Egg on Fried Bread	5.03	6.41	Bacon & Baked Beans	3.83	4.19	Beef Sausage & Tomato	4.34	4.85	Bacon & Tomato	3.47	4.12
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		9.08	11.51		7.88	9.29		8.39	9.95		7.52	9.22
Mid-morning drink	Coffee	1.36	1.68	Cocoa	1.11	1.36	Coffee	1.36	1.68	Milk	1.90	2.36
Dinner	Stewed Steak	6.18	6.36	Minced Beef & Vegetable Pie	7.17	7.59	Irish Stew	4.60	4.80	Poached Fillet of Cod	3.35	4.87
	Mixed Vegetables	.91	1.32	Braised Celery	2.61	3.44	Parsnips	.88	1.15	Parsley Sauce	.55	.66
	Mashed Potatoes	.80	1.04	Boiled Potatoes	.53	.71	Parsley Potatoes	.64	.86	Carrots	.90	1.21
	Plum & Apple Pie	2.33	2.92	Stewed Gooseberries (T) †	1.01	1.33	Baked Bread Pudding	1.64	2.06	Mashed Potatoes	.80	1.04
	Custard	.99	1.18	Milky Rice	1.63	1.93	Custard	.99	1.18	Apple Crumble	2.41	3.01
		11.21	12.82		12.95	15.00		8.75	10.05	Custard	.99	1.18
Tea	Bread	.75	.85	Scone	.81	1.01	Orange	2.80	3.50	Fruit Cake (P)	2.40	3.20
	Jam	.87	1.22	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
		2.56	3.19	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
Supper	Pilchards in Tomato Sauce	3.80	5.30	Windsor Soup	1.15	1.45	Fishcake	2.46	3.21	Minestrone Soup	1.39	1.80
	Mixed Salad	1.84	2.45	Cauliflower Cheese	3.53	4.54	Parsley Sauce	.55	.66	Cornish Pasty	3.86	4.15
	Bread	.37	.42	Bread	.37	.42	Bread	.37	.42	Mashed Potatoes	.80	1.04
	Bread & Butter			Lemon Meringue Pie	1.28	1.57	Chipped Potatoes	1.00	1.34	Plums (T) & Custard	1.57	1.89
	Pudding	2.36	3.01				Ice Cream	1.35	1.80		.99	1.18
		8.37	11.18		6.33	7.98	Melba Sauce	.59	.82			
Late evening drink	Cocoa	1.11	1.36	Milk	1.90	2.36	Milk	1.90	2.36	Milk Drink	2.79	3.46
	Total costs	33.69	41.74		33.54	40.19		32.08	38.98		34.78	43.46

W = Wholesale

R = Retail

SPECIMEN WEEK for — OCTOBER

5		Cost in pence		6		Cost in pence		7		Cost in pence		Weekly cost in pence	Average daily cost in pence	Breakfast
		W	R			W	R			W	R			
Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01	Porridge or Cereal with milk		1.61	2.01			
Grilled Kipper		2.75	3.75	Bacon & Fried Bread		2.59	2.85	Boiled Egg		4.25	5.50			
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85			
Marmalade		.75	1.12	Marmalade		.75	1.12	Marmalade		.75	1.12			
Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12	Tea (2 cups)		.94	1.12			
6.80 8.85				6.64 7.95				8.30 10.60				54.61 67.37	7.80 9.63	
Cocoa		1.11	1.36	Milk		1.90	2.36	Cocoa		1.11	1.36	9.85 12.16	1.41 1.74	Mid-morning drink
Stuffed Mutton		8.27	8.32	Beef Sausages (2)		5.43	5.45	Roast Ribs of Beef		6.05	6.06			Dinner
Brown Gravy		.43	.55	Brown Sauce		.43	.55	Gravy		.12	.16			
Cabbage		.88	1.15	Curly Kale		.88	1.15	Savoy Cabbage		.88	1.15			
Creamed Potatoes		.80	1.04	Parsley Potatoes		.64	.86	Roast Potatoes		.89	1.16			
Tapioca Pudding & Stewed Apricots (D) †		1.74	2.08	Steamed Lemon Pudding		2.27	2.77	Apple Pie		2.34	2.94			
1.03 1.20				Custard		.99	1.18	Custard		.99	1.18			
13.15 14.34				10.64 11.96				11.27 12.65				76.97 88.79	10.99 12.68	
Bread		.75	.85	Watercress		1.05	1.40	Cheese		1.43	1.69			Tea
Jam		.87	1.22	Bread		.75	.85	Bread		.75	.85			
Tea (2 cups)		.94	1.12	Jam		.87	1.22	Jam		.87	1.22			
2.56 3.19				3.61 4.59				3.99 4.88				26.41 33.13	3.77 4.73	
Cold Brisket of Beef (T)		6.37	7.50	Rabbit Pie		6.50	9.33	Tomato Soup		1.30	1.69			Supper
Lettuce & Tomato Salad		1.84	2.45	Mashed Potatoes		.80	1.04	Bread		.19	.21			
Bread		.37	.42	Ground Rice Pudding		1.65	1.95	Sardines on Toast		4.56	5.31			
Mincemeat Slice		2.07	2.51	Jam		.84	1.17	Milk Jelly & Cream		2.85	3.56			
10.65 12.88				9.79 13.49				9.54 11.53				59.61 75.37	8.51 10.77	
Milk		1.90	2.36	Coffee		1.36	1.68	Milk		1.90	2.36	12.86 15.94	1.84 2.28	Late evening drink
36.17 42.98				33.94 42.03				36.11 43.38				240.31 292.76	34.32 41.83	
								Add Cost of Personal Issues: Butter 4 ozs. Margarine 3 oz, Sugar 8 oz.				13.86 15.75	1.98 2.25	
								Grand Total Costs				254.17 308.51	36.30 44.08	

PATIENTS MENU — C

Breakfast	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01
	Bacon & Fried Bread	2-59	2-85	Tomatoes on Toast	3-52	4-66	Bacon & Baked Beans	3-83	4-19	Smoked Haddock	4-00	5-50
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12
		6-64	7-95		7-57	9-76		7-88	9-29		8-05	10-60
Mid-morning drink	Coffee	1-36	1-68	Cocoa	1-11	1-36	Milk	1-90	2-36	Milk	1-90	2-36
Dinner	Cottage Pie	4-67	4-88	Brown Beef Stew	6-69	7-14	Fried Fillet of Haddock	5-61	7-59	Stuffed Hearts	6-20	6-44
	Savoy Cabbage	.88	1-15	Carrots	.90	1-21	Tomato Sauce	.49	.64	Cabbage	.88	1-15
	Brown Gravy	.43	.55	Mashed Potatoes	.80	1-04	Tinned Peas	2-26	2-78	Parsley Potatoes	.64	.86
	Parsley Potatoes	.64	.86	Fig & Ginger Pudding	1-78	2-07	Creamed Potatoes	.80	1-04	Apricot Flan (T)	2-98	3-85
	Steamed Currant Roll	1-68	1-94	Custard	.99	1-18	Eve's Pudding	2-51	3-12			
	Custard	.99	1-18				Custard	.99	1-18			
		9-29	10-56		11-16	12-64		12-66	16-35		10-70	12-30
Tea	Sweet Biscuits	.85	1-10	Watercress	1-05	1-40	Bread	.75	.85	Cherry Cake	1-31	1-78
	Bread	.75	.85	Bread	.75	.85	Jam	87	1-22	Bread	.75	.85
	Jam	.87	1-22	Jam	.87	1-22	Tea (2 cups)	.94	1-12	Jam	.87	1-22
	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12				Tea (2 cups)	.94	1-12
		3-41	4-29		3-61	4-59		2-56	3-19		3-87	4-97
Supper	Cold Ham (T)	8-58	9-75	Cauliflower au Gratin	3-53	4-54	Vegetable Soup	1-10	1-40	Grilled Beef Sausage (2)	5-43	5-45
	Lettuce & Tomato Salad	1-84	2-45	Bread	.37	.42	Luncheon Meat	4-19	6-00	Tomato	1-50	2-00
	Bread	.37	.42	Saute Potatoes	.91	1-19	Mixed Salad	1-84	2-45	Chipped Potatoes	1-00	1-34
	Cabinet Pudding	2-59	3-32	Baked Apple Dumpling	2-50	3-14	Bread	.37	.42	Semolina Pudding & Damsons (T) $\frac{1}{2}$	1-55	1-93
				Custard	.99	1-18	Parsley Potatoes	.64	.86		1-15	1-51
							Blanc Mange	1-33	1-60			
		13-38	15-94		8-30	10-47		9-47	12-73		10-63	12-23
Late evening drink	Milk	1-90	2-36	Milk	1-90	2-36	Milk Drink	2-79	3-46	Coffee	1-36	1-68
	Total costs	35-98	42-78		33-65	41-18		37-26	47-38		36-51	44-14

W = Wholesale

R = Retail

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		Breakfast	
Porridge or Cereal with milk		1-61	2-01	Porridge or Cereal with milk		1-61	2-01	Porridge or Cereal with milk		1-61	2-01						
Cold Ham		6-02	6-37	Beef Sausage & Tomato		4-34	4-85	Scrambled Egg on Toast		4-20	5-31						
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Marmalade		.75	1-12	Marmalade		.75	1-12	Marmalade		.75	1-12						
Tea (2 cups)		.94	1-12	Tea (2 cups)		.94	1-12	Tea (2 cups)		.94	1-12						
10-07 11-47				8-39 9-95				8-25 10-41				56-85 69-43		8-12 9-92		Mid-morning drink	
Cocoa		1-11	1-36	Coffee		1-36	1-68	Milk		1-90	2-36	10-64 13-16		1-52 1-88			
Roast Topside of Beef		7-10	7-12	Steak Pie		6-59	6-79	Roast Leg of Lamb		8-03	8-04					Dinner	
Gravy		.12	.16	Cabbage		.88	1-15	Onion Sauce		.50	.62						
Stewed Leeks		1-50	1-93	Boiled Potatoes		.53	.71	Gravy		.12	.16						
Roast Potatoes		.89	1-16	Trifle & Cream		1-96	2-88	Brussel Sprouts		2-10	2-81						
Stewed Figs		1-20	1-44					Roast Potatoes		.89	1-16						
Custard		.99	1-18					Apple Charlotte		1-65	2-11						
								Custard		.99	1-18						
11-80 12-99				9-96 11-53				14-28 16-08				79-85 92-45		11-41 13-21			
Orange		2-80	3-50	Scone		.81	1-01	Victoria Sponge		1-72	2-13					Tea	
Bread		.75	.85	Bread		.75	.85	Bread		.75	.85						
Jam		.87	1-22	Jam		.87	1-22	Jam		.87	1-22						
Tea (2 cups)		.94	1-12	Tea (2 cups)		.94	1-12	Tea (2 cups)		.94	1-12						
5-36 6-69				3-37 4-20				4-28 5-32				26-46 33-25		3-78 4-75			
Lentil Soup		1-39	2-20	Tripe & Onions		4-92	5-33	Veal & Ham Pie (P)		5-20	6-60					Supper	
Cheese Pudding		1-58	1-93	Mashed Potatoes		.80	1-04	Lettuce		1-10	1-45						
Carrots in Cream Sauce		1-19	1-55	Bread		.37	.42	Bread		.37	.42						
Bread		.37	.42	Custard Flan		1-74	2-27	Sago Pudding & Jam		1-60	1-98						
Ice Cream		1-35	1-80							.84	1-17						
5-88 7-90				7-83 9-06				9-11 11-62				64-60 79-95		9-23 11-42			
Milk		1-90	2-36	Cocoa		1-11	1-36	Milk		1-90	2-36	12-86 15-94		1-84 2-27		Late evening drink	
36-12 42-77				32-02 37-78				39-72 48-15				251-26 304-18		35-90 43-45			
								Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.				13-86 15-75		1-98 2-25			
								Grand Total Costs				265-12 319-93		37-88 45-70			

PATIENTS MENU - C

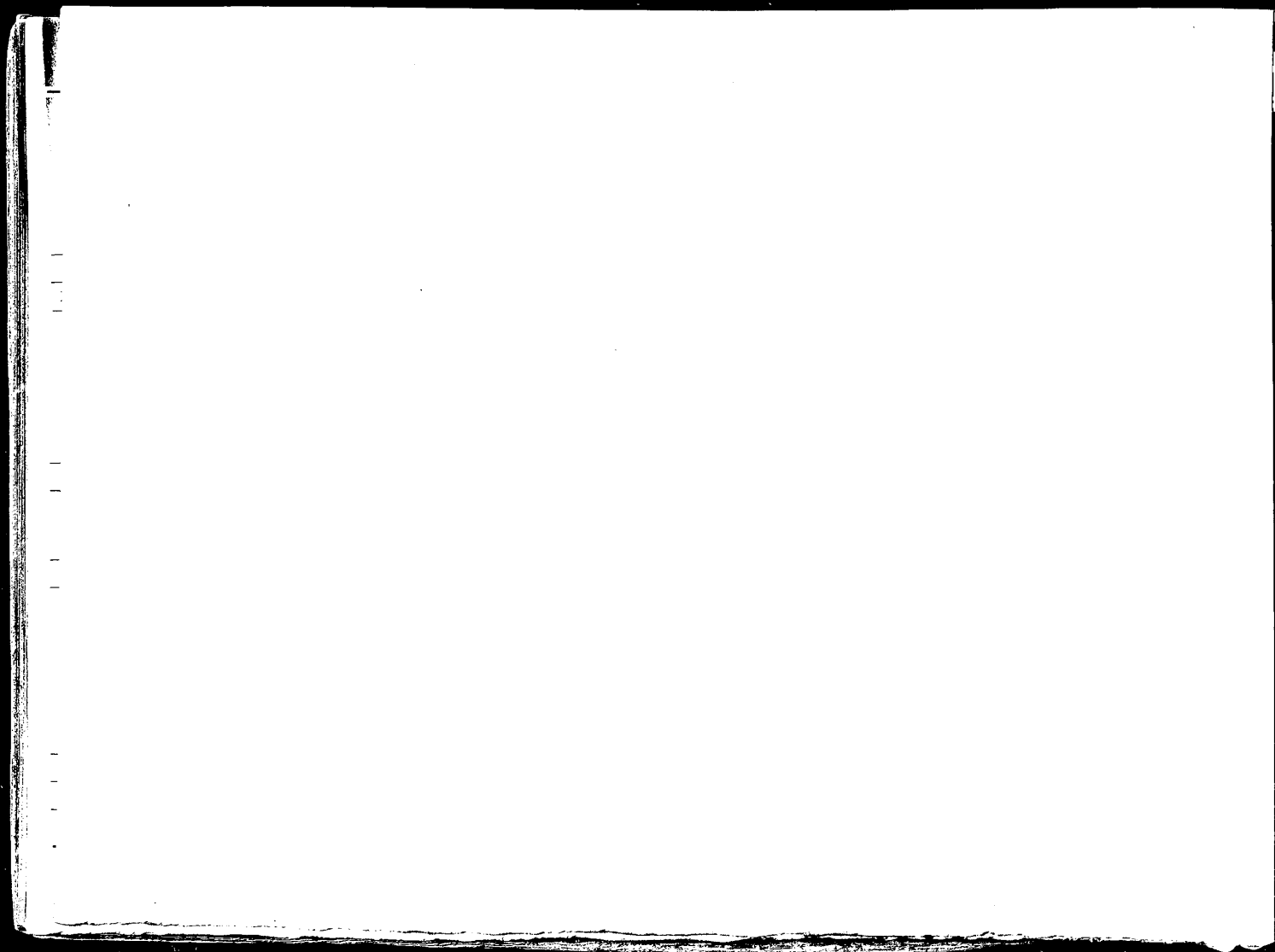
	1	Cost in pence		2	Cost in pence		3	Cost in pence		4	Cost in pence	
		W	R		W	R		W	R		W	R
Breakfast	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01	Porridge or Cereal with milk	1.61	2.01
	Bacon & Tomatoes	3.47	4.12	Beef Sausage (1)	2.84	2.85	Bacon & Fried Bread	2.59	2.85	Grilled Kipper	2.75	3.75
	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12	Marmalade	.75	1.12
	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		7.52	9.22		6.89	7.95		6.64	7.95		6.80	8.85
Mid-morning drink	Coffee	1.36	1.68	Milk	1.90	2.36	Coffee	1.36	1.68	Milk	1.90	2.36
Dinner	Brown Mutton Stew	4.61	4.82	Stewed Rabbit	8.08	12.00	Baked Stuffed Haddock	4.88	6.73	Beef Croquette	4.98	5.31
	Tinned Peas	2.26	2.78	Carrots	.90	1.21	Grilled Tomato	1.50	2.00	Brown Sauce	.43	.55
	Parsley Potatoes	.64	.86	Mashed Potatoes	.80	1.04	Chipped Potatoes	1.00	1.34	Fried Onions ½	.59	.76
	Peach Flan (T) & Cream	3.25	4.24	Baked Marmalade Roll	1.71	2.24	Semolina Pudding & Tinned Plums	1.55	1.93	Cabbage ½	.44	.57
		.40	.60	Custard	.99	1.18				Parsley Potatoes	.64	.86
										Baked Rice Pudding	1.73	2.05
		11.16	13.30		12.48	17.67		10.50	13.89		8.81	10.10
Tea	Bread	.75	.85	Orange	2.80	3.50	Madeira Cake (P)	2.00	2.80	Watercress	1.05	1.40
	Jam	.87	1.22	Bread	.75	.85	Bread	.75	.85	Bread	.75	.85
	Tea (2 cups)	.94	1.12	Jam	.87	1.22	Jam	.87	1.22	Jam	.87	1.22
				Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12	Tea (2 cups)	.94	1.12
		2.56	3.19		5.36	6.69		4.56	5.99		3.61	4.59
Supper	Scotch Egg	4.16	4.87	Grilled Herring	3.26	4.38	Mutton Broth	.76	.98	Braised Ox Liver	5.69	5.81
	Mixed Salad	1.84	2.45	Mustard Sauce	.22	.29	Bread	.19	.21	Brown Sauce	.43	.55
	Bread	.37	.42	Bread	.37	.42	Luncheon Meat	4.19	6.00	Bread	.37	.42
	Tapioca Pudding & Jam	1.74	2.08	Blackcurrant Flan (T)	2.18	2.77	Mixed Salad	1.84	2.45	Mashed Potatoes	.80	1.04
		.84	1.17				Parsley Potatoes	.64	.86	Coffee Mould	1.49	1.80
							Ice Cream	1.35	1.80			
		8.95	10.99		6.03	7.86		8.97	12.30		8.78	9.62
Late evening drink	Milk	1.90	2.36	Milk	1.90	2.36	Milk	1.90	2.36	Cocoa	1.11	1.36
	Total costs	33.45	40.74		34.56	44.89		33.93	44.17		31.01	36.88

W = Wholesale

R = Retail

SPECIMEN WEEK for — DECEMBER

5			6			7			Weekly cost in pence		Average daily cost in pence		Breakfast
Cost in pence W R			Cost in pence W R			Cost in pence W R			W R		W R		
Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01	Porridge or Cereal with milk	1-61	2-01					
Fried Egg & Tomato	6-11	7-90	Bacon & Baked Beans	3-83	4-19	Boiled Egg	4-25	5-50					
Bread	.75	.85	Bread	.75	.85	Bread	.75	.85					
Marmalade	.75	1-12	Marmalade	.75	1-12	Marmalade	.75	1-12					
Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12	Tea (2 cups)	.94	1-12					
10-16 13-00			7-88 9-29			8-30 10-60			54-19 66-86		7-74 9-55		
Milk Drink	2-79	3-46	Coffee	1-36	1-68	Cocoa	1-11	1-36	11-78	14-58	1-68	2-08	Mid-morning drink
Grilled Fillet of Cod	3-71	5-28	Beef & Tomato Hot Pot	6-61	6-88	Roast Leg of Pork	8-53	8-54					Dinner
Anchovy Sauce	.38	.45	Cabbage	.88	1-15	Sage & Onion Stuffing	.46	.60					
Cauliflower	2-25	3-01	Creamed Potatoes	.80	1-04	Apple Sauce	.78	1-00					
Saute Potatoes	.91	1-19	Steamed Chocolate Pudding	1-68	1-94	Gravy	.12	.16					
Gooseberry & Apple Pudding (T)	2-53	3-12	Custard	.99	1-18	Brussel Sprouts	2-10	2-81					
Custard	.99	1-18				Roast Potatoes	.89	1-16					
10-77 14-23			10-96 12-19			16-91 19-13			81-59 100-51		11-66 14-36		
Bread	.75	.85	Cheese	1-43	1-69	Fruit Cake	2-40	3-20					Tea
Jam	.87	1-22	Bread	.75	.85	Bread	.75	.85					
Tea (2 cups)	.94	1-12	Jam	.87	1-22	Jam	.87	1-22					
2-56 3-19			3-99 4-88			4-96 6-39			27-60 34-92		3-94 4-99		
Cheese & Tomato Flan	2-36	2-90	Fishcake	2-46	3-21	Sausage Roll	3-83	3-99					Supper
Tinned Peas	2-26	2-78	Parsley Sauce	.55	.66	Lettuce & Tomato Salad	1-84	2-45					
Parsley Potatoes	.64	.86	Chipped Potatoes	1-00	1-34	Potato Mayonnaise	1-65	2-10					
Apple Conde	1-96	2-44	Sago Pudding & Tinned Pineapple ½	1-60	1-98	Trifle & Cream	1-96	2-88					
7-22 8-98			7-40 9-23			9-28 11-42			56-63 70-40		8-09 10-06		
Milk	1-90	2-36	Milk	1-90	2-36	Milk	1-90	2-36	12-51	15-52	1-79	2-22	Late evening drink
35-40 45-22			33-49 39-63			42-46 51-26			244-30 302-79		34-90 43-26		
Add Cost of Personal Issues: Butter 4 ozs, Margarine 3 oz, Sugar 8 oz.									13-86 15-75		1-98 2-25		
Grand Total Costs									258-16 318-54		36-88 45-51		



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.

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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 ¾ 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
Wafers 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 portion
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 | 56. BUN WASH | 100 portions | 61. DEVONSHIRE SPLITS | 100 portions |
| Flour | 6 lbs. | Sugar | 4 ozs. | Basic Bun Dough | Full |
| Yeast | 3 ozs. | Water | 1 gill | Jam | 3 lbs. |
| Water | 3 pts. | | | Synthetic Cream | 2 pts. |
| Dried Milk | 6 ozs. | | | Icing Sugar | 4 ozs. |
| Cooking Fat or Margarine | 10 ozs. | 57. CHELSEA BUNS | 100 portions | | |
| Sugar | 10 ozs. | Basic Bun Dough | Full | 62. DOUGHNUTS | 100 portions |
| Salt | 1½ ozs. | Currants | 1 lb. | Flour | 6 lbs. |
| Flour | ½ lb. | Sultanas | 1 lb. | Yeast | 4 ozs. |
| | | Mixed Spice | ½ oz. | Water | 2½ pts. |
| | | Margarine | ½ lb. | Dried Milk | 8 ozs. |
| | | Sugar | ½ lb. | Cooking Fat | 8 ozs. |
| | | Bun Wash | Full | Sugar | 8 ozs. |
| | | | | Salt | ½ oz. |
| 53. BATH BUNS | 100 portions | 58. COCONUT BUNS | 100 portions | Frying Media | 4 lbs. |
| Basic Bun Dough | Full | Flour | 6 lbs. | Sugar | 2 lbs. |
| Eggs | 4 | Margarine | 1½ lbs. | Jam | 1 lb. |
| Margarine | 1 lb. | Sugar | 1½ lbs. | Flour (Dusting) | ½ lb. |
| Sultanas | 1 lb. | Baking Powder | 3 ozs. | | |
| Peel | ½ lb. | Desiccated Coconut | 1 lb. | 63. HOT CROSS BUNS | 100 portions |
| Sugar Nibs | 1 lb. | Water | 2 pts. | Basic Bun Dough | Full |
| | | Dried Milk | 6 ozs. | Bun Wash | Full |
| | | Salt | 1 oz. | Flour | 1 lb. |
| | | Flour | ½ lb. | Salt | 2 ozs. |
| | | | | Oil | 1 gill |
| 54. BELGIAN BUNS | 100 portions | 59. CURRANT BUNS | 100 portions | Bun Spice | 1/10th oz. |
| Basic Bun Dough | Full | Basic Bun Dough | Full | Currants | ½ lb. |
| Flour | 6 ozs. | Currants | 1 lb. | Sultanas | ½ lb. |
| Margarine | 10 ozs. | Bun Wash | Full | Peel | ½ lb. |
| Ground Almonds | 10 ozs. | | | | |
| Sugar | 10 ozs. | | | 64. MIXED FRUIT BUNS | 100 portions |
| Eggs | 4 | | | Basic Bun Dough | Full |
| Essence | 1/5th oz. | | | Currants | ½ lb. |
| Bun Wash | Full | | | Sultanas | ½ lb. |
| | | | | Peel | ½ lb. |
| | | | | Bun Wash | Full |
| 55. BREAD ROLLS | 100 portions | 60. DANISH BUNS | 100 portions | | |
| Flour | 6 lbs. | Basic Bun Dough | Full | | |
| Yeast | 4½ ozs. | Jam | 1 lb. | | |
| Salt | 1½ ozs. | Bun Wash | Full | | |
| Margarine | 6 ozs. | Sultanas | 1 lb. | | |
| Milk | 3 pts. | | | | |
| Sugar | 1/6th oz. | | | | |
| Flour | ½ lb. | | | | |

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	1½ 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	5½ 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	1¼ lbs.
Water	
Salt	1½ 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

Flour	100 portions
Margarine	4 lbs.
Sugar	1¼ lbs.
Baking Powder	1½ lbs.
Milk	2½ ozs.
Eggs	1½ pts.
Salt	6
Flour	½ oz.
	½ lb.

73. BASIC SCONE MIXTURE

Flour	100 portions
Margarine	6 lbs.
Bicarbonate of Soda	12 ozs.
Cream of Tartar	1½ ozs.
Salt	3 ozs.
Milk	1½ ozs.
Water	1½ pts.
Dried Milk	1½ pts.
	6 ozs.

74. BUTTERFLY CAKES 100 portions

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

75. CHERRY CAKES (individual)

Basic Cake Mixture	100 portions
Glaze Cherries	Full
	1 lb.

76. CHERRY CAKE (purchased)

Cherry Cake	100 portions
	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 1¼ lbs.
Sugar 1¼ lbs.
Baking Powder 2½ ozs.
Milk 1½ pts.
Eggs 6
Cocoa ¼ lb.
Vanilla Essence ¼ 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 ¼ 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 1¼ lbs.
Water
Salt 1½ 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 1½ 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	1 $\frac{3}{4}$ lbs.
Water	1 $\frac{3}{4}$ pts.
Salt	2 ozs.
Jam	1 $\frac{1}{2}$ lbs.
Sugar	8 ozs.
Flour	$\frac{1}{4}$ lb.

93. LEMON CAKES (individual)	100 portions
Basic Cake Mixture	Full
White Fondant	1 $\frac{1}{2}$ lbs.
Lemons	6

94. MADEIRA CAKE (purchased)	100 portions
Madeira Cake	10 lbs.

95. MERINGUES	100 portions
Whites of Egg	1 $\frac{1}{2}$ pts.
Sugar	3 lbs.
Synthetic Cream	2 pts.
Salt	

96. MILLE FEUILLES	100 portions
Flour	3 lbs.
Margarine	3 lbs.
Lemon	1
Salt	$\frac{1}{4}$ oz.
Water	30 ozs.
Jam	$\frac{1}{2}$ lb.
Fondant White	1 lb.
Synthetic Cream	2 pts.
Flour	$\frac{1}{4}$ lb.

97. OATMEAL SCONES	100 portions
Flour	5 lbs.
Oatmeal	1 lb.
Margarine	12 ozs.
Bicarbonate of Soda	1 $\frac{1}{2}$ ozs.
Cream of Tartar	3 ozs.
Salt	1 $\frac{1}{2}$ ozs.
Milk	1 $\frac{1}{2}$ pts.
Water	1 $\frac{1}{2}$ pts.
Dried Milk	6 ozs.
Sugar	$\frac{3}{4}$ lb.
Flour	$\frac{1}{2}$ lb.

98. RICH FRUIT CAKE (Slab or round)	100 portions
Flour	3 $\frac{3}{4}$ lbs.
Currants	1 $\frac{1}{2}$ lbs.
Sultanas	1 $\frac{1}{2}$ lbs.
Peel	$\frac{1}{2}$ lb.
Liquid Egg	2 $\frac{1}{2}$ lbs.
Sugar	2 $\frac{1}{2}$ lbs.
Margarine	2 $\frac{1}{2}$ lbs.
Essence	$\frac{1}{2}$ oz.
Salt	

99. ROCK CAKES	100 portions
Flour	6 lbs.
Margarine	2 lbs.
Sugar	2 lbs.
Baking Powder	3 ozs.
Currants	1 $\frac{1}{4}$ lbs.
Eggs	2
Milk	1 pt.
Water	1 pt.
Salt	
Flour	$\frac{1}{2}$ lb.

100. SCOTCH PANCAKES	100 portions
Flour	4 lbs.
Baking Powder	2 ozs.
Margarine	8 ozs.
Sugar	1 lb.
Eggs	4
Milk	2 $\frac{1}{2}$ pts.
Lemon	1
Salt	$\frac{3}{4}$ oz.
Dripping	$\frac{1}{2}$ lb.

101. SPONGE MIXTURE for fancy cakes	100 portions
Flour	4 lbs.
Sugar	3 lbs.
Margarine	1 lb.
Dried Egg	1 lb.
Baking Powder	5 $\frac{1}{2}$ 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 rolls.

104. VICTORIA SPONGE	100 portions
Flour	2 $\frac{1}{2}$ lbs.
Sugar	2 $\frac{1}{2}$ lbs.
Margarine	2 $\frac{1}{2}$ 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	$\frac{1}{4}$ lb.

COLD BUFFET

106. BRISLINGS	100 portions
Brislings	15 tins

107. CAMBRIDGE SAUSAGES

	100 portions
Sausages	$12\frac{1}{2}$ lbs.
Breadcrumbs	2 lbs.
Eggs	3
Flour	1 lb.
Salt	1 oz.
Frying Media	$1\frac{1}{2}$ lbs.

108. CHEESE	100 portions
Cheese	$6\frac{1}{2}$ lbs.

109. CHEESE & BISCUITS	100 portions
Cheese	$6\frac{1}{2}$ lbs.
Water Biscuits	3 lb.

110. COLD HAM	100 portions
Fresh Gammon	20 lbs.

111. COLD HAM (T)	100 portions
Tinned Gammon	13 lbs.

112. COLD MEAT	100 portions
($\frac{1}{2}$ tongue, $\frac{1}{2}$ luncheon meat)	
Ox tongue	$6\frac{1}{4}$ lbs.
Luncheon Meat	$6\frac{1}{4}$ 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	$1/16$ th oz.
Salt	2 ozs.
Black Pepper	$1/8$ th 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	$1/8$ th oz.
Seasoning	2 ozs.
Pork Stock	1 gal.
Flour)	10 lbs.
Cooking Fat) Hot	$2\frac{1}{2}$ lbs.
Water) water	$1\frac{1}{2}$ pts.
Salt) paste	2 ozs.

116. JELLIED STEAK PIE	100 portions
Back Ribs of Beef	12 lbs.
Flour	10 lbs.
Cooking Fat	$2\frac{1}{2}$ lbs.
Gelatine Powder	4 ozs.
Salt	1 oz.
Pepper	$1/8$ th oz.
Water	$3\frac{1}{2}$ pts.
Salt	2 ozs.
Onions	1 lb.

117. JELLIED VEAL (tinned)

	100 portions
Jellied Veal	$12\frac{1}{2}$ lbs.

118. LUNCHEON MEAT	100 portions
Luncheon Meat	$12\frac{1}{2}$ lbs.

119. MEAT LOAF (tinned)	100 portions
Meat Loaf	$12\frac{1}{2}$ lbs.

120. PRESSED BEEF (tinned)	100 portions
Pressed Beef	$12\frac{1}{2}$ lbs.

121. SCOTCH EGGS	100 portions
Eggs	50
Sausagemeat	8 lbs.
Flour	1 lb.
Flour	$1\frac{1}{2}$ lbs.
Water	3 pts.
Breadcrumbs	3 lbs.
Frying Media	$1\frac{1}{2}$ 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 $\frac{1}{2}$ pt.
Salt $\frac{1}{2}$ oz.

126. POACHED EGGS ON FRIED BREAD

100 portions
Eggs 100
Vinegar $\frac{1}{2}$ pt.
Salt $\frac{1}{2}$ oz.
Bread 14 lbs.
Frying Media 4 lbs.

127. POACHED EGG ON SPINACH

100 portions
Eggs 100
Vinegar $\frac{1}{2}$ pt.
Salt 2 ozs.
Spinach 30 lbs.

128. POACHED EGG ON TOAST

100 portions
Eggs 100
Vinegar $\frac{1}{2}$ pt.
Salt $\frac{1}{2}$ oz.
Bread 14 lbs.
Margarine 1 lb.

129. SCRAMBLED EGG & MINCED HAM

100 portions
HAM 75
Eggs 4 pts.
White Sauce 1 oz.
Salt $\frac{1}{2}$ lb.
Margarine 2 pts.
Milk 4 lbs.
Bacon (Cooked Chopped Ham)

130. SCRAMBLED EGG ON TOAST

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

131. SCRAMBLED EGG (dried)

100 portions
Dried Egg $2\frac{1}{2}$ lbs.
Water
White Sauce 4 pts.
Salt 1 oz.
Margarine $\frac{1}{2}$ lb.
Milk 2 pts.

132. SCRAMBLED EGGS (fresh)

100 portions
Eggs 75
White Sauce 4 pts.
Salt 1 oz.
Margarine $\frac{1}{2}$ 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 $1\frac{1}{2}$ pts.
Streaky Bacon 6 lbs.
Eggs 36
Milk 6 pts.
Seasoning
Eggs 2
Baking Powder $4\frac{1}{2}$ 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 $\frac{1}{2}$ oz.
Eggs 4
Flour 1 lb.
Dripping 4 lbs.
Sausagemeat (beef) 6 lbs.
Mixed Herbs $\frac{1}{2}$ oz.

136. BEEF GOULASH

100 portions
Shoulder of Beef 20 lbs.
Onions 2 lbs.
Carrots 2 lbs.
Tomato Puree $\frac{1}{2}$ lb.
Faggot 1
Flour $\frac{1}{2}$ lb.
Paprika $\frac{1}{2}$ lb.
Salt 1 oz.
Pepper $1\frac{1}{8}$ oz.
Stock 2 gals.
Dripping $\frac{1}{2}$ lb.

137. BEEF HOT POT

100 portions
Potatoes 20 lbs.
Shoulder of Beef 20 lbs.
Onions 4 lbs.
Pepper $\frac{1}{2}$ oz.
Salt 2 ozs.
Flour $\frac{1}{2}$ 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 $\frac{1}{2}$ lb.
 Salt 1 oz.
 Pepper $\frac{1}{2}$ oz.
 Thyme $\frac{1}{16}$ th oz.
 Parsley 2 ozs.
 Eggs 2

139. BEEF & TOMATO HOT POT 100 portions
 Potatoes 20 lbs.
 Shoulder of Beef 20 lbs.
 Onions 4 lbs.
 Pepper $\frac{1}{2}$ oz.
 Salt 4 ozs.
 Tomatoes 4 lbs.
 Flour $\frac{1}{2}$ lb.
 Parsley 4 ozs.

140. BOILED FOWL 100 portions
 Boiling Fowls 40 lbs.
 Carrots $\frac{1}{2}$ lb.
 Onions $\frac{1}{2}$ lb.
 Salt $\frac{1}{2}$ lb.
 Clove $\frac{1}{64}$ th 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 $\frac{1}{2}$ 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 $\frac{1}{8}$ th oz.
 Tomato Puree $\frac{1}{2}$ 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 $\frac{1}{2}$ lb.

145. BRAISED GAMMON 100 portions
 (Fresh)
 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 $\frac{1}{2}$ gal.

148. BRAISED OX HEARTS AND STUFFING 100 portions
 Ox Hearts $37\frac{1}{2}$ lbs.
 Carrots 4 lbs.
 Onions 4 lbs.
 Flour 2 lbs.
 Dripping 1 lb.
 Salt 2 ozs.
 Bread 3 lbs.
 Suet 1 lb.
 Onion $\frac{1}{2}$ lb.
 Salt 1 oz.
 Pepper $\frac{1}{2}$ oz.
 Thyme $\frac{1}{16}$ th oz.
 Parsley 2 ozs.
 Eggs 2

149. BRAISED OX LIVER 100 portions
 Grilled Ox Liver Full
 Brown Sauce $\frac{1}{2}$ gal.

150. BRAISED OX TONGUE 100 portions
 Ox Tongue 18 lbs.
 Brown Sauce $\frac{1}{2}$ 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 ½ lb.
 Salt 1 oz.
 Faggot 1

153. BREADED LAMB CUTLETS
 (4 ozs.) 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 4 lbs.
 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.
Compound 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 3½ lbs.
Water
Salt 1½ 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 3½ lbs.
Water
Salt 1½ ozs.
Bacon Shoulder 6 lbs.

166. CHICKEN VOL AU VENTS 100 portions

Flour 5 lbs.
Margarine 5 lbs.
Water
Salt 1½ 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 ½ 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 ½ oz.

171. CURRIED BEEF & RICE 100 portions

Shoulder of Beef 20 lbs.
Onions 4 lbs.
Tomato Puree 1 lb.
Flour 2 lbs.
Desiccated Coconut ½ 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
(4 ozs.) 100 portions
Lamb Chops 25 lbs.
Salt 1 oz.

174. GRILLED LAMB CUTLETS
(4 ozs.) 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 $\frac{1}{4}$ lb.
Salt 2 ozs.
Pepper 1/8th oz.
Dripping $\frac{1}{2}$ 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 $\frac{1}{4}$ oz.

178. LANCASHIRE HOT POT 100 portions
Whole Neck of Lamb 25 lbs.
Potatoes 20 lbs.
Onions 4 lbs.
Pepper $\frac{1}{2}$ oz.
Salt 4 ozs.
Parsley 2 ozs.

179. LIVER & BACON 100 portions
Ox Liver 14 lbs.
Streaky Bacon 5 lbs.
Brown Sauce $\frac{1}{2}$ gal.
Dripping 2 lbs.
Flour 1 lb.

180. LUNCHEON MEAT FRITTERS 100 portions
Luncheon Meat 12 $\frac{1}{2}$ 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 $\frac{1}{2}$ lb.
Flour 8 lbs.
Margarine 1 $\frac{1}{2}$ lbs.
Cooking Fat 1 $\frac{1}{2}$ lbs.
Salt 2 ozs.
Water

182. MINCED BEEF 100 portions
Flat Ribs of Beef 20 lbs.
Onions 1 lb.
Dripping $\frac{1}{2}$ lb.
Flour $\frac{1}{2}$ lb.
Water
Tomato Puree 4 ozs.
Carrots 1 lb.

183. MINCED BEEF CURRY & RICE 100 portions
Flat Ribs of Beef 16 $\frac{1}{2}$ lbs.
Onions 4 lbs.
Flour $\frac{1}{2}$ lb.
Dripping $\frac{1}{2}$ lb.
Curry Powder $\frac{1}{2}$ lb.
Cooking Apples $\frac{1}{2}$ lb.
Tomato Puree $\frac{1}{2}$ lb.
Salt 2 ozs.
Rice 3 lbs.
Desiccated Coconut $\frac{1}{2}$ 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) $\frac{1}{2}$ lb.
Stock 1 gal.
Dripping $\frac{1}{2}$ lb.

186. MINCED CHICKEN 100 portions

Boiling Fowls	25 lbs.
White Sauce	2 pts.
Onions	$\frac{1}{2}$ lb.
Carrots	$\frac{1}{2}$ lb.
Salt	2 ozs.
Parsley	2 ozs.

187. MINCED LAMB IN CREAM

SAUCE 25 portions

Leg of Lamb	5 lbs.
Carrots	1 lb.
Stock	$1\frac{1}{2}$ pts.
Milk	$1\frac{1}{2}$ pts.
Margarine	6 ozs.
Flour	6 ozs.
Salt	$\frac{1}{2}$ 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	$1\frac{1}{2}$ lbs.
Cooking Fat	$1\frac{1}{2}$ lbs.
Salt	2 ozs.
Water	

189. ROAST CHICKEN & STUFFING 100 portions

Roasting Fowls	40 lbs.
Salt	1 oz.
Dripping	$1\frac{1}{2}$ lbs.
Bread	2 lbs.
Suet	$\frac{1}{2}$ lb.
Parsley	1 oz.
Thyme	$1\frac{1}{8}$ oz.
Salt	1 oz.
Dripping	$\frac{1}{2}$ lb.
Lemon	1

190. RUMP STEAK & ONIONS

(4 ozs.) 100 portions

Rump Steak	25 lbs.
Dripping	2 lbs.
Onions	$12\frac{1}{2}$ lbs.
Salt	2 ozs.
Pepper	$1\frac{1}{8}$ oz.

191. SAUSAGES (BEEF)

(2 per portion) 100 portions

Beef Sausages	25 lbs.
Dripping	$\frac{1}{2}$ lb.

192. SAUSAGES (PORK)

(2 per portion) 100 portions

Pork Sausages	25 lbs.
Dripping	$\frac{1}{2}$ lb.

193. SAUSAGE ROLLS

100 portions

Flour	8 lbs.
Margarine	$1\frac{1}{2}$ lbs.
Cooking Fat	$1\frac{1}{2}$ lbs.
Water	
Sausagemeat	10 lbs.

194. SAUSAGE TOAD (BEEF)

100 portions

Beef Sausages	$12\frac{1}{2}$ 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	$12\frac{1}{2}$ 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	$\frac{1}{4}$ oz.
Breadcrumbs	4 lbs.
Sausagemeat	6 lbs.
Mixed Herbs	$\frac{1}{2}$ oz.
Flour	1 lb.
Frying Media	4 lbs.
Eggs	4

197. SCOTCH MUTTON PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ 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. ozs.
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 KIDNEYS (OX)

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 $\frac{1}{2}$ lb.
Flour 2 lbs.
Salt 2 ozs.
Carrots 4 lbs.
Celery $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ oz.

209. STEWED RABBIT 100 portions
Rabbits 37 $\frac{1}{2}$ 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 12 $\frac{1}{2}$ lbs.
Breadcrumbs 4 lbs.
Salt 1 oz.
Pepper 1/8th oz.
Onions 1 lb.
Dripping $\frac{1}{2}$ lb.
Parsley 4 ozs.
Tomatoes 3 lbs.

211. STUFFED MUTTON 100 portions
Shoulder of Lamb 25 lbs.
Bread 2 lbs.
Suet $\frac{1}{2}$ lb.
Parsley 1 oz.
Thyme 1/8th oz.
Salt 1 oz.
Dripping $\frac{1}{2}$ lb.
Lemon 1

212. TRIPE & ONIONS 100 portions
Tripe 30 lbs.
Onions 4 lbs.
Margarine 1 $\frac{1}{2}$ lbs.
Flour 1 $\frac{1}{2}$ lbs.
Milk 8 pts.
Salt 3 ozs.
Pepper $\frac{1}{4}$ 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.
Parsely 2 ozs.
Lemon 1
Seasoning
Eggs 2
Margarine $\frac{1}{2}$ 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 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	1/2 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	1 1/2 lbs.
Breadcrumbs	1 lb.
Tomatoes	4 lbs.

223. FRIED CODS ROE (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 (fresh)

	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	1/2 oz.

233. GRILLED FILLET OF COD

	100 portions
Fillet of Cod	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ oz.

234. GRILLED FILLET OF HADDOCK (fresh)

	100 portions
Fillet of Haddock	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ oz.

235. GRILLED FILLET OF PLAICE (fresh)

	100 portions
Fillet of Plaice	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ oz.

236. GRILLED FILLET OF SOLE (fresh)

	100 portions
Fillet of Sole	25 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ oz.

237. GRILLED FILLET OF WHITING (fresh)

	100 portions
Fillet of Whiting	25 lbs.
Frying Media	2 lbs.
Flour	2 lbs.
Salt	$\frac{1}{2}$ oz.

238. GRILLED HERRING

	100 portions
Herrings	35 lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ 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	37 $\frac{1}{2}$ lbs.
Flour	2 lbs.
Frying Media	2 lbs.
Salt	$\frac{1}{2}$ oz.

242. KIPPER

	100 portions
Kippers	25 lbs.

243. POACHED FILLET OF COD (fresh)

	100 portions
Fillet of Cod	25 lbs.
Milk	2 pts.
Salt	$\frac{1}{2}$ oz.

244. POACHED FILLET HADDOCK (fresh)

	100 portions
Fillet of Haddock	25 lbs.
Milk	2 pts.
Salt	$\frac{1}{2}$ oz.

245. POACHED FILLET OF SOLE (fresh)

	100 portions
Fillet of Sole	25 lbs.
Milk	2 pts.
Salt	$\frac{1}{2}$ oz.

246. POACHED TURBOT

	100 portions
Turbot (4 ozs.)	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	$\frac{1}{2}$ oz.

248. RUSSIAN FISH PIE

	100 portions
Fillet of Cod	20 lbs.
Parsley Sauce	2 pts.
Flour	6 lbs.
Margarine	1 $\frac{1}{2}$ lbs.
Cooking Fat	1 lb. 14 ozs.
Tomatoes	5 lbs.
Salt	2 ozs.
Water	
Baking Powder	4 $\frac{1}{2}$ 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	$\frac{1}{2}$ pt.
Eggs	2
Frying Media	4 lbs.
Parsley	4 ozs.

250. SARDINES

	200 portions
Sardines ($\frac{1}{4}$ club)	33 tins
" ($\frac{1}{2}$ club)	8 tins

251. SARDINES ON TOAST

	100 portions
Sardines ($\frac{1}{4}$ club)	33 tins
Margarine	$\frac{1}{2}$ 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)
Sugar) Glaze 1½ lbs.
Arrowroot) 2 ozs.
Colouring)
Flour (for dusting) ¼ lb.

258. APRICOT FLAN (T) 100 portions

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

261. BLACKCURRANT FLAN (frozen)

100 portions

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

264. CHOCOLATE FLAN 100 portions

Milk	1 gal.
Cocoa	8 ozs.
Cornflour	$\frac{3}{4}$ lb.
Sugar	1 lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Synthetic Cream	2 pts.
Flour (for dusting)	$\frac{1}{4}$ 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)	$\frac{1}{4}$ 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)	$\frac{1}{4}$ lb.

277. GOOSEBERRY FLAN 100 portions

Gooseberries	15 lbs.
Sugar	$1\frac{1}{2}$ lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water)	
Arrowroot) Glaze	2 ozs.
Sugar)	$1\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{4}$ lb.

278. GOOSEBERRY FLAN (T)

100 portions

Gooseberries A10	$1\frac{1}{2}$ tins
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water)	
Arrowroot) Glaze	2 ozs.
Sugar)	$1\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{4}$ lb.

279. 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)	$\frac{1}{4}$ lb.

280. RASPBERRY FLAN 100 portions

Raspberries	9 lbs.
Sugar	$\frac{1}{2}$ lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water)	
Arrowroot) Glaze	2 ozs.
Sugar)	$1\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{4}$ lb.

281. RASPBERRY FLAN (frozen)

100 portions

Raspberries	10 lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water)	
Arrowroot) Glaze	2 ozs.
Sugar)	$1\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{4}$ lb.

282. REDCURRANT FLAN 100 portions

Redcurrants	9 lbs.
Sugar	$1\frac{1}{2}$ lbs.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Water)	
Arrowroot) Glaze	2 ozs.
Sugar)	$1\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{4}$ lb.

301. ORANGES	100 portions
Oranges	35 lbs.
302. PEACHES (T)	100 portions
Peaches A2½	10 tins
303. PEARS DESSERT	100 portions
Dessert Pears	30 lbs.
304. PEARS (T)	100 portions
Pears A2½	10 tins
305. PINEAPPLE (T)	100 portions
Pineapple A2	17 tins
306. PLUMS (T)	100 portions
Plums A10	3 tins
307. RASPBERRIES DESSERT	100 portions
Raspberries	20 lbs.
308. RASPBERRIES (frozen)	100 portions
Raspberries	10 lbs.
Sugar	1 lb.
309. RASPBERRIES (T)	100 portions
Raspberries A2	20 tins
310. REDCURRANTS (frozen)	100 portions
Redcurrants	10 lbs.
Sugar	1 lb.
311. REDCURRANTS (T)	100 portions
Redcurrants A10	2 tins
Sugar	2 lbs.

312. STEWED APPLES	100 portions
Cooking Apples	25 lbs.
Sugar	2 lbs.
313. STEWED BLACKBERRIES	100 portions
Blackberries	12½ lbs.
Sugar	2 lbs.
314. STEWED BLACKCURRANTS	100 portions
Blackcurrants	12½ lbs.
Sugar	2 lbs.
315. STEWED CHERRIES	100 portions
Cherries	25 lbs.
Sugar	1 lb.
316. STEWED DAMSONS (T)	100 portions
Damsons A10	3 tins
Sugar	2 lbs.
317. STEWED FIGS	100 portions
Figs	12 lbs.
318. STEWED GOOSEBERRIES	100 portions
Gooseberries	25 lbs.
Sugar	3 lbs.
319. STEWED PEARS	100 portions
Cooking Pears	25 lbs.
Sugar	1 lb.
Cinnamon Stick	2 ozs.
320. STEWED PLUMS (fresh)	100 portions
Cooking Plums	25 lbs.
Sugar	3 lbs.
321. STEWED PRUNES	100 portions
Prunes	12 lbs.

322. STEWED REDCURRANTS	100 portions
Redcurrants	12½ lbs.
Sugar	2 lbs.
323. STEWED RHUBARB	100 portions
Rhubarb	30 lbs.
Sugar	3 lbs.
324. STRAWBERRIES	100 portions
Strawberries	30 lbs.
325. STRAWBERRIES (T)	100 portions
Strawberries A2	20 tins
GARNISHES	
326. BOILED RICE	100 portions
Rice	3 lbs.
Salt	2 ozs.
327. CHUTNEY	100 portions
Chutney	4 lbs.
328. DUCHESS POTATOES	100 portions
Potatoes	9 lbs.
Eggs	3
Dripping	4 ozs.
329. DUMPLINGS	100 portions
Flour	4 lbs.
Suet	1 lb.
Salt	1 oz.
Water	
Baking Powder	2 ozs.
Dried Milk	4 ozs.
330. FISH PASTE	100 portions
Fish Paste	1½ lbs.

283. 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.

284. 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.

285. 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)	½ lb.
Water) Glaze	
Arrowroot)	2 ozs.
Flour (for dusting)	¼ lb.

286. STRAWBERRY FLAN 100 portions

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

FRUIT

287. APPLES DESSERT 100 portions

Apples	30 lbs.
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288. APPLES (T) 100 portions

Apples A10	3 tins
(Solid Pack)	

289. APRICOTS (dried) 100 portions

Apricots	10 lbs.
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290. APRICOT CAPS (T) 100 portions

Apricot Caps 5kg	1½ tins
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291. APRICOTS (T) 100 portions

Apricots A2½	10 tins
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292. BLACKBERRIES (T) 100 portions

Blackberries A2	20 tins
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293. BLACKCURRANTS (frozen)

	100 portions
Blackcurrants	10 lbs.
Sugar	1 lb.

294. BLACKCURRANTS (T)

	100 portions
Blackcurrants A10	2 tins
Sugar	2 lbs.

295. FRUIT SALAD (fresh) 100 portions

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

296. FRUIT SALAD (T) 100 portions

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

297. GOOSEBERRIES (frozen)

	100 portions
Gooseberries	12½ lbs.
Sugar	2 lbs.

298. GOOSEBERRIES (T) 100 portions

Gooseberries A10	3 tins
Sugar	2 lbs.

299. GRAPES (T) 100 portions

Grapes A2½	12 tins
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300. MANDARIN ORANGES (T)

	100 portions
Oranges (15 ozs.)	20 tins

331. FORCEMEAT BALLS 100 portions
 Sausage meat 2 lbs.
 Onions 2 lbs.
 Breadcrumbs 4 lbs.
 Suet 1 lb.
 Parsley 2 ozs.
 Thyme $\frac{1}{4}$ oz.
 Salt 1 oz.
 Flour 1 lb.
 Dripping $\frac{1}{2}$ lb.

332. FRIED BREAD 100 portions
 Bread 7 lbs.
 Frying Media 2 lbs.

333. HORSERADISH CREAM 150 portions
 Horseradish Sauce 1
 (80 oz. Jar)

334. MARMITE 100 portions
 Marmite $\frac{1}{2}$ lb.

335. LEMON 100 portions
 Lemons 12

336. MEAT PASTE 100 portions
 Meat Paste 3 lbs.

337. ONION ROLL 100 portions
 Flour 4 lbs.
 Onions 1 lb.
 Suet 2 lbs.
 Salt 1 oz.
 Water
 Baking Powder 2 ozs.

338. PASTRY FINGERS 100 portions
 Flour 3 lbs.
 Margarine 2 lbs.
 Sugar 1 lb.

339. PEASE PUDDING 100 portions
 Split Peas 8 lbs.
 Carrots 1 lb.
 Onions 1 lb.
 Margarine $\frac{1}{2}$ lb.
 Ham Bone 1
 Salt 1 oz.
 Pepper pinch
 Potatoes 2 lbs.
 Sprig of Mint

340. PICKLES (mixed) 100 portions
 Mustard $1\frac{1}{2}$ gals.
 Mixed Pickles $1\frac{1}{2}$ gals.
 Sweet Pickles 1 gal.
 Pickled Onions 2 gals.
 Pickled Cabbage $1\frac{1}{2}$ gals.

341. POTATO DUMPLINGS 100 portions
 Flour 8 ozs.
 Potatoes 2 lbs.
 Compound Fat 4 ozs.
 Baking Powder $\frac{1}{2}$ oz.
 Salt $\frac{1}{4}$ oz.
 Pepper pinch

342. 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.

343. 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

344. SANDWICH SPREAD 100 portions
 Sandwich Spread $2\frac{1}{2}$ lbs.

345. SAVOURY BALLS 100 portions
 Bread 6 lbs.
 Suet 1 lb.
 Thyme $\frac{1}{4}$ oz.
 Parsley 2 ozs.
 Salt 1 oz.
 Pepper pinch
 Eggs 2
 Flour 1 lb.
 Dripping $\frac{1}{2}$ lb.

346. SAVOURY RICE 100 portions
 Rice 3 lbs.
 Onions 1 lb.
 Stock 2 pts.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.
 Pepper $1/8$ th oz.

347. SHORTBREAD FINGERS 100 portions
 Flour 3 lbs.
 Margarine 1 lb.
 Sugar 1 lb.
 Cooking Fat 1 lb.

348. SPAGHETTI 100 portions
 Spaghetti 3 lbs.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.

349. STUFFING	100 portions
Bread	4 lbs.
Suet	1 lb.
Salt	$\frac{1}{2}$ oz.
Parsley	2 ozs.
Eggs	2
Lemon	1
Thyme	$\frac{1}{4}$ oz.

350. WATERCRESS	100 portions
Watercress	5 lbs.

JOINTS

351. BOILED BACON	100 portions
Fore End of Bacon	22 lbs.

352. BOILED GAMMON	100 portions
Gammon	20 lbs.

353. BOILED PICKLED PORK	100 portions
Hand of Pork	25 lbs.

354. ROAST BEST END OF LAMB	100 portions
Best End of Lamb	25 lbs.
Salt	$\frac{1}{2}$ oz.
Dripping	4 ozs.

355. ROAST CHICKEN	100 portions
Roasting Chicken	40 lbs.
Dripping	1 lb.
Salt	2 ozs.

356. ROAST LEG OF LAMB	100 portions
Legs of Lamb	25 lbs.
Salt	$\frac{1}{2}$ oz.
Dripping	4 ozs.

357. ROAST LEG OF PORK	100 portions
Legs of Pork	25 lbs.
Dripping	4 ozs.
Salt	$\frac{1}{2}$ oz.

358. ROAST LEG OF VEAL	100 portions
Leg of Veal	25 lbs.
Dripping	1 lb.
Salt	$\frac{1}{2}$ oz.

359. ROAST RIBS OF BEEF	100 portions
Fore-ribs of Beef	25 lbs.
Salt	$\frac{1}{2}$ oz.
Pepper	pinch
Dripping	4 ozs.

360. ROAST SHOULDER OF LAMB	100 portions
Shoulders of Lamb	25 lbs.
Salt	$\frac{1}{2}$ oz.
Dripping	4 ozs.

361. ROAST SIRLOIN OF BEEF	100 portions
Sirloin of Beef	25 lbs.
Salt	$\frac{1}{2}$ oz.
Pepper	pinch
Dripping	4 ozs.

362. ROAST TOPSIDE OF BEEF	100 portions
Topside of Beef	22 lbs.
Salt	$\frac{1}{2}$ oz.
Pepper	pinch
Dripping	4 ozs.

PASTES

363. 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.

364. BATTER FOR FRITTERS	100 portions
Batter	As above

365. CHOUX PASTE (A)	100 portions
Flour	1 lb.
Margarine	10 ozs.
Water	$1\frac{1}{2}$ pts.
Salt	1 oz.
Sugar	1 oz.
Eggs	12

366. CHOUX PASTE (B)	100 portions
Flour	1 lb.
Margarine	1 lb.
Water	2 pts.
Salt	1 oz.
Baking Powder	$\frac{1}{2}$ oz.
Sugar	1 oz.
Dried Egg	10 ozs.
Water	

367. FLAKY PASTRY	100 portions
Flour	4 lbs.
Cooking Fat	3 lbs.
Water	
Salt	1 oz.

368. HOT WATER PASTE	100 portions
Flour	10 lbs.
Cooking Fat	$2\frac{1}{2}$ lbs.
Salt	2 ozs.
Water	$3\frac{1}{2}$ pts.

369. ROUGH PUFF PASTRY

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

370. SUET PASTE

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

371. VOL AU VENT CASES (full puff)

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

372. VOL AU VENT CASES (¾ puff)

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

373. YORKSHIRE PUDDING

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

PIES

374. APPLE & BLACKBERRY PIE

	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackberries	7 lbs.
Sugar	2 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

375. APPLE & BLACKCURRANT PIE

	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Blackcurrants	7 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

376. APPLE & BLACKCURRANT PIE

(T)	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Apples A10	1½ tins
Blackcurrants A10	½ tin
Sugar	3 lbs.
Baking Powder	3 ozs.

377. APPLE & DAMSON PIE

	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Damsons	10 lbs.
Apples	15 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

378. APPLE & REDCURRANT PIE

	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cooking Apples	20 lbs.
Redcurrants	7 lbs.
Sugar	3 lbs.
Baking Powder	3 ozs.
Flour	½ lb.

379. APPLE & REDCURRANT PIE (T)

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

380. APPLE PIE (T) 100 portions

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

381. APPLE PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	3 lbs.
Cloves	1/8th oz.
Flour	½ lb.
Baking Powder	3 ozs.

382. CHERRY PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Cherries	25 lbs.
Sugar	2 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

383. DAMSON PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Damsons	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

384. GOOSEBERRY PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Gooseberries	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

385. GREENGAGE PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Sugar	3 lbs.
Greengages	25 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

386. LEMON MERINGUE PIE 100 portions

Flour	4 lbs.
Margarine	¾ lb.
Cooking Fat	¾ lb.
Water	
Salt	1 oz.
Water)	4 pts.
Sugar)	2 lbs.
Cornflour) Filling	½ lb.
Eggs)	8
Lemons)	8
Caster Sugar	8 ozs.
Rice Paper	
Flour	¾ lb.
Baking Powder	2 ozs.

387. PLUM & APPLE PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Sugar	3 lbs.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Plums	10 lbs.
Cooking Apples	15 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

388. PLUM PIE 100 portions

Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1½ lbs.
Salt	2 ozs.
Water	
Plums	25 lbs.
Sugar	3 lbs.
Flour	½ lb.
Baking Powder	3 ozs.

389. PLUM PIE (T) 100 portions
 Flour 6 lbs.
 Margarine 1 lb.
 Cooking Fat $1\frac{1}{2}$ lbs.
 Salt 2 ozs.
 Water
 Plums A10 3 tins
 Sugar 3 lbs.
 Flour $\frac{1}{2}$ lb.
 Baking Powder 3 ozs.

390. RHUBARB & APPLE PIE 100 portions
 Flour 6 lbs.
 Margarine 1 lb.
 Cooking Fat $1\frac{1}{2}$ lbs.
 Salt 2 ozs.
 Water
 Rhubarb 10 lbs.
 Cooking Apples 15 lbs.
 Sugar 3 lbs.
 Flour $\frac{1}{2}$ lb.
 Baking Powder 3 ozs.

391. RHUBARB PIE 100 portions
 Flour 6 lbs.
 Margarine 1 lb.
 Cooking Fat $1\frac{1}{2}$ lbs.
 Salt 2 ozs.
 Water
 Rhubarb 30 lbs.
 Sugar 3 lbs.
 Flour $\frac{1}{2}$ lb.
 Baking Powder 3 ozs.

POTATOES

392. BOILED POTATOES 100 portions
 Potatoes 35 lbs.
 Salt 2 ozs.

393. BOULANGERE POTATOES 100 portions
 Potatoes 30 lbs.
 Onions 4 lbs.
 Parsley 2 ozs.
 Water $\frac{1}{2}$ gal.
 Salt 2 ozs.
 Pepper White $\frac{1}{4}$ oz.

394. CHIPPED POTATOES 100 portions
 Potatoes 35 lbs.
 Dripping 4 lbs.
 Salt 2 ozs.

395. CREAMED POTATOES 100 portions
 Potatoes 35 lbs.
 Milk 2 qts.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.
 White Pepper $1/32$ nd. oz.

396. CROQUETTE POTATOES 100 portions
 Potatoes 35 lbs.
 Flour 2 lbs.
 Eggs 5
 Breadcrumbs 4 lbs.
 Eggs 3
 Salt 2 ozs.
 White Pepper $\frac{1}{4}$ oz.
 Nutmeg $1/32$ nd. oz.
 Dripping 4 lbs.

397. DUCHESS POTATOES 100 portions
 Potatoes 35 lbs.
 Eggs 6
 Salt 2 ozs.
 Dripping $\frac{1}{4}$ lb.

398. FONDANT POTATOES 100 portions
 Potatoes 35 lbs.
 Dripping 1 lb.
 Stock 1 gal.
 Parsley 2 ozs.
 Salt 2 ozs.

399. JACKET POTATOES 100 portions
 Potatoes 35 lbs.

400. JACKET POTATOES WITH MARGARINE 100 portions
 Potatoes 35 lbs.
 Margarine 2 lbs.

401. LYONNAISE POTATOES 100 portions
 Potatoes 30 lbs.
 Onions 4 lbs.
 Parsley 2 ozs.
 Dripping 3 lbs.
 Salt 2 ozs.

402. MACAIRE POTATOES 100 portions
 Potatoes 35 lbs.
 Dripping 1 lb.
 Parsley 4 ozs.
 Salt 4 ozs.
 Pepper $\frac{1}{4}$ oz.
 Margarine 1 lb.
 Bacon 1 lb.

403. MASHED POTATOES 100 portions
 Potatoes 35 lbs.
 Milk 2 qts.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.
 White Pepper $1/32$ nd. oz.

404. NEW POTATOES 100 portions
 New Potatoes 30 lbs.
 Salt 2 ozs.
 Margarine $\frac{1}{2}$ lb.

405. PARSLEY POTATOES 100 portions
 Potatoes 35 lbs.
 Margarine 8 ozs.
 Parsley 4 ozs.
 Salt 2 ozs.

406. ROAST POTATOES 100 portions
 Potatoes 35 lbs.
 Dripping 3 lbs.
 Salt 2 ozs.

407. SAUTE POTATOES 100 portions
 Potatoes 35 lbs.
 Parsley 2 ozs.
 Dripping 3 lbs.
 Salt 2 ozs.

PRESERVES

408. BLACKCURRANT JAM
 Blackcurrant Jam 100 portions
 $6\frac{1}{4}$ lbs.

409. BLACKCURRANT PUREE WITH
 PUDDINGS 100 portions
 Blackcurrant Puree 4 lbs.

410. BRAMBLE JELLY 100 portions
 Bramble Jelly $6\frac{1}{4}$ lbs.

411. GOLDEN SYRUP 100 portions
 Syrup $6\frac{1}{4}$ lbs.

412. HONEY 100 portions
 Honey $6\frac{1}{4}$ lbs.

413. JAM 100 portions
 Jam $6\frac{1}{4}$ lbs.

414. JAM WITH PUDDINGS 100 portions
 Jam 6 lbs.

415. JELLY MARMALADE 100 portions
 Jelly Marmalade $6\frac{1}{4}$ lbs.

416. LEMON CURD 100 portions
 Lemon Curd $6\frac{1}{4}$ lbs.

417. LEMON CURD WITH PUDDINGS 100 portions
 Lemon Curd 6 lbs.

418. MARMALADE 100 portions
 Marmalade $6\frac{1}{4}$ lbs.

419. SYRUP WITH PUDDINGS 100 portions
 Syrup 6 lbs.

PUDDINGS

420. 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 $\frac{1}{4}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.
 Baking Powder 4 ozs.

421. 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 $\frac{1}{4}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.
 Baking Powder 4 ozs.

422. APPLE & BLACKCURRANT
 PUDDING (T) 100 portion
 Flour 8 lbs.
 Suet 3 lbs.
 Salt 2 ozs.
 Water
 Apples A10 $1\frac{1}{2}$ tins
 Blackcurrants A10 1 tin
 Sugar 3 lbs.
 Dripping $\frac{1}{4}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.
 Baking Powder 4 ozs.

423. 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 $\frac{1}{4}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.
 Baking Powder 4 ozs.

424. 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.

425. 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.

426. 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.

427. 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.

428. 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.

429. BAKED CHOCOLATE SPONGE 100 portions

Basic Sponge Pudding Mixture	Full
Cocoa	¾ lb.
Sugar	½ lb.
Essence	1/8th oz.

430. BAKED COCONUT SPONGE 100 portions

Basic Sponge Pudding Mixture	Full
Desiccated Coconut	1 lb.

431. BAKED FRUIT SPONGE 100 portions

Basic Sponge Pudding Mixture	Full
Currants	1½ lbs.
Sultanas	1½ lbs.

432. 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.

433. BAKED LEMON CURD SPONGE 100 portions

Basic Sponge Pudding Mixture	Full
Lemon Curd	9 lbs.

434. BAKED LEMON SPONGE 100 portions

Basic Sponge Pudding Mixture	Full
Lemons	8

435. 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.

436. BAKED MARMALADE SPONGE
100 portions

Basic Sponge Pudding
Mixture Full
Marmalade 9 lbs.

437. BAKED RICE PUDDING
100 portions

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

438. BAKED SEMOLINA PUDDING

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

439. 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.

440. BAKED SYRUP SPONGE
100 portions

Basic Sponge Pudding
Mixture Full
Syrup 9 lbs.

441. 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.

442. 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.

443. 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.

444. 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 ¼ lb.
Essence ½ oz.
Dripping ¼ lb.
Flour (for dusting) ½ lb.

445. 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. ozs.
Mixed Peel 1 lb.
Dripping ¼ lb.

446. COLLEGE PUDDING 100 portions

Bread 8 lbs.
 Sugar 3 lbs.
 Currants 2 lbs.
 Sultanas 2 lbs.
 Eggs 2
 Milk $\frac{1}{2}$ pt.
 Cooking Fat 3 lbs.
 Mixed Spice 1 oz.
 Dripping 4 ozs.

447. EVE'S PUDDING 100 portions

Cooking Fat $1\frac{1}{2}$ lbs.
 Margarine $1\frac{1}{2}$ lbs.
 Sugar 3 lbs.
 Eggs 9
 Baking Powder 3 ozs.
 Dried Milk 12 ozs.
 Flour $6\frac{1}{2}$ lbs.
 Milk 2 pts.
 Water
 Sugar 1 lb.
 Cooking Apples 14 lbs.
 Cloves 1/16th oz.

448. 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 $\frac{1}{2}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.

449. GOOSEBERRY PUDDING

100 portions
 Flour 8 lbs.
 Suet 3 lbs.
 Water
 Sugar 3 lbs.
 Gooseberries 25 lbs.
 Salt 2 ozs.
 Dripping $\frac{1}{2}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.

450. GOOSEBERRY PUDDING (T)

100 portions
 Flour 8 lbs.
 Suet 3 lbs.
 Water
 Sugar 3 lbs.
 Gooseberries A10 3 tins
 Salt 2 ozs.
 Dripping $\frac{1}{2}$ lb.
 Baking Powder 4 ozs.
 Flour (for dusting) $\frac{1}{2}$ lb.

451. 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 $\frac{1}{2}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.

452. GROUND RICE PUDDING

100 portions
 Ground Rice $2\frac{1}{2}$ lbs.
 Milk 3 gals.
 Sugar 2 lbs.
 Margarine $\frac{1}{2}$ lb.

453. LEMON PUDDING (SPONGE)

100 portions
 Margarine $4\frac{1}{2}$ 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 $\frac{1}{2}$ lb.

454. 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 $\frac{1}{2}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.

455. SAGO PUDDING

100 portions
 Milk 3 gals.
 Sago $2\frac{1}{2}$ lbs.
 Sugar 2 lbs.
 Margarine $\frac{1}{2}$ lb.

455. SEMOLINA PUDDING 100 portions

Milk 3 gals.
 Semolina $2\frac{1}{2}$ lbs.
 Sugar 2 lbs.
 Margarine $\frac{1}{2}$ lb.
 Flour (for dusting) $\frac{1}{2}$ lb.

456. 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	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

457. STEAMED CURRANT SPONGE

	100 portions
Basic Sponge Pudding	
Mixture	Full
Currants	6 lbs.

458. 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.
Dates	6 lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Dripping	$\frac{1}{4}$ lb.

459. 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)	$\frac{1}{2}$ lb.
Dripping	$\frac{1}{4}$ lb.

460. 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 Rasins	1 lb.
Dripping	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

461. 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	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

462. 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	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

463. STEAMED JAM ROLL 100 portions

Flour	10 lbs.
Suet	4 lbs.
Baking Powder	4 ozs.
Water	
Salt	2 ozs.
Jam	6 lbs.
Dripping	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

464. 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	$\frac{1}{4}$ lb.
Jam	6 lbs.

465. STEAMED MARMALADE ROLL

	100 portions
Flour	10 lbs.
Suet	4 lbs.
Water	
Salt	2 ozs.
Baking Powder	4 ozs.
Marmalade	6 lbs.
Dripping	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

466. 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	$\frac{1}{4}$ lb.
Flour (for dusting)	$\frac{1}{2}$ lb.

467. SUMMER PUDDING 100 portions
 Bread 10 lbs.
 Blackcurrants 4 lbs.
 Redcurrants 4 lbs.
 Cooking Apples 4 lbs.
 Sugar 3 lbs.

468. TAPIOCA PUDDING 100 portions
 Tapioca 2½ lbs.
 Milk 3 gals.
 Sugar 2 lbs.
 Margarine ½ lb.

469. 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) ¼ lb.
 Dripping ¼ lb.

SALADS

470. BEETROOT 100 portions
 Beetroot 20 lbs.
 Vinegar 2 pts.

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

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

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

474. COLE SLAW 100 portions
 Cabbage 9 lbs.
 Salt 1 oz.
 Vinegar ¼ pt.
 Oil ¼ pt.
 Pepper ½ oz.
 Mustard 1 oz.
 Sugar 1 oz.

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

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

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

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

479. HERRING SALAD 100 portions
 Mixed Basic Salad Full
 Soused Herrings 100

480. LETTUCE SALAD 100 portions
 Lettuce 20

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

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

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

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

485. PROCESSED CHEESE SALAD 100 portions
 Mixed Basic Salad Full
 Processed Cheese 6½ lbs.

486. RADISHES 100 portions
Radishes 3 bunches

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

488. SALMON SALAD 100 portions
Lettuce 20
Watercress 2 lbs.
Tomatoes 5 lbs.
Salmon ($\frac{1}{2}$ s) 30 tins
Cucumbers 2

489. SARDINE SALAD 100 portions
Mixed Basic Salad Full
Sardines $\frac{1}{4}$ clubs 33 tins

SAUCES

490. ANCHOVY SAUCE 100 portions
Margarine $\frac{1}{4}$ lb.
Flour $\frac{1}{4}$ lb.
Milk 2 qts.
Fish Stock 2 qts.
Anchovy Essence 3 fl. ozs.

491. APPLE SAUCE 100 portions
Cooking Apples 12 lbs.
Sugar 1 lb.
Water $\frac{1}{2}$ gal.
Cloves 2
Margarine $\frac{1}{4}$ lb.

492. BLACK BUTTER 100 portions
Margarine/Butter 1 lb.
Lemons 2
Stock $\frac{1}{4}$ gal.
Capers $\frac{1}{2}$ lb.

493. BONE STOCK (1) 4 gallons
Bones 15 lbs.
Onions 2 lbs.
Carrots 2 lbs.
Leeks 2 lbs.
Faggot 1
Water 5 gals.

494. BONE STOCK (2) 4 gallons
Bones (Reclaimed) 15 lbs.
Onions 2 lbs.
Carrots 2 lbs.
Leeks 2 lbs.
Faggot 1
Water 5 gals.

495. BREAD SAUCE 100 portions
Milk $\frac{1}{2}$ gal.
Onions 1 lb.
Cloves 6
Breadcrumbs 1 lb.
Margarine $\frac{1}{4}$ lb.
Salt $\frac{1}{2}$ oz.
Pepper pinch

496. BROWN GRAVY 100 portions
Brown Sauce $1\frac{1}{2}$ gals.

497. BROWN SAUCE 4 gallons
Brown Stock 5 gals.
Carrots 1 lb.
Onions 1 lb.
Thyme sprig
Bayleaf 1
Clove 1
Peppercorns 12
Tomato Puree $1\frac{1}{2}$ lbs.
Flour 2 lbs.
Ham Bone 1
Salt 2 ozs.
Dripping 1 lb.

498. BROWN STOCK 4 gallons
Bones 15 lbs.
Onions 2 lbs.
Leeks 2 lbs.
Carrots 2 lbs.
Faggot 1
Water 5 gals.

499. CAPER SAUCE 100 portions
Margarine $\frac{1}{2}$ lb.
Flour $\frac{1}{2}$ lb.
Milk 2 qts.
Salt 2 ozs.
Capers 6 ozs.
Stock 2 qts.

500. CHEESE SAUCE 100 portions
Cream Sauce 1 gal.
Cheese 2 lbs.
Mustard $\frac{1}{2}$ oz.

501. CREAM SAUCE 1 gallon
Margarine 1 lb.
Flour 1 lb.
Milk 4 qts.
Salt 2 ozs.

502. CURRY SAUCE 100 portions
Bone Stock 1 gal.
Tomato Puree $\frac{1}{2}$ 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.

503. DUGLERE SAUCE 100 portions
Cream Sauce 1 gal.
Tomatoes 2 lbs.
Parsley 4 ozs.

504. EGG SAUCE 100 portions
 Margarine $\frac{1}{2}$ lb.
 Flour $\frac{1}{2}$ lb.
 Milk 4 qts.
 Salt 2 ozs.
 Eggs (chopped) 6

505. HORSERADISH SAUCE (1) 100 portions
 Horseradish $\frac{1}{2}$ lb.
 Vinegar $\frac{1}{2}$ pt.
 White Sauce 2 pts.

506. HORSERADISH SAUCE (2) 150 portions
 Horseradish Sauce ($\frac{1}{2}$ gal.) 1 jar

507. LYONNAISE SAUCE 100 portions
 Brown Sauce $1\frac{1}{2}$ gals.
 Onions 3 lbs.
 Dripping $\frac{1}{2}$ lb.

508. MINT SAUCE 100 portions
 Vinegar 2 pts.
 Water 2 pts.
 Mint 12 ozs.
 Sugar 4 ozs.

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

510. MUSTARD SAUCE 100 portions
 Margarine 8 ozs.
 Mustard 2 ozs.
 Flour 4 ozs.
 Water 3 pts.
 Vinegar 1 pt.
 Pepper $1\frac{1}{8}$ oz.
 Salt $\frac{1}{2}$ oz.

511. ONION SAUCE 100 portions
 Margarine $\frac{1}{2}$ lb.
 Flour $\frac{1}{2}$ lb.
 Milk 2 qts.
 Stock 2 qts.
 Salt 2 ozs.
 Onions 5 lbs.

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

513. PARSLEY SAUCE 100 portions
 Margarine $\frac{1}{2}$ lb.
 Flour $\frac{1}{2}$ lb.
 Milk 4 qts.
 Parsley 4 ozs.
 Salt 2 ozs.

514. PIQUANTE SAUCE 100 portions
 Brown Sauce 1 gal.
 Onions $\frac{1}{2}$ lb.
 Vinegar 1 pt.
 Chopped Pickles $\frac{1}{2}$ lb.

515. ROAST GRAVY 100 portions
 Bone Stock $1\frac{1}{2}$ gals.
 Salt 1 oz.
 Pepper $\frac{1}{4}$ oz.
 Colour

516. SALAD CREAM 100 portions
 Salad Cream $\frac{1}{2}$ gal.

517. TARTARE SAUCE 100 portions
 Salad Cream $\frac{1}{2}$ gal.
 Gherkins 4 ozs.
 Capers 2 ozs.
 Parsley 4 ozs.

518. TOMATO SAUCE 100 portions
 Tomato Puree 1 lb.
 Bone Stock 1 gal.
 Bacon Bones 1 lb.
 Fat $\frac{1}{2}$ lb.
 Flour $\frac{1}{2}$ lb.
 Aromates/parsley/thyme
 peppercorns
 Carrots 1 lb.
 Onions 1 lb.
 Salt 2 ozs.

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

SAUCES SWEET

520. APRICOT SAUCE 100 portions
 Apricot Jam 4 lbs.
 Cornflour $\frac{1}{4}$ lb.
 Water 4 pts.
 Colour

521. CARAMEL SAUCE 100 portions
 Sugar 1 lb.
 Syrup 1 lb.
 Cornflour $\frac{1}{2}$ lb.
 Water 4 pts.

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

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

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

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

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

527. JAM SAUCE 100 portions
 Jam 4 lbs.
 Cornflour ½ lb.
 Water 4 pts.
 Colour

528. JAM with milk puddings 100 portions
 Jam 6 lbs.

529. LEMON SAUCE 100 portions
 Water 1 gal.
 Lemons 6
 Custard Powder ½ lb.
 Sugar 1 lb.

530. MARMALADE SAUCE 100 portions
 Marmalade 4 lbs.
 Water 4 pts.
 Cornflour 4 ozs.
 Colour

531. MELBA SAUCE 100 portions
 Raspberry Jam 4 lbs.
 Water 3 pts.
 Cornflour 3 ozs.
 Colour

532. SYNTHETIC CREAM 100 portions
 Synthetic Cream 2 pts.

533. SYRUP SAUCE 100 portions
 Syrup 6 lbs.

534. VANILLA SAUCE 100 portions
 Milk 1½ gals.
 Cornflour 12 ozs.
 Sugar 1 lb.
 Vanilla Essence

SAVOURIES

535. 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.

536. MACARONI IN TOMATO SAUCE 100 portions
 Macaroni 3 lbs. 2 ozs.
 Salt 2 ozs.
 Tomato Sauce 4 pts.

537. MACARONI AU GRATIN 100 portions
 (with tomato) Full
 Macaroni au gratin 5 lbs.
 Tomatoes

538. 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.

539. 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.

540. SPAGHETTI IN TOMATO SAUCE 100 portions
 Tomato Sauce 4 pts.
 Spaghetti 3 lbs.
 Salt 2 ozs.

541. 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

542. BROWN WINDSOR 100 portions
 Stock 32 pts.
 Onions 2 lbs.
 Carrots 2 lbs.
 Dripping 2 lbs.
 Flour 1½ lbs.
 Tomato Puree ¼ lb.
 Salt 3 ozs.
 Faggot 1
 Pepper ¼ oz.
 Ham or Bacon bone 2 lbs.
 Colouring

543. 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

544. 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.

545. 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

546. 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.

547. 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

548. CREAM OF LEEK AND 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.

549. 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

550. 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.

551. CREAM OF WATERCRESS

	100 portions
Stock	32 pts.
Watercress	5 lbs.
Potatoes	10 lbs.
Margarine	$\frac{1}{2}$ lb.
Onions	3 lbs.
Flour	1 lb.
Milk	1 qt.
Leeks	2 lbs.
Faggot	1
Salt	4 ozs.
Pepper	$\frac{1}{4}$ oz.

552. LEEK AND POTATO 100 portions

Stock	32 pts.
Margarine	$\frac{1}{2}$ lb.
Onions	3 lbs.
Milk	1 qt.
Leeks	12 lbs.
Potatoes	18 lbs.
Faggot	1
Salt	4 ozs.
Pepper	$\frac{1}{4}$ oz.

553. 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	$\frac{1}{4}$ oz.

554. MINESTRONE

	100 portions
Stock	32 pts.
Carrots	3 lbs.
Turnips	1 lb.
Onions	$1\frac{1}{2}$ lbs.
Cabbage	3 lbs.
Leeks	1 lb.
Spaghetti	1 lb.
Fat Bacon	$\frac{1}{2}$ lb.
Chopped Parsley	2 ozs.
Potatoes	1 lb.
Tomatoes	3 lbs.
Salt	2 ozs.
Pepper	$\frac{1}{4}$ oz.
Garlic	1 clove
Tomato Puree	$\frac{1}{2}$ lb.

555. MOCK TURTLE 100 portions

Stock	32 pts.
Onions	2 lbs.
Carrots	2 lbs.
Dripping	2 lbs.
Flour	$1\frac{1}{2}$ lbs.
Tomato Puree	$\frac{1}{4}$ lb.
Salt	3 ozs.
Faggot	1
Pepper	$\frac{1}{4}$ oz.
Turtle Herbs	2 ozs.
Colouring	

556. MULLIGATAWNY 100 portions

Stock	32 pts.
Dripping	2 lbs.
Curry Powder	$\frac{1}{2}$ lb.
Onions	7 lbs.
Flour	$1\frac{1}{2}$ lbs.
Cooking Apples	2 lbs.
Tomato Puree	$\frac{1}{4}$ lb.
Salt	4 ozs.
Bayleaves	3
Rice	1 lb.

557. MUTTON BROTH. 100 portions

Stock	36 pts.
Carrots	$1\frac{1}{2}$ lbs.
Turnips	1 lb.
Leeks	1 lb.
Onions	$1\frac{1}{2}$ lbs.
Celery	$1\frac{1}{2}$ lbs.
Salt	4 ozs.
Barley	$\frac{3}{4}$ lb.
Pepper	$\frac{1}{4}$ oz.

558. PEA 100 portions

Split Peas	10 lbs.
Water	32 pts.
Onions	2 lbs.
Carrots	2 lbs.
Ham Bone	1
Faggot	1
Salt	2 ozs.

559. RABBIT BROTH. 100 portions

Stock	32 pts.
Carrots	2 lbs.
Turnips	2 lbs.
Leeks	1 lb.
Celery	1 lb.
Salt	4 ozs.
Pepper	$\frac{1}{4}$ oz.
Barley	1 lb.

560. SCOTCH BROTH. 100 portions

Mutton Broth	Full
Kale	1 lb.

561. TOMATO 100 portions
 Stock 32 pts.
 Flour 2 lbs.
 Carrots 3 lbs.
 Tomato Puree 2 lbs.
 Dripping 1 lb.
 Sugar $\frac{1}{2}$ lb.
 Onions 3 lbs.
 Bacon Bones 2 lbs.
 Salt 4 ozs.
 Faggot 1
 Pepper $\frac{1}{2}$ oz.
 Vinegar $\frac{1}{2}$ pt.

562. TOMATO, POTATO AND LEEK 100 portions
 Tomato Soup $\frac{1}{2}$
 Leek and Potato Soup $\frac{1}{2}$

563. 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 $\frac{1}{2}$ oz.
 Margarine 8 ozs.
 Faggot 1

SWEETS ASSORTED

564. APPLE CHARLOTTE 100 portions
 Bread 4 lbs.
 Suet 1 lb.
 Cooking Apples 20 lbs.
 Sugar 2 lbs.
 Cinnamon 1 oz.
 Dripping $\frac{1}{2}$ lb.

565. APPLE CHARLOTTE (T). 100 portions
 Bread 4 lbs.
 Suet 1 lb.
 Apples A10 2 tins
 Sugar 2 lbs.
 Cinnamon 1 oz.
 Dripping $\frac{1}{2}$ lb.

566. APPLE CONDE. 100 portions
 Cooking Apples 18 lbs.
 Sugar 1 lb.
 Arrowroot 3 ozs.
 Sugar 1 lb.
 Rice $1\frac{1}{2}$ lbs.
 Milk 12 pts.
 Essence $\frac{1}{4}$ oz.

567. APPLE CRUMBLE. 100 portions
 Cooking Apples 25 lbs.
 Sugar 2 lbs.
 Flour $6\frac{1}{2}$ lbs.
 Margarine $1\frac{1}{4}$ lbs.
 Cooking Fat $1\frac{1}{4}$ lbs.
 Sugar 2 lbs.

568. 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.

569. APPLE TURNOVER 100 portions
 Flour 8 lbs.
 Margarine $1\frac{1}{2}$ lbs.
 Cooking Fat $1\frac{1}{2}$ lbs.
 Cooking Apples 15 lbs.
 Sugar 2 lbs.
 Water
 Salt 2 ozs.
 Cloves $1/16$ th oz.
 Baking Powder 4 ozs.

570. APPLE TURNOVER (T). 100 portions
 Flour 8 lbs.
 Cooking Fat $1\frac{1}{2}$ lbs.
 Margarine $1\frac{1}{2}$ lbs.
 Water
 Salt 2 ozs.
 Apples A10 $1\frac{1}{2}$ tins
 Sugar 1 lb.
 Baking Powder 4 ozs.

571. BAKED APPLES. 100 portions
 Cooking Apples 32 lbs.
 Sugar 2 lbs.
 Margarine 1 lb.

572. BAKED EGG CUSTARD. 100 portions
 Milk 3 gals.
 Eggs 45
 Sugar $1\frac{1}{2}$ lbs.
 Ground Nutmeg $\frac{1}{4}$ oz.

573. BANANA CUSTARD 100 portions
 Custard Sauce Full
 Bananas 7 lbs.

574. BANANA JELLY AND CREAM.

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

575. BLACKBERRY & APPLE FOOL.

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

576. BLANC-MANGE.

	100 portions
Cornflour	2 lbs.
Milk	20 pts.
Sugar	1½ lbs.
Essence	¼ ozs.

577. BOILED RICE PUDDING.

	100 portions
Rice	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Salt	½ oz.

578. CARAMEL CREAM.

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

579. CHOCOLATE BLANC-MANGE.

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

580. CHOCOLATE SEMOLINA.

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

581. COFFEE MOULD.

	100 portions
Milk	20 pts.
Sugar	1½ lbs.
Cornflour	2 lbs.
Coffee Essence	8 ozs.

582. FLAP JACK.

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

583. GOOSEBERRY FOOL.

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

584. GOOSEBERRY FOOL (T)

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

585. ICE CREAM (1)

	100 portions
Ice Cream 20 ozs.	10

586. ICE CREAM served with fruit (2)

	100 portions
Ice Cream 20 ozs.	7½

587. ICE CREAM MELBA

	100 portions
Ice Cream (1)	Full
Melba Sauce	Full

588. ICE CREAM MELBA & WAFER BISCUITS.

	100 portions
Ice Cream (1)	Full
Melba Sauce	Full
Wafer Biscuits	200

589. ICE CREAM & WAFER BISCUITS.

	100 portions
Ice Cream (1)	Full
Wafer Biscuits	200

590. JAM PUFFS.

	100 portions
Flour	5 lbs.
Margarine	2 lbs.
Cooking Fat	1¼ lbs.
Water	
Jam	1½ lbs.
Salt	2 ozs.
Sugar	8 ozs.
Flour (for dusting)	¼ lb.

591. JELLY.

	100 portions
Jellies	20 pkts.
Water	20 pts.

592. JUNKET.

	100 portions
Milk	3½ gals.
Rennet	5 ozs.
Sugar	1½ lbs.
Ground Nutmeg	½ oz.
Essence	½ oz.

593. LEMON CREAM.

	100 portions
Cornflour	1 lb.
Milk	18 pts.
Sugar	1½ lbs.
Gelatine	4 ozs.
Lemon Essence	¼ oz.
Water	1 pt.
Lemons	6

594. LEMON RICE MERINGUE.

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

595. MARMALADE TURNOVER.

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

596. MILK JELLY & CREAM.

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

597. MILKY RICE

	100 portions
Rice	2½ lbs.
Milk	3 gals.
Sugar	2 lbs.
Salt	½ oz.

598. MINCE PIE (individual). 100 portions

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

599. 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.

600. PANCAKES

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

601. 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.

602. PLUM FOOL.

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

603. PRUNE JELLY.

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

604. RASPBERRY CREAM 100 portions

Milk	20 pts.
Cornflour	2 lbs.
Sugar	1½ lbs.
Essence	¼ oz.

605. RASPBERRY SEMOLINA.

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

606. RHUBARB FOOL.

	100 portions
Rhubarb	20 lbs.
Milk	12 pts.
Sugar	2 lbs.
Custard Powder	1½ lbs.

607. RICE & JELLY MOULD.

	100 portions
Milk	3 gals.
Rice	2½ lbs.
Sugar	2 lbs.
Gelatine	½ lb.
Jelly	10 pts.

608. SEMOLINA MOULD.

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

609. STEAMED JAM SPONGE
PUDDING.

	100 portions
Basic Sponge Mixture	Full
Jam	9 lbs.

610. TRIFLE.	100 portions
Milk	1 gal.
Custard Powder	$\frac{1}{2}$ lb.
Sugar	$\frac{1}{2}$ lb.
Stale Cake	7 $\frac{1}{2}$ lbs.
Jelly	4 pkts.
Synthetic Cream	2 pts.
Jam	2 lbs.
Fruit Juice	6 pts.

TARTS

611. APPLE SLICE.	100 portions
Cooking Apples	25 lbs.
Sugar	3 lbs.
Flour	6 lbs.
Cooking Fat	1 $\frac{1}{2}$ lbs.
Margarine	1 lb.
Water	
Salt	1 $\frac{1}{2}$ ozs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	3 ozs.

612. APPLE TART	100 portions
Flour	9 lbs.
Margarine	1 $\frac{1}{2}$ lbs.
Cooking Fat	1 lb. 14 ozs.
Water	
Cooking Apples	25 lbs.
Sugar	2 lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	4 $\frac{1}{2}$ ozs.

613. APPLE TART (T)	100 portions
Flour	9 lbs.
Margarine	1 $\frac{1}{2}$ lbs.
Cooking Fat	1 lb. 14 ozs.
Water	
Apples A10	3 tins
Sugar	2 lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	4 $\frac{1}{2}$ ozs.

614. BAKEWELL TART	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1 $\frac{1}{2}$ lbs.
Water	
Salt	1 oz.
Ground Rice	1 lb.
Flour	1 lb.
Baking Powder	$\frac{1}{2}$ oz.
Sugar	1 $\frac{1}{2}$ lbs.
Eggs	12
Margarine	$\frac{3}{4}$ lb.
Jam	2 $\frac{1}{2}$ lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	3 ozs.

615. COCONUT TART.	100 portions
Margarine	1 $\frac{1}{2}$ lbs.
Sugar	1 $\frac{1}{2}$ lbs.
Eggs	8
Flour	1 $\frac{1}{2}$ lbs.
Desiccated Coconut	1 $\frac{1}{2}$ lbs.
Jam	2 $\frac{1}{2}$ lbs.
Flour	4 lbs.
Margarine	$\frac{1}{2}$ lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Baking Powder	2 ozs.

616. GOOSEBERRY TARTLET (T)	100 portions
Gooseberries A10	1 tin
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Water)	
Sugar) Glaze	2 lbs.
Arrowroot)	2 ozs.
Flour (for dusting)	$\frac{1}{2}$ lb.

617. JAM TART	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1 $\frac{1}{2}$ lbs.
Jam	6 lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	3 ozs.

618. LEMON CURD TART	100 portions
Flour	6 lbs.
Margarine	1 lb.
Cooking Fat	1 $\frac{1}{2}$ lbs.
Lemon Curd	6 lbs.
Flour (for dusting)	$\frac{1}{2}$ lb.
Baking Powder	3 ozs.

619. RASPBERRY TARTLET	100 portions
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Raspberries	12 lbs.
Sugar	$\frac{1}{2}$ lb.
Water)	4 pts.
Sugar) Glaze	1 $\frac{1}{2}$ lb.
Arrowroot)	2 ozs.
Flour (for dusting)	$\frac{1}{2}$ lb.

620. STRAWBERRY TARTLET	100 portions
Strawberries	12 lbs.
Sugar	$\frac{1}{2}$ lb.
Flour	4 lbs.
Margarine	1 lb.
Cooking Fat	1 lb.
Water	
Salt	1 oz.
Water)	4 pts.
Sugar) Glaze	1 $\frac{1}{2}$ lb.
Arrowroot)	2 ozs.
Flour (for dusting)	$\frac{1}{2}$ lb.

621. STRAWBERRY TARTLET (frozen) 100 portions
 Strawberries (frozen) 10 lbs.
 Flour 4 lbs.
 Margarine 1 lb.
 Cooking Fat 1 lb.
 Water
 Sugar) 1 lb.
 Arrowroot) Glaze 2 ozs.
 Water) 4 pts.
 Flour (for dusting) $\frac{1}{4}$ lb.

622. TREACLE TART 100 portions
 Flour 6 lbs.
 Margarine 1 lb.
 Cooking Fat $1\frac{1}{4}$ lbs.
 Water
 Syrup 6 lbs.
 Breadcrumbs 3 lbs.
 Flour (for dusting) $\frac{1}{4}$ lb.
 Baking Powder 3 ozs.

VEGETABLES

623. BAKED BEANS 100 portions
 Baked Beans A10 3 tins

624. BEETROOT 100 portions
 Beetroot 30 lbs.

625. BRAISED CELERY 100 portions
 Celery 35 lbs.
 Brown Sauce 2 pts.
 Brown Stock 4 pts.
 Dripping $\frac{1}{2}$ lb.
 Salt 3 ozs.

626. BRAISED LEEKS 100 portions
 Leeks 30 lbs.
 Salt 4 ozs.
 Brown Sauce $\frac{1}{2}$ gal.

627. BRAISED ONIONS 100 portions
 Onions 25 lbs.
 Brown Sauce 6 pts.
 Dripping $\frac{1}{4}$ lb.
 Salt 2 ozs.
 Onion Stock

628. BROAD BEANS 100 portions
 Broad Beans 40 lbs.
 Salt 2 ozs.
 Parsley Sauce 1 gal.

629. BRUSSEL SPROUTS 100 portions
 Brussel Sprouts 35 lbs.
 Salt 4 ozs.

630. BRUSSEL TOPS 100 portions
 Brussel Tops 35 lbs.
 Salt 4 ozs.

631. BUBBLE AND SQUEAK 100 portions
 Potatoes 20 lbs.
 Cabbage 20 lbs.
 Dripping 1 lb.
 Flour $\frac{1}{2}$ lb.
 Salt 2 ozs.

632. 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 $\frac{1}{4}$ oz.

633. BUTTERED SPINACH 100 portions
 Spinach 35 lbs.
 Salt 4 ozs.
 Margarine/Butter 1 lb.

634. CABBAGE BOILED 100 portions
 Cabbage 35 lbs.
 Salt 4 ozs.

635. CABBAGE BUTTERED 100 portions
 Cabbage 35 lbs.
 Margarine/Butter $\frac{1}{2}$ lb.
 Salt 2 ozs.

636. CARROTS BOILED 100 portions
 Carrots 30 lbs.
 Salt 3 ozs.

637. CARROTS BUTTERED 100 portions
 Carrots 30 lbs.
 Margarine/Butter 1 lb.
 Salt 2 ozs.

638. CAULIFLOWER 100 portions
 Cauliflower 50 lbs.
 Salt 4 ozs.

639. CAULIFLOWER AU GRATIN 100 portions
 Cauliflower 50 lbs.
 Cheese Sauce 1 gal.
 Cheese 1 lb.
 Salt 2 ozs.

640. CREAMED CABBAGE 100 portions
 Cabbage 35 lbs.
 White Sauce 4 pts.
 Salt 2 ozs.

641. CREAMED CARROTS 100 portions
 Carrots 30 lbs.
 White Sauce 4 pts.
 Salt 2 ozs.

642. CURLY KALE 100 portions
 Kale 35 lbs.
 Salt 4 ozs.

643. HARICOT BEANS 100 portions
 Haricot Beans 8 lbs.
 Carrots 1 lb.
 Onions 1 lb.
 Ham Bone 1
 Salt 2 ozs.
 Margarine $\frac{1}{2}$ lb.
 Bicarbonate of Soda 1 oz.

644. HARICOT BEANS IN TOMATO SAUCE 100 portions
 Haricot Beans 8 lbs.
 Tomato Sauce $\frac{1}{2}$ gal.

645. MACEDOINE OF VEGETABLES (T) 100 portions
 Macedoine A10 4 tins

646. MIXED VEGETABLES 100 portions
 Carrots 7 lbs.
 Turnips 7 lbs.
 Swedes 7 lbs.
 Haricot Beans 2 lbs.
 Dried Peas 2 lbs.
 Salt 2 ozs.

647. ONIONS FRIED 100 portions
 Onions 25 lbs.
 Dripping 1 lb.
 Salt 2 ozs.

648. PARSNIPS BAKED 100 portions
 Parsnips 35 lbs.
 Dripping 2 lbs.
 Salt 4 ozs.

649. PARSNIPS BOILED 100 portions
 Parsnips 35 lbs.
 Salt 4 ozs.

650. PARSNIPS MASHED 100 portions
 Parsnips 35 lbs.
 Salt 4 ozs.
 Margarine 8 ozs.

651. PEAS FRESH 100 portions
 Peas in Pod 50 lbs.
 Salt 4 ozs.

652. PEAS GREEN (frozen) 100 portions
 Peas $12\frac{1}{2}$ lbs.

653. PEAS MARROWFAT 100 portions
 Marrowfat Peas 8 lbs.
 Salt 2 ozs.
 Ham Bone 1
 Mint sprig
 Carrots 1 lb.
 Onions 1 lb.
 Margarine $\frac{1}{2}$ lb.

654. PEAS (T) 200 portions
 Peas A2 18 tins
 Peas A10 4 tins

655. RUNNER BEANS 100 portions
 Runner Beans 20 lbs.
 Salt 4 ozs.

656. RUNNER BEANS (frozen) 100 portions
 Runner Beans 15 lbs.

657. SAVOY CABBAGE 100 portions
 Savoy Cabbage 35 lbs.
 Salt 4 ozs.

658. SPINACH 100 portions
 Spinach 35 lbs.
 Salt 4 ozs.

659. SPINACH CREAMED 100 portions
 Spinach 30 lbs.
 White Sauce 4 pts.
 Salt 2 ozs.

660. SPRING GREENS 100 portions
 Spring Greens 35 lbs.
 Salt 4 ozs.

661. STEWED LEEKS 100 portions
 Leeks 30 lbs.
 Salt 4 ozs.
 White Sauce $\frac{1}{2}$ gal.

662. SWEDES BUTTERED 100 portions
 Swedes 30 lbs.
 Margarine/Butter 1 lb.
 Salt 2 ozs.
 Parsley 4 ozs.

663. SWEDES MASHED 100 portions
 Swedes 30 lbs.
 Potatoes 6 lbs.
 Margarine $\frac{1}{2}$ lb.
 Salt 4 ozs.
 Pepper $\frac{1}{4}$ oz.

664. TOMATOES 100 portions
 Tomatoes $12\frac{1}{2}$ lbs.

665. TOMATOES GRILLED 100 portions
 Tomatoes $12\frac{1}{2}$ lbs.

666. TOMATOES STUFFED 100 portions
 Tomatoes $12\frac{1}{2}$ lbs.
 Breadcrumbs 2 lbs.
 Cheese 5 lbs.
 Salt $\frac{1}{2}$ oz.

667. TURNIPS BUTTERED 100 portions
 Turnips 35 lbs.
 Margarine/Butter $\frac{1}{2}$ lb.
 Salt 4 ozs.
 Parsley 4 ozs.

668. TURNIPS MASHED 100 portions
 Turnips 30 lbs.
 Potatoes 4 lbs.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.

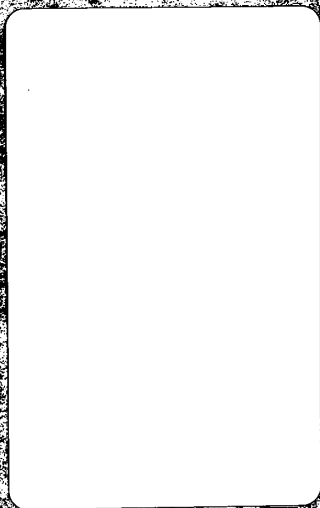
669. TURNIP TOPS 100 portions
 Turnip Tops 35 lbs.

670. VEGETABLE MARROW 100 portions
 Marrow 40 lbs.
 Salt 4 ozs.

671. VICHY CARROTS 100 portions
 Carrots 30 lbs.
 Margarine $\frac{1}{2}$ lb.
 Salt 2 ozs.
 Sugar 4 ozs.



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