



KING EDWARD'S HOSPITAL FUND
FOR LONDON

•

MENU BOOK

FOR

CONVALESCENT HOMES
AND SIMILAR INSTITUTIONS

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Published by

KING EDWARD'S HOSPITAL FUND FOR LONDON
10, Old Jewry,
London, E.C.2.

MENU BOOK

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CONVALESCENT HOMES

INTRODUCTION

This menu book has been designed to help all those who are responsible for planning meals in Convalescent Homes. It is now widely appreciated that of all the factors contributing to a patient's recovery good food is perhaps the most important. Sir Jack Drummond makes this abundantly clear in his Foreword to the Fund's Memorandum on Catering in Convalescent Homes :—

“ It is high time more attention was given to planning their (the patients') diets so that recovery is accelerated by plentiful, nutritious and attractive food.”

Planning meals at the present time is difficult and it may be argued that because supplies are unreliable and erratic it is impossible to plan for more than a day at a time. In order, however, to make the best use of available supplies and in order to ensure variety a skeleton or a “ rough ” menu should be planned for at least a week in advance.

Each page provides space for recording, in addition to the week's menus :—

- (a) Ration allowances for the week. (This will be of assistance in planning meals.)
- (b) Notes of supplies to be ordered.

Ruled pages at the end of the book may be used for noting alterations in ration allowances and recording the telephone numbers of suppliers.

POINTS TO BE KEPT IN MIND WHEN PLANNING MENUS

1. Three cooked meals daily should be provided for adults. These may be arranged as breakfast, dinner and supper, or a high tea may be substituted for supper. If the last meal is served at 7 or 7.30 p.m. a light tea meal should be provided at 4 or 4.30 p.m. On the other hand if a high tea is served at 5 or 6 p.m. a milk drink with biscuits or sandwiches should be served at bedtime.

For children under 12 it is usually preferable to serve high tea.

2. All the rations and priority foods should be used.

3. As a rough guide to the nutritional adequacy of the meals they should be planned to include each day :—

(a) One serving of meat or sausage, offal, bacon, rabbit or poultry, fish, cheese or eggs at each of the three main meals.

(b) A serving of fresh vegetable, in addition to potato and a serving of fresh fruit or salad each day.

(Note.—To obtain the greatest value from vegetables they must be fresh and cooked correctly. For details see page 16 of the Memorandum on Catering in Convalescent Homes.)

(c) An adequate amount of bread, cakes, puddings, or pastry in an appetising form, to satisfy the appetite and energy needs of patients.

4. Meals should be planned to give variety. Care should be taken to avoid the constant repetition of the same dishes on the same days of successive weeks.

5. Meals should be colourful. When planning, it is advisable to visualise the complete meal as it will appear when served.

6. Consideration must also be given to the type of cooking equipment available and the number of kitchen staff on duty.

SUGGESTIONS FOR A MENU FOR FULL DIETS

Breakfast

- Porridge with milk and sugar
- or Cereal with milk or fruit and sugar.
and a choice of
Bacon with fried bread, tomato, potato or baked beans.
- or Eggs, scrambled, fried, boiled or poached
- or Sausage
- or Savoury potato cake or sausage cake
- or Kedgeree
- or Smoked haddock, kipper, herring
- or Breakfast sausage
- or Sardines, pilchards, tomatoes or mushrooms on fried bread or toast.
and
Toast or bread and butter with preserve.
- Tea or coffee.

Midmorning

Milk drink, sandwiches or biscuits if desired.

(Midmorning milk should be provided for children of school age but adults frequently prefer to spend the whole morning away from the Home.)

Dinner

Meat, fish, poultry, offal or made up dish.
Potatoes—sauté, boiled, roast, creamed, riced or chipped.
Fresh vegetable or salad.
Sweet or fruit or cheese and biscuits.

Tea

Bread and butter.
Preserves or savoury spread or salad.
Scones, yeast buns, cakes or biscuits.

Supper

Soup. (Milk soup where possible.)
Savoury : Meat, fish, cheese or egg salad.
 Made up meat dishes served with vegetables or salad.
 Savoury cheese or egg dishes served with vegetables or salad.
 Fish, grilled, baked, fried or canned.
Bread and butter (if required).
Sweet.

(Note.—High tea should consist of a hot savoury with salad or vegetables or cold savoury and salad with bread and butter, fruit or cold sweet or tarts, cakes, etc., and tea or coffee.)

High tea should be followed by milk and biscuits at bed time.

Further suggestions and recipes are contained in the King's Fund Memorandum on Catering for Convalescent Homes, copies of which may be obtained from :—

The Nutritional and Dietetic Adviser,
King Edward's Hospital Fund for London,
10, Old Jewry,
London, E.C.2.

Average Number of Persons fed per day:

MENUS FOR THE WEEK

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo : order:—

Bacon	lbs.	ozs.	Butter	lbs.	ozs.
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
Meat	£	s.	d.		

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MENUS FOR THE WEEK

Week beginning 195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo: order:—

	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
	£	s.	d.		
Meat					

MENUS FOR THE WEEK

Average Number of Persons fed per day:

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo : order:—

lbs.	ozs.	lbs.	ozs.
Bacon		Butter	
Cheese		Cooking fat	
Sugar		Margarine	
		Tea	
	£ s. d.		
Meat			

Average Number of Persons fed per day :

MENUS FOR THE WEEK

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo: order:—

	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
	£	s.	d.		
Meat					

MENUS FOR THE WEEK

Average Number of Persons fed per day:

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo : order:---

	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
	£	s.	d.		
Meat					

Average Number of Persons fed per day :

MENUS FOR THE WEEK

Week beginning **195**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo: order:—

	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
		£ s. d.			
Meat					

Average Number of Persons fed per day:

MENUS FOR THE WEEK

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo : order:—

	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
	£	s.	d.		
Meat					

Average Number of Persons fed per day :

MENUS FOR THE WEEK

Week beginning 195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

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	lbs.	ozs.		lbs.	ozs.
Bacon			Butter		
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
	£	s.	d.		
Meat					

Average Number of Persons fed per day:

MENUS FOR THE WEEK

Week beginning.....195

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

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lbs.	ozs.	lbs.	ozs.
Bacon		Butter	
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Sugar		Margarine	
		Tea	
	£ s. d.		
Meat			

Average Number of Persons fed per day :

MENUS FOR THE WEEK

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
MID-MORNING							
DINNER							
TEA							
SUPPER or HIGH TEA							
BEDTIME DRINK							

Total rations allowed per week.

Memo: order:—

Bacon	lbs.	ozs.	Butter	lbs.	ozs.
Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
Meat	£	s.	d.		

Average Number of Persons fed per day:

MENUS FOR THE WEEK

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	£	s.	d.	
Meat				

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MID-MORNING							
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TEA							
SUPPER or HIGH TEA							
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lbs.	ozs.	lbs.	ozs.
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		Tea	
	£ s. d.		
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Cheese			Cooking fat		
Sugar			Margarine		
			Tea		
Meat	£	s.	d.		

CURRENT RATION ALLOWANCES

[illegible]

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[illegible]



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TELEPHONE NUMBERS

[illegible]

