

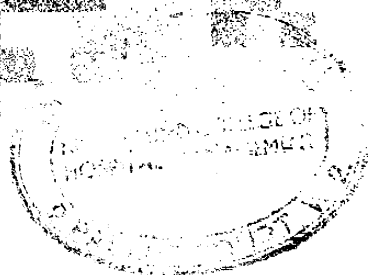
1969



King's Fund

Catering Advisory Service

General Hospital Diets



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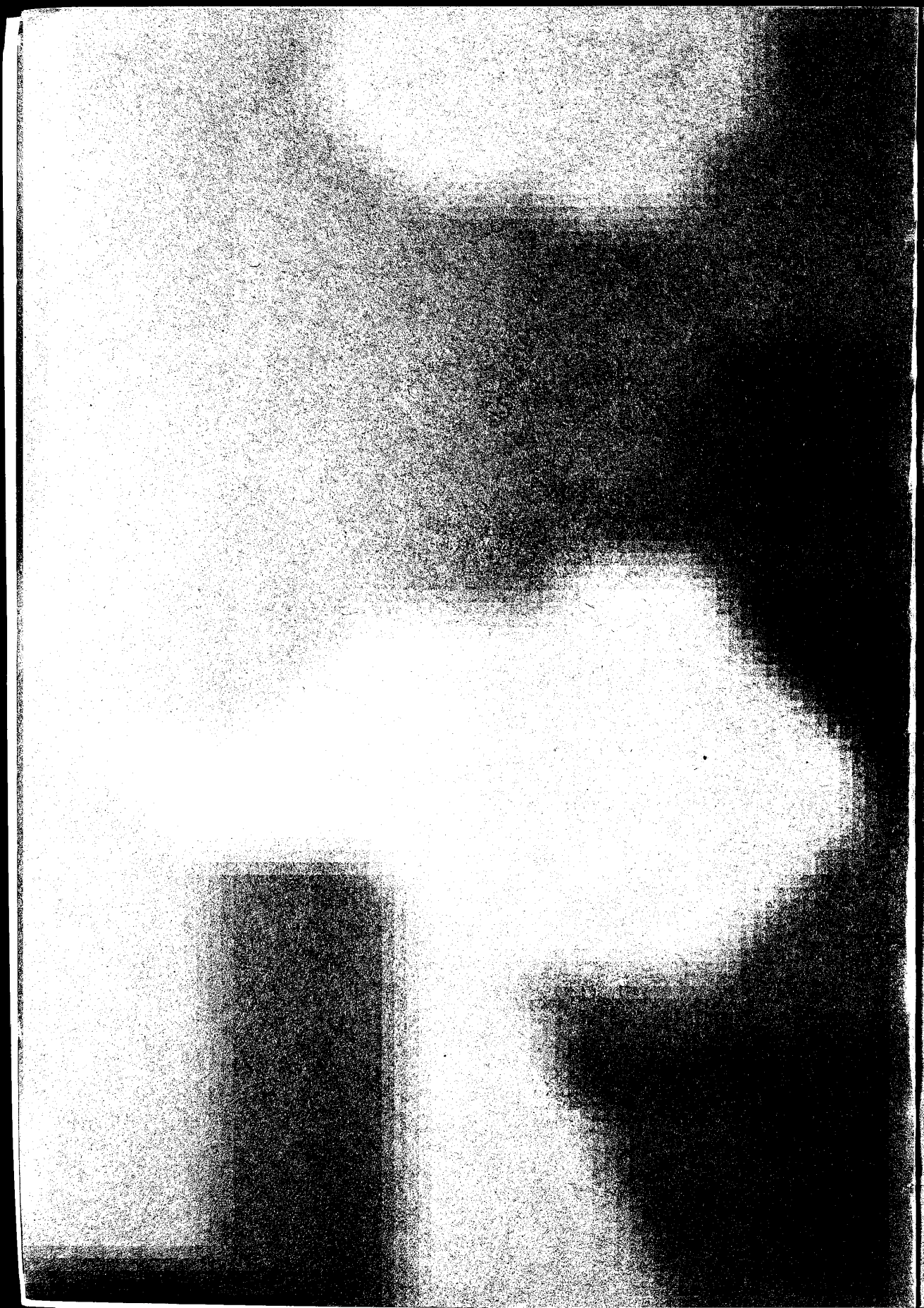
Secretary: Geoffrey A Phalp CBE TD

14 Palace Court London W2

Telephone: 01-727 0581

General Hospital Diets



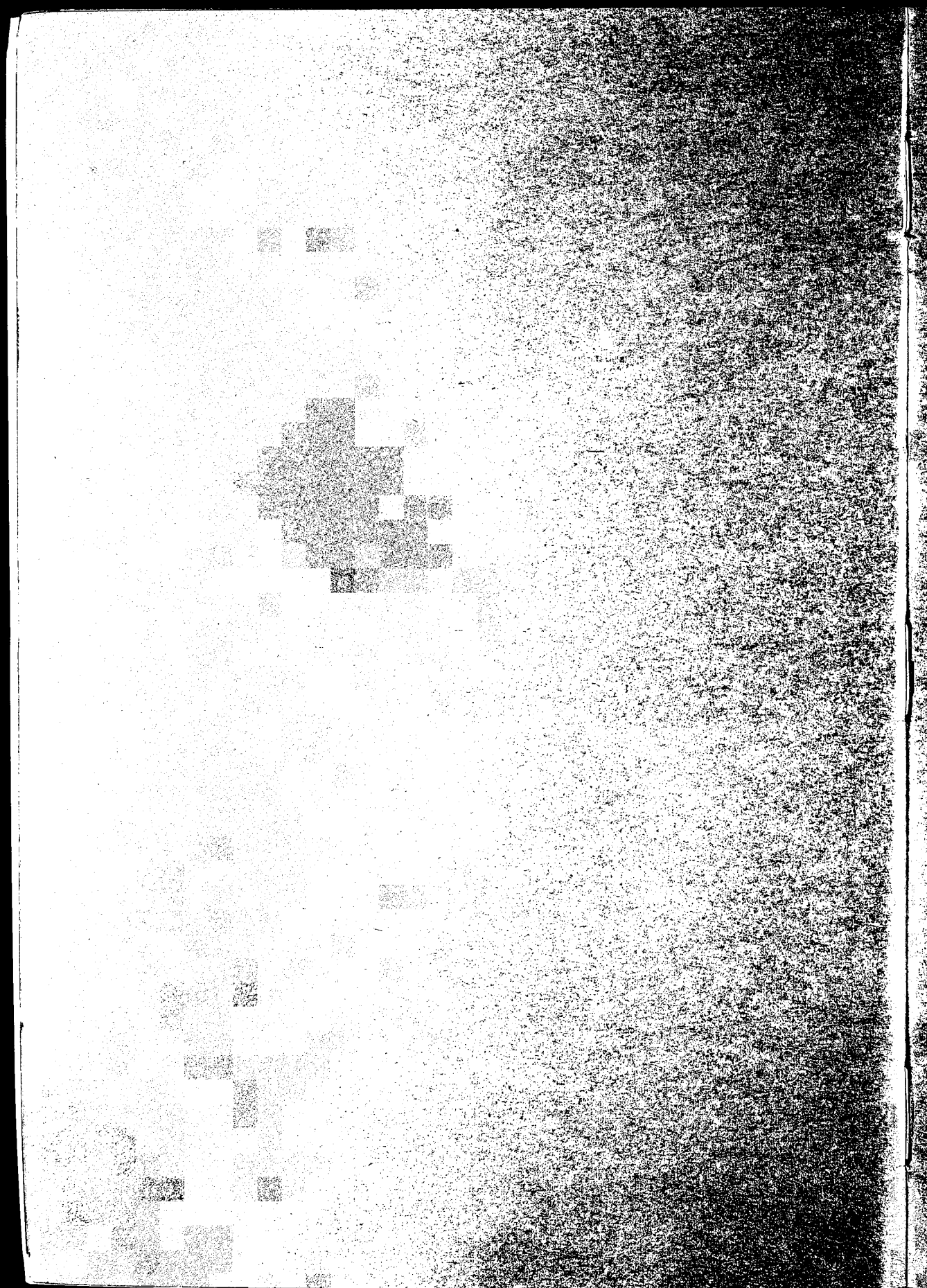


General Hospital Diets

**A Guide to the Cost of
Feeding Patients and Staff**

Fourth Edition

**Published by King Edward's
Hospital Fund for London 1969
Price Thirteen Shillings and Sixpence**



Foreword

The fourth edition of General Hospital Diets reflects progressive trends in hospital catering. Since the publication of the earlier editions, which indicated the need for three standards of menu and suggested possible menus for each week of the year, the King's Fund has been encouraging hospitals and helping catering officers to plan and organise one selective menu for both staff and patients.

This edition shows a selective menu for a period of 28 days since it is felt that the majority of items likely to form part of a hospital menu are included in this cyclical menu. Further, methods of food preservation, whether by canning, dehydrating or freezing, have been so developed that it is no longer necessary to plan a menu to accord with the season of the year and although convenience foods are more expensive than unprepared raw materials, if they are compared with fresh food on a unit cost basis (consumables plus labour) there is often a saving in buying convenience foods.

It is hoped that this publication will be of help to catering officers in compiling menus with due regard to costs; to treasurers, administrators and management in general in assessing, in a limited way, the standard of food being provided in a particular unit.

The first two sections consist of notes which briefly summarise the menu content, explain the system for cost control, indicate costs for direct and indirect issues, the basis of buying by portion control and reasons for cost variation. An example of cost analysis is shown in Table G which can be helpful to management in assessing the value of the menu. The third section is a twenty-eight day selective menu cycle and shows all items costed individually. The fourth section of the book consists of a guide to the quantities and costs of some 470 dishes, on many of which the selective menu has been costed. The prices taken are those as at the end of 1968. In conclusion it is thought that this publication may be particularly helpful in view of the recent Department of Health and Social Security document, HM 68/97 NMC 146.

**G J Stormont King's Fund Catering Adviser
January 1969**



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1 The Selective Menu

The *Twenty-eight Day Selective Menu* – see page 19 – gives an ample choice for a short-stay hospital. In a long-stay hospital it may be desirable to reduce the number of choices and rotate the menu over a longer period. The menu in this book, however, includes 112 dishes in the entrée, roast, fish and egg dish categories; 14 types of vegetables; 32 sweet dishes; 14 soups; and a variety of fruit juices besides fresh fruit.

In planning this menu care has been taken to make provision for dietary needs as it has been found that a selective menu, if well compiled, leads to a reduction in the number of special diets requested. Therefore, catering officers planning their own menus should take similar care if the number of special diets is to be minimised.

Range of Choice

It is recommended that the selection of main dishes should include a hot meat dish, a hot fish dish and/or egg dish and a cold meat, egg or fish dish.

A wider range of vegetables and a more venturesome approach to methods of cooking them, particularly potatoes, would do much to enhance the attraction of menus. Of the 200 or so methods of serving potatoes, listed in classical repertoires, scarcely half-a-dozen are commonly found on hospital menus.

Hospital caterers could well offer patients a greater variety of cheese. Whereas some staff may be offered a choice of cheeses, including expensive foreign types, the patient can seldom look forward to more than 'mousetrap' cheese. There is an excellent range of English cheeses and it costs a mere fraction of a penny more to offer a portion of Stilton or Caerphilly rather than Cheddar.

It has been found that the greater patient satisfaction arising from the provision of a selective menu permits the reduction of afternoon tea to the status of a light snack, ie, a cup of tea and a cake or biscuit. It is on this basis that afternoon tea has been costed here.

The necessity of serving a full English breakfast today is queried. Some few years ago the King's Fund carried out an experiment in a hospital on the serving of a continental breakfast, ie, hot roll, butter, marmalade, coffee or tea. The response was quite good, up to 25 per cent of patients asking for this. However, it is essential to ensure that the rolls are served hot and the meal well presented. In the King's Fund experiment not only were the rolls hot but the butter was individually wrapped and the marmalade served in individual pots. It was found that if the standard of presentation was lowered – rolls served cold, butter cut from a slab and scraped off on to the patients' plates, marmalade ladled out from a large pot – the percentage of continental breakfasts served dropped to between 5 per cent and 6 per cent.



2 Costs

The menu consists of two main elements of cost: Direct Issues and Indirect Issues.

Direct Issues

Direct issues are those foods that are issued directly to the wards and dining rooms and generally include tea, sugar, milk, butter, margarine, bread. The catering officer has little control over the cost of these items which should remain fairly constant throughout the year. A guide to the quantities and costs of direct issues is shown in Table A.

The cost of 9s 8d does not include extras such as squashes and beers, which could increase direct issues by 3d or more per week. In a well-run hospital no more than one-third of provision costs should be spent on direct issues.

Drinks The menu is costed on the basis of 8 cups of tea a day (56 cups a week); instant coffee three times a week; Ovaltine or Horlicks four times a week. While it is realised that some hospitals use ground coffee (a mixture of coffee and chicory which sometimes reaches a chicory content of 45 per cent) instant coffee is recommended for normal hospital use as it is thought that the majority of people today use this in preference to ground coffee.

Milk For the average patient in hospital, excluding those who for some reason have to take larger quantities, $\frac{3}{4}$ pint of milk a day is adequate as a direct issue. Milk has been costed on the basis of 1oz for a cup of tea, 3oz for other drinks and 3oz for a cereal or porridge at breakfast. This allows approximately 22oz a week for those patients who like a glass of milk – approximately 3 in 7. 'Gastrics', maternity patients and those on special medical recommendations, may require 2 pints each a day. If the number of these patients reaches 12 – 25 per cent of total people fed, this represents an overall increased expenditure of approximately 6d–1s per head per week. Hospitals which allow nurses to drink milk by the glass, with no restraint, would also come into this category. The importance of control cannot be too strongly emphasised. Some hospitals condone a lax control that would be completely unacceptable in a commercial undertaking.

TABLE A Direct Issues: guide to quantities and costs

Commodity	Per week	
	Average quantity per head	Approx cost in pence
Biscuits		3-00
Bread (21 oz: based on 2 slices per day)	$\frac{3}{4}$ of 1 loaf	6-00
Butter	4 oz	8-00
Cakes (3 bought at 3-5d: 4 home-made at 1-87d*)		17-98
Cheese	4½oz	7-31
Instant coffee	0-2 oz	3-00
Margarine (10 per cent butter)	3 oz	2-49
Marmalade/jam	3½oz	3-04
Milk	6 pints	48-00
Ovaltine/Horlicks	2 oz	4-50
Sauces		1-25
Sugar (for beverages)	8 oz	3-95
Tea	3 oz	7-68
Total cost per head per week of all Direct Issues averages:		116-20
		= 9s 8d

*Average of King's Fund tests on mixes

With the introduction of 'pay-as-you-eat' for all staff it should be easier to control accurately the cost of staff feeding and advantage should be taken of the favourable cost structure for snack meals to cater for those who do not require a main meal.

For cooking purposes full-cream dried milk might be used. About 1lb to 1 gallon is the usual conversion but dried milk costs only about half as much as fresh milk.

Therefore, in assessing milk consumption a well-run hospital should show a consumption of 8½ – 10 pints per head per week. The

TABLE B Indirect Issues: guide to quantities and costs

Commodity	Per week			Percent- age of week's menu
	No of meals served	Approx quantity per head	Approx cost in pence	
Milk Full-cream dried milk has been used extensively in the 'recipe' section of this book. This averages :		2½pt	11·00	2·6
Fish Average of pilchards/sardines/plaice/cod/halibut	2½	10¼oz	24·87	5·8
Meat Roasting joints – bone in	3½	15–16oz	} 53·13	} 21·6
Roasting joints – boneless	½	2½oz		
Stewing meat – bone in (½ waste)	1½	2½oz	} 16·40	
Stewing meat – boneless	2	6½oz		
Offal	1	3½oz	8·00	
Sundries – sausages, pies, canned meat	1	5½oz	14·25	
Bacon and Ham	6	9¾oz	11·70	2·7
Poultry Poultry appears in the menus only six times and a 6oz portion – dressed weight – is used	1	6 oz	12·00	2·8
Eggs Served whole or in cooked dishes	3	5¼	18·40	4·3
Fruit Fresh (average of dessert fruit in Bethnal Green experiment*)		10 oz	16·00	} 7·7
Tinned (average A10 tins)		12 oz	17·00	
Potatoes		5 lb	12·55	2·9
Vegetables Green – fresh		22 oz	14·30	} 6·3
Roots and other – fresh		31 oz	9·30	
Roots and other – frozen		3½oz	3·50	
Cooking Fats Margarine		2 oz	1·66	} 2·3
Lard/dripping		2 oz	1·75	
Frying oil (if this is used, less fat will probably be required)		6 oz	6·30	
Sugar Total = 14oz with 8oz Direct Issues		6 oz	3·00	0·8
Other Items Flour, cereals, spices, jams, etc			56·00	13·1
Total cost per head per week of all Indirect Issues averages :			311·11 =25s 11d	72·9
SUMMARY				
Direct Issues			9s 8d	27·1
Indirect Issues			25s 11d	72·9
Total cost per head of all Direct and Indirect Issues averages :			35s 7d	100·0

*King Edward's Hospital Fund for London, *The Ganymede Tray Service in Hospital*, 1966.

Note If 21 meals cannot be calculated on the above basis, the menu should be examined when it may well be found that a number of composite dishes, such as cottage pie or cornish pasty, are used.

exception to this might be a maternity hospital or a TB unit.

On prices ruling in 1968 the cost per week should be

Fresh milk	4s	to 5s
Full-cream dried milk (2½ pints)		10d to 1s
Total per head per week	4s 10d	to 6s

Indirect Issues

The other principal element of cost is formed by indirect issues – food that is issued to the kitchen and converted into cooked or prepared dishes before being sent to the wards. A guide to the quantities and costs of indirect issues is shown in Table B.

Portion Control

The items comprising the basic main dish components for the 21 meals per week are fish, meat, offal, bacon and ham, poultry, eggs.

Fish In the case of trimmed, filleted fish, 4oz are adequate but for untrimmed fillets or small cross cuts, 5oz are required (4 or 3 portions to the lb). For fish 'on-the-bone', 6–8oz are necessary, according to the type of fish used. When served with salad, 3oz of tinned fish should be a reasonable portion.

Meat is perhaps the most difficult item to assess. Quality can have a bearing on the edible yield. This can really only be judged by examination of purchases over a period. However, as a general guide, for meat bought on the bone as trimmed joints, 4oz (4 portions to the lb) per head per meal is a reasonable quantity. In carcase form, or as untrimmed joints, 4½–5½oz (3 portions to the lb) are required. An exception to this is a cutlet. To have a trimmed 4oz lamb cutlet it is usually necessary to start with a 6½–7oz cutlet before trimming. Hospitals often serve untrimmed cutlets, the trimmings being left on the plate by the diner as plate waste. The cutlets given in the 'recipe' section of this book are trimmed. For boneless meat, such as that used for stews, 3½oz (5 portions to the lb)

TABLE C Weight Loss

Commodity	Weight	Weight loss
Whole raw gammon	14lb 7oz	
Boned ready for cooking	11lb 14oz	
Bones		2lb 9oz
Cooked weight	9lb 11oz	
Loss in cooking		2lb 3oz
Trimmed ready for slicing	8lb 9oz	
Loss in trimming		1lb 2oz
		5lb 14oz
Cooked portion served, including portion of fat	2½oz	
Basic raw weight portion	4½oz	

should be adequate provided the meat is free from fat and gristle. The purchase of mince is always a problem. Cheap mince almost invariably contains a high proportion of fat. Tinned or cooked meat can be taken as requiring 2–3oz per head, according to the type of meat, while offal to be cooked should be about 3½oz per head (5 portions to the lb).

For sundries such as pies, sausages, 4–5oz per head should be allowed although the meat content in these is usually comparatively low. It would be similar in value to that in a cottage pie which often has the equivalent of only a half portion of meat.

Bacon and Ham can be taken roughly at 2oz per head (8 portions to the lb). At breakfast 1–1½oz (12 portions to the lb) of bacon is adequate if properly sliced, carefully cooked and served with tomatoes or beans. For tinned cooked ham, 2oz per head (8 portions to the lb) are adequate but if the hospital cooks its own gammons the raw weight, including bone, should be approximately 4–4½oz per head. The cooked portion served would be 2½oz because a proportion of fat is also often served. The result of a test carried out is shown in Table C.

Poultry For a well-fed, eviscerated chicken, 4oz is reasonable but for some boiling fowls, particularly those sold as 'oven-ready', with

the neck and giblets stuffed inside to make weight, 6oz should be allowed ($2\frac{1}{2}$ portions to the lb). If rough-plucked weight is bought, 8oz should be allowed.

Eggs As a rule, 1–2 eggs per head per week should be allowed for general cookery purposes (some catering mixes already contain eggs), although some hospitals rarely use fresh eggs as an ingredient in the composition of dishes. If omelettes are on the menu the number of eggs needed will increase.

Cheese Occasionally hospitals serve cheese as a main dish either with lettuce and tomato or in a welsh rarebit. Cheese is not recommended as a main dish as the portion usually served is too small, but it is suitable for the final course to replace the sweet. However, if cheese is used as the main dish the minimum portion should be 3oz per head.

Vegetables The edible yield of fresh vegetables varies from 33–66 per cent, according to the type of vegetable and method of purchasing. A reasonable figure for the average hospital would be 50 per cent edible yield. Therefore, as a general guide, $5\frac{1}{2}$ oz per head (3 portions to the lb) would be suitable.

Potatoes The quantity of potatoes issued will vary according to the time of year and method of purchasing. Graded potatoes should be more economical than ungraded. The control exercised in preparation will also have an effect on edible yield and therefore on quantities required. In general, 6–8oz basic weight per head is a reasonable issue for a meal. The quantity issued in a hospital should be considered in conjunction with the menu. Some hospitals serve potatoes twice a day in which case there should be 5–7lb per head per week. If the hospital issues only $2\frac{1}{2}$ – $3\frac{1}{2}$ lb per head per week there should be a corresponding increase in bread consumption, as most probably bread is being eaten in place of potatoes.

Bread consumption will vary considerably according to the patient's upbringing and particularly in relation to his age. The quantity of biscuits and cakes served will also have a

TABLE D Guide to increased quantities and costs for maternity patients

Commodity	Per week		
	Extra to quantities in Tables A and B	Total for each maternity patient	Extra cost for each maternity patient
Milk	8 pt	14 pt	5s 4d
Bacon	$3\frac{1}{4}$ oz	13 oz	$6\frac{3}{4}$ d
Fish	$3\frac{1}{2}$ oz	$13\frac{3}{4}$ oz	$7\frac{1}{2}$ d
Poultry	$1\frac{1}{2}$ oz	$7\frac{1}{2}$ oz	3d
Eggs	1	$6\frac{1}{4}$	$3\frac{1}{2}$ d
Cheese	1 oz	$5\frac{1}{2}$ oz	$1\frac{1}{2}$ d
Meat and offal	9 oz	$45\frac{1}{2}$ oz	1s 8d
	Total weekly increase		8s 10$\frac{1}{2}$d

slight bearing on the consumption of bread. In a well-planned menu which provides three main meals a day, the amount of bread eaten should be no more than 4oz per head per day. In a unit which serves only two courses at midday and one course in the evening, bread consumption may rise to 10–12oz per head per day – see *Potatoes* above.

Maternity Patients

Costs for maternity patients should be higher than those for general diet patients. It is estimated that the weekly cost will be increased by 8s 10 $\frac{1}{2}$ d per head as mothers should have extra milk (making a total of 2 pints per head per day) and portions of animal protein foods should be increased by approximately one-third – see Table D.

Cost Variation

In compiling and costing the *Twenty-eight Day Selective Menu*, dishes from Section 4 of this book were used. The prices are those applying in late 1968. Where an item was either exceptionally high or low in cost, an average for the year has been taken.

TABLE E Convenience Foods

Many items can now be bought in prepared form – see Table E, *Convenience Foods*. Although the raw material cost of these convenience foods may be higher, it is possible to save on the labour cost in their preparation while the unit cost is often lower than the entirely home-produced item.

The cost per head per week will vary according to a number of factors : the type of patient ; the degree of control exercised at all stages of the catering operation ; and the way in which the catering officer takes advantage of commodity price fluctuations. There may be some variation in costs in different parts of the country but it is thought that the costs shown here should not be exceeded and that in certain hospitals they could be less. It should be noted, however, that the cost of the menus in this book covers raw materials only. To get a reasonably accurate overall picture, a percentage of actual labour costs (kitchen staff) should be added to the raw material cost. These two expenditures could fluctuate depending, among other items, upon the amount of convenience foods purchased. It is known that some HMC treasurers appreciate this point and are prepared to allow an increase in cost of food providing there is a corresponding reduction in labour costs. This seems a reasonable approach to food cost control and could result in greater efficiency.

In conclusion it might be said that those hospitals which find they are unable to keep within these costs should examine particularly methods of buying, including specification and deliveries ; quantities used ; and method of non-resident meal conversion. An indication of the importance of the first two factors might be revealed by an examination of swill tubs from wards and kitchens.

Popularity of Dishes It will be realised that some dishes are more popular than others and that the degree of popularity of certain dishes may affect the overall cost of food. Table F overleaf is an analysis of the percentage take-up of meals in a one-month period at Bethnal Green Hospital. This is felt to reflect general preferences and is broadly in line with the findings of a national survey

Com- modity	Available	Varieties
Soup	In packs of 1, 2, 4 and 6½ gallons	asparagus brown windsor celery chicken chicken noodle consommé cream of pea and ham cream of potato french onion kidney leek minestrone mock turtle mulligatawny mushroom onion oxtail pea spring vegetable tomato vegetable
Fish	As fillets in portions of 2–6oz	cod haddock hake mock halibut plaice salmon sole
Meat	Frozen	beefsteak : grilling stewing lamb : chops cutlets pork : cutlets fillets veal : cutlets chickens } whole, ducks } eviscerated : turkeys } portions sausages : beef pork sausage rolls beef pies chicken pies cornish pasties vol-au-vent
Vegetables	Frozen Air-dried Accelerated freeze- dried	beans beetroot broccoli brussels sprouts cabbage carrots cauliflower celery corn onions peas potatoes spinach swedes turnips

Many convenience food manufacturers also offer a complete meal, eg, meat and two vegetables

TABLE F Bethnal Green Hospital
Summary of patients' choices from
selective menu during November 1967

Main Course Dishes	Number of times served in month	Average percentage take-up against other dishes
Roast meats—excluding chicken	15	67
Chicken dishes — excluding roast	13	47
Boiled meat	13	37
Stews	42	28
Pies	14	23
Grills — including sausages	19	21
Fish	40	19
Made-up dishes	22	19
Egg dishes	6	16
Salads	46	11

conducted by a major food producer. Salads would probably be more popular in summer.

Cost Analysis One of the greatest aids to the catering officer is cost analysis. Although it is information in retrospect it becomes a good guide to where the trouble is arising if the cost exceeds the amount estimated — see Table G.

TABLE G Weekly Food Cost Analysis

Commodity	Total			
	Quantity used	Cost £	s	Qu d use
Bread				
Milk				
fresh (pints)				
dried (converted to pints)				
Fish				
wet				
frozen				
smoked				
tinned				
Meat				
chilled				
frozen				
tinned				
sundries				
Offal				
Bacon and Ham				
Poultry				
Eggs				
Fruit				
fresh				
tinned				
dried (except currants, raisins)				
frozen				
Potatoes				
Vegetables				
fresh				
tinned				
frozen				
dehydrated				
Groceries				
cereals (breakfast)				
(other)				
drinks (milk)				
(extracts)				
(fruit squashes)				
(alcoholic)				
tea				
coffee				
cheese				
butter				
margarine				
cooking fats				
preserves				
pulses				
saucers and pickles				
miscellaneous				

[illegible]

- 1 Dried milk conversion rate : 2oz dried milk to 1 pint fresh milk.
- 2 Meat sundries : eg, pork pies, sausages.
- 3 Offal : eg, liver, brains, kidneys, sweetbreads.
- 4 Poultry includes game.
- 5 Dried fruit : this is intended for fruits used alone, eg, apple rings.
- 6 Cereals (other) : eg, rice, sago.
- 7 Drinks (milk) : eg, cocoa, Horlicks, Complan.
- 8 Drinks (extracts) : eg, Bovril.
- 9 Pulses : eg, butter beans, haricot beans, marrowfat peas.

3 Twenty-eight Day Selective Menu

Average Cost of Course

This figure is the take-up of choices made by patients at a London hospital from a 28-day selective menu. It is arrived at by multiplying the portion cost of each dish by the number of people choosing it and dividing the result by the total number of people choosing from that section of the menu.

DAY 1

	Cost of each course per head d	Average cost of course per head d
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Early morning tea 1 cup

0.64

BREAKFAST

1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	
3 Porridge DSF*	1.61	1.71
4 Grilled Bacon DRF*	3.07	
5 Fried Pork Sausage	3.80	3.43
6 Poached Fillet of Smoked Haddock DRF*	6.67	
7 Scrambled Egg DRSF*	3.79	4.73
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	

AVERAGE COST OF BREAKFAST

8.27

Mid-morning drink Tea 1 cup

0.64

LUNCH

1 Tomato Juice DRF*	3.27	
2 Cream of Chicken Soup DRSF*	1.30	2.28
3 Roast Rib of Beef and Gravy DRSF*		
Yorkshire Pudding S	11.12	9.48
4 Minced Lamb DRSF* in Potato Nest SF*	9.91	
5 Tuna Fish Salad DRSF	9.96	
6 Runner Beans DRSF*	2.86	2.86
7 Creamed Potatoes DSF*	1.03	
8 Roast Potatoes S	1.34	1.18
9 Fruit Cocktail DRSF* and Cream	4.77	
10 Tapioca Pudding DSF*	1.04	3.30
11 Cheese and Biscuits DR	2.63	
12 Dessert Fruit DRSF	5.50	
13 Tea 1 cup	0.64	

AVERAGE COST OF LUNCH

19.10

AFTERNOON TEA

Cake	1.87	1.87
Tea 2 cups	1.28	

AVERAGE COST OF AFTERNOON TEA

1.87

SUPPER

1 Oxtail Soup DRSF*	1.08	1.08
2 Grilled Lamb Chop Mint Sauce, Gravy DRSF	11.84	
3 Fricassee of Chicken DRSF*	5.99	9.52
4 Ham Salad DRSF	10.22	
5 Cauliflower DRSF*	7.29	7.29
6 Creamed Potatoes DSF*	1.03	
7 Sauté Potatoes S	1.39	1.24
8 Lattice Jam Tart S with Custard Sauce S*	2.29	
9 Cheese and Biscuits DR	2.63	3.44
10 Dessert Fruit DRSF	5.50	
11 Tea 1 cup	0.64	

AVERAGE COST OF SUPPER

22.57

Evening drink Coffee 1 cup

1.65

COST OF DAY'S INDIRECT ISSUES

51.81

COST OF DAY'S DIRECT ISSUES

16.60

TOTAL COST OF DAY'S MEALS

68.41

Key to therapeutic diets

D Diabetic

R Reducing

S Salt restricted

F Fat restricted

* Gastric, low residue, light, soft

DAY 2

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	

BREAKFAST

1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Grilled Kipper DRF	6.07	
7 Boiled Egg DRSF*	3.75	4.54
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	1.40
10 Fried Bread S	1.20	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	

AVERAGE COST OF BREAKFAST **8.04**

Mid-morning drink Tea 1 cup	0.64
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LUNCH

1 Pineapple Juice SF*	3.27	2.04
2 Cream of Celery Soup DRSF*	1.43	
3 Brown Stew DRSF*	8.32	
4 Fried Pig's Liver DRSF and Grilled Bacon DR	6.78	
5 Cottage Pie DSF* with Tomato F	5.49	7.22
6 Baked Fillet of Cod with Parsley DRSF*	8.08	
7 Egg Salad DRSF	7.42	
8 Mixed Vegetables DRSF*	2.23	1.69
9 Buttered Greens DRSF*	1.15	
10 Boiled Potatoes DSF*	0.94	1.16
11 Sauté Potatoes S	1.39	
12 Plum Pie DS with Custard Sauce S*	5.02	
13 Jelly and Blancmange DRSF*	1.35	2.61
14 Baked Rice Pudding DSF*	1.08	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	

AVERAGE COST OF LUNCH **14.72**

AFTERNOON TEA

Cake	3.50	3.50
Tea 2 cups	1.28	

AVERAGE COST OF AFTERNOON TEA **3.50**

SUPPER

1 Cream of Pea and Ham Soup DRSF*	1.34	1.34
2 Braised Topside of Beef DRSF*	9.90	
3 Baked Faggots and Pease Pudding	5.40	8.73
4 Fried Fish Fingers	5.60	
5 Jellied Veal Salad DRSF	14.04	
6 Brussels Sprouts DRSF*	3.15	3.15
7 Boiled Potatoes DSF*	0.94	1.14
8 Fondant Potatoes	1.22	
9 Cabinet Pudding and Cream	2.81	
10 Cheese and Biscuits DR	2.63	3.60
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	

AVERAGE COST OF SUPPER **17.96**

Evening drink Horlicks 1 cup	1.20
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COST OF DAY'S INDIRECT ISSUES **44.22**

COST OF DAY'S DIRECT ISSUES **16.60**

TOTAL COST OF DAY'S MEALS **60.82**

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
* Gastric, low residue, light, soft

DAY 3

	Cost of each course per head	Average cost of course per head
	d	d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Grilled Kipper DRF	6.07	
7 Boiled Egg DRSF*	3.75	4.54
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	
10 Fried Bread S	1.20	1.40
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		7.75
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Grapefruit Juice SF*	3.27	2.24
2 Leek and Potato Soup DRSF*	1.22	
3 Boiled Leg of Mutton DRSF* with Caper Sauce S	8.63	
4 Chicken Pie	4.33	
5 Fried Beefburger DRS	5.40	6.24
6 Grilled Fillet of Fresh Herring DRSF*	6.43	
7 Sardine Salad DRSF	6.40	
8 Cut Celery DRF	7.95	5.09
9 Mixed Vegetables DRSF*	2.23	
10 Duchesse Potatoes S*	1.20	1.09
11 Boiled Potatoes DSF*	0.94	
12 Apple Crumble DS* with Custard Sauce S*	3.77	
13 Ice Cream and Wafers D*	1.80	2.82
14 Semolina Pudding DSF*	1.09	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		17.48

	Cost of each course per head	Average cost of course per head
	d	d
AFTERNOON TEA		
Cake	1.87	1.87
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		1.87
SUPPER		
1 Cream of Asparagus Soup DRSF*	1.08	1.08
2 Braised Ox Heart DRSF*	12.33	
3 Minced Beef and Vegetable Pie	10.05	10.92
4 Grilled Fillet of Cod DRSF*	7.17	
5 Gala Pie Salad DRSF	13.90	
6 Tomatoes DRSF*	1.88	1.88
7 Boiled Potatoes DSF*	0.94	0.98
8 Creamed Potatoes DSF*	1.03	
9 Banana Custard DSF*	1.49	
10 Cheese and Biscuits DR	2.63	3.17
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		18.03
Evening drink Coffee 1 cup	1.65	
COST OF DAY'S INDIRECT ISSUES		45.13
COST OF DAY'S DIRECT ISSUES		16.60
TOTAL COST OF DAY'S MEALS		61.73

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
***** Gastric, low residue, light, soft

DAY 4

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	3.50
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					3.50
Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Onion Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Roast Chicken and Gravy DRSF*		
4 Grilled Bacon DRF*	3.07		Sage and Onion Stuffing	10.97	
5 Fried Pork Sausage	3.80	3.43	3 Grilled Beef Chipolatas D	7.33	7.56
6 Poached Fillet of Smoked Haddock DRF*	6.67		4 Parsley Omelette DRS*	7.11	
7 Scrambled Egg DRSF*	3.79	4.73	5 Pork Luncheon Meat		
8 Poached Egg on Toast DRSF*	4.46		Salad DRSF	6.42	
9 Grilled Tomato DRSF*	1.88	1.63	6 Diced Swedes DRSF*	2.11	2.11
10 Sauté Potatoes S	1.39		7 Creamed Potatoes DSF*	1.03	1.18
11 Breakfast Roll DSF*	1.50	1.50	8 Roast Potatoes S	1.34	
12 Tea 2 cups	1.28		9 Apple Fool DSF*	2.56	
			10 Cheese and Biscuits DR	2.63	3.82
AVERAGE COST OF BREAKFAST			11 Dessert Fruit DRSF	5.50	
			12 Tea 1 cup	0.64	
Mid-morning drink Tea 1 cup	0.64		AVERAGE COST OF SUPPER		
LUNCH					15.75
1 Tomato Juice DRF*	3.27	2.17	Evening drink Ovaltine 1 cup	1.20	
2 Oxtail Soup DRSF*	1.08		COST OF DAY'S INDIRECT ISSUES		
3 Pork Pie	10.25				49.49
4 Fricassee of Veal DRSF*	10.15		COST OF DAY'S DIRECT ISSUES		
5 Cheese Croquette	5.17	11.90			16.60
6 Baked Fillet of Fresh Haddock with Lemon Slice DRSF*	7.53		TOTAL COST OF DAY'S MEALS		
7 Corned Beef Salad DRSF	11.90				66.09
8 Baked Beans in Tomato Sauce F	1.60	4.44	Key to therapeutic diets		
9 Cauliflower DRSF*	7.29		D Diabetic		
10 Creamed Potatoes DSF*	1.03	0.98	R Reducing		
11 Boiled Potatoes DSF*	0.94		S Salt restricted		
12 Bread and Butter Pudding	1.58		F Fat restricted		
13 Jelly and Cream DRSF*	1.75		* Gastric, low residue, light, soft		
14 Tapioca Pudding DSF*	1.04	2.48			
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		21.97			

DAY 5

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	1.87	1.87
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					1.87
Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Scotch Broth DRSF*	1.28	1.28
3 Porridge DSF*	1.61		2 Navarin of Lamb DRSF*	8.61	
4 Grilled Bacon DRF*	3.07	3.27	3 Sausage Roll	4.50	7.08
5 Fried Beef Sausage	3.47		4 Spaghetti Bolognaise DSF*	8.02	
6 Grilled Kipper DRF	6.07	4.54	5 Egg Salad DRSF	7.42	
7 Boiled Egg DRSF*	3.75		6 Buttered Greens DRSF*	1.15	1.15
8 Fried Egg DS	3.80		7 Boiled Potatoes DSF*	0.94	1.34
9 Baked Beans in Tomato Sauce F	1.60	1.40	8 Croquette Potatoes	1.75	
10 Fried Bread S	1.20		9 Pear Condé and Cream DS*	3.62	
11 Breakfast Roll DSF*	1.50	1.50	10 Cheese and Biscuits DR	2.63	3.88
12 Tea 2 cups	1.28		11 Dessert Fruit DRSF	5.50	
AVERAGE COST OF BREAKFAST			12 Tea 1 cup	0.64	
		7.88	AVERAGE COST OF SUPPER		
Mid-morning drink Tea 1 cup	0.64				14.73
LUNCH			Evening drink Coffee 1 cup	1.65	
1 Orange Juice SF*	3.27	2.33	COST OF DAY'S INDIRECT ISSUES		
2 Mock Turtle Soup DRSF*	1.40				40.22
3 Roast Leg of Pork DRS			COST OF DAY'S DIRECT ISSUES		
Sage and Onion Stuffing					16.60
Apple Sauce, Gravy S	10.75		TOTAL COST OF DAY'S MEALS		
4 Steak and Kidney Pudding S*	10.25	8.00			56.82
5 Chicken and Ham			Key to therapeutic diets		
Vol-au-vent DRF*	4.57		D Diabetic		
6 Grilled Fillet of Cod with			R Reducing		
Parsley DRSF*	7.17	1.08	S Salt restricted		
7 Pilchard Salad DRSF	8.24		F Fat restricted		
8 Sliced Carrots DRSF*	1.15		* Gastric, low residue, light, soft		
9 Butter Beans F*	1.01	1.18			
10 Creamed Potatoes DSF*	1.03				
11 Roast Potatoes S	1.34				
12 Syrup Tart S					
with Custard Sauce S*	2.72	3.15			
13 Raspberry Mousse DR*	3.94				
14 Baked Rice Pudding DSF*	1.08				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		15.74			

DAY 6

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	3.50
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					3.50
Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Spring Vegetable Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Grilled Beef Sausages with Mushroom Sauce	5.92	
4 Grilled Bacon DRF*	3.07	3.43	3 Minced Veal DRSF*	10.15	6.24
5 Fried Pork Sausage	3.80		4 Fried Egg DS	3.80	
6 Poached Fillet of Smoked Haddock DRF*	6.67		5 Shrimp-in-aspic Salad	9.05	
7 Scrambled Egg DRSF*	3.79	4.73	6 Mixed Vegetables DRSF*	2.23	2.23
8 Poached Egg on Toast DRSF*	4.46		7 Boiled Potatoes DSF*	0.94	1.21
9 Grilled Tomato DRSF*	1.88	1.63	8 Chipped Potatoes S	1.48	
10 Sauté Potatoes S	1.39		9 Stewed Plums DRSF* with Custard Sauce DSF*	3.13	
11 Breakfast Roll DSF*	1.50	1.50	10 Cheese and Biscuits DR	2.63	3.72
12 Tea 2 cups	1.28		11 Dessert Fruit DRSF	5.50	
AVERAGE COST OF BREAKFAST			12 Tea 1 cup	0.64	
		8.27	AVERAGE COST OF SUPPER		
Mid-morning drink Tea 1 cup	0.64				14.48
LUNCH			Evening drink Horlicks 1 cup	1.20	
1 Pineapple Juice SF*	3.27	2.17	COST OF DAY'S INDIRECT ISSUES		
2 Cream of Mushroom Soup DRSF*	1.08				45.16
3 Fried Fillet of Cod DRS*			COST OF DAY'S DIRECT ISSUES		
in batter S	7.98				16.60
4 Beef Hotpot DRSF*	7.11		TOTAL COST OF DAY'S MEALS		
5 Ravioli in Tomato Sauce F	5.00	7.82			61.76
6 Poached Fillet of Mock Halibut DRSF*	7.13		Key to therapeutic diets		
7 Cheese Salad DRSF	10.10		D Diabetic		
8 Garden Peas DRF	1.78	4.73	R Reducing		
9 Cauliflower DRSF*	7.29		S Salt restricted		
10 Creamed Potatoes DSF*	1.03	1.25	F Fat restricted		
11 Chipped Potatoes S	1.48		* Gastric, low residue, light, soft		
12 Steamed Sultana Roll* with Custard Sauce S*	2.40				
13 Fruit Trifle and Cream DSF*	3.17	2.94			
14 Semolina Pudding DSF*	1.09				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		18.91			

DAY 7

	Cost of each course per head	Average cost of course per head		Cost of each course per head	Average cost of course per head
	d	d		d	d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	1.87	1.87
			Tea 2 cups	1.28	
BREAKFAST					
1 Continental Breakfast			AVERAGE COST OF AFTERNOON TEA		1.87
Warm roll, butter, marmalade, coffee	6.02				
2 Cereal DSF*	1.74	1.71	SUPPER		
3 Porridge DSF*	1.61		1 Green Pea Soup DRSF*	1.25	1.25
4 Grilled Bacon DRF*	3.07	3.27	2 Braised Beef		
5 Fried Beef Sausage	3.47		Olive DRSF*	7.66	
6 Grilled Kipper DRF	6.07		3 Fried Porkburger	5.40	
7 Boiled Egg DSRF*	3.75	4.54	4 Baked Fillet of Hake DRSF*	6.35	7.06
8 Fried Egg DS	3.80		5 Cornish Pasty		
9 Baked Beans in Tomato Sauce F	1.60	1.40	Salad DRSF	8.47	
10 Fried Bread S	1.20		6 Garden Peas DRF	1.78	1.78
11 Breakfast Roll DSF*	1.50	1.50	7 Boiled Potatoes DSF*	0.94	0.98
12 Tea 2 cups	1.28		8 Creamed Potatoes DSF*	1.03	
			9 Pineapple DRSF* with		
AVERAGE COST OF BREAKFAST		7.88	Custard Sauce S*	3.15	
			10 Cheese and Biscuits DR	2.63	3.72
Mid-morning drink Tea 1 cup	0.64		11 Dessert Fruit DRSF	5.50	
			12 Tea 1 cup	0.64	
LUNCH			AVERAGE COST OF SUPPER		14.79
1 Grapefruit Juice SF*	3.27	2.17			
2 French Onion Soup DRSF*	1.08		Evening drink Ovaltine 1 cup	1.20	
3 Roast Leg of Lamb and					
Gravy DRSF*	12.26		COST OF DAY'S INDIRECT ISSUES		42.56
Mint Sauce F					
4 Curried Beef and Rice	8.63	8.93	COST OF DAY'S DIRECT ISSUES		16.60
5 Grilled Fillet of Whiting					
with Lemon Slice DRSF*	6.98		TOTAL COST OF DAY'S MEALS		59.16
6 Stuffed Pork Roll					
Salad DRSF	6.52		APPROXIMATE 7-DAY COST PER HEAD		36s 2d
7 Buttered Parsnips DRF*	2.81	2.34			
8 Tomatoes DRSF*	1.88		Key to therapeutic diets		
9 Boiled Potatoes DSF*	0.94	1.18	D Diabetic		
10 Roast Potatoes S	1.34		R Reducing		
11 Baked Apricot Sponge with			S Salt restricted		
Custard Sauce DSF*	2.74		F Fat restricted		
12 Stewed Prunes DRSF* with		3.40	* Gastric, low residue, light, soft		
Custard Sauce DSF*	3.34				
13 Macaroni Pudding DSF*	0.94				
14 Cheese and Biscuits DR	2.63				
15 Dessert Fruit DRSF	5.50				
16 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		18.02			

DAY 8

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	
5 Fried Beef Sausage	3.47	3.27
6 Grilled Kipper DRF	6.07	
7 Boiled Egg DRSF*	3.75	4.54
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	1.40
10 Fried Bread S	1.20	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		7.88
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Pineapple Juice SF*	3.27	2.17
2 Spring Vegetable Soup DRSF*	1.08	
3 Roast Chicken, Gravy DRSF* Sage and Onion Stuffing	10.97	9.97
4 Ox Tongue Salad DRSF	8.97	
5 Brussels Sprouts DRSF*	3.15	3.15
6 Creamed Potatoes DSF*	1.03	
7 Roast Potatoes S	1.34	1.18
8 Peaches and Cream DRSF*	3.75	
9 Baked Rice Pudding DSF*	1.08	3.21
10 Cheese and Biscuits DR	2.63	
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		19.68

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	3.50	3.50
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		3.50
SUPPER		
1 Cream of Tomato Soup DRSF*	1.02	1.02
2 Braised Mutton Chop DRSF	8.32	
3 Fried Fillet of Plaice DRSF* with Tartare Sauce S	8.16	8.93
4 Ham Salad DRSF	10.22	
5 Garden Peas DRF	1.78	1.78
6 Fondant Potatoes	1.22	
7 Creamed Potatoes DSF*	1.03	1.12
8 Pineapple Condé and Cream DSF*	4.34	
9 Cheese and Biscuits DR	2.63	3.88
10 Dessert Fruit DRSF	5.50	
11 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		16.73
Evening drink Coffee 1 cup	1.65	
COST OF DAY'S INDIRECT ISSUES		47.79
COST OF DAY'S DIRECT ISSUES		16.60
TOTAL COST OF DAY'S MEALS		64.39

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
 * Gastric, low residue, light, soft

DAY 9

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Tomato Juice DRF*	3.27	2.27
2 Scotch Broth DRSF*	1.28	
3 Beef Goulash DRSF*	7.53	
4 Scotch Egg and Grilled Bacon	7.72	
5 Minced Lamb DRSF* in Potato Nest SF*	9.91	7.84
6 Grilled Fillet of Cod with Parsley DRSF*	7.17	
7 Pilchard Salad DRSF	8.24	
8 Spaghetti in Tomato Sauce F*	1.61	1.38
9 Buttered Greens DRSF*	1.15	
10 Boiled Potatoes DSF*	0.94	1.16
11 Sauté Potatoes S	1.39	
12 Rhubarb Sponge DS with Custard Sauce DS	3.58	2.78
13 Jelly and Blancmange DRSF*	1.35	
14 Macaroni Pudding DSF*	0.94	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		15.43

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	1.87	1.87
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		1.87
SUPPER		
1 Mock Turtle Soup DRSF*	1.40	1.40
2 Braised Topside of Beef DRSF*	9.90	
3 Sauté of Pig's Kidney F*	7.39	7.71
4 Salmon Croquette *	4.94	
5 Chicken-in-aspic Salad DRSF*	8.62	
6 Carrot Fingers DRSF*	1.15	1.15
7 Sauté Potatoes S	1.39	1.16
8 Boiled Potatoes DSF*	0.94	
9 Baked Egg Custard DS*	1.66	
10 Cheese and Biscuits DR	2.63	3.23
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		14.65
Evening drink Horlicks 1 cup	1.20	
COST OF DAY'S INDIRECT ISSUES		
		40.22
COST OF DAY'S DIRECT ISSUES		
		16.60
TOTAL COST OF DAY'S MEALS		
		56.82

Key to therapeutic diets

- D Diabetic
- R Reducing
- S Salt restricted
- F Fat restricted
- * Gastric, low residue, light, soft

DAY 10

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Tomato Juice DRF*	3.27	2.17
2 Spring Vegetable Soup DRSF*	1.08	
3 Boiled Silverside of Beef DRF* with Dumplings	12.13	
4 Veal Casserole DRSF*	8.37	9.13
5 Fried Porkburger	5.40	
6 Grilled Fillet of Mock Halibut DRSF* with Parsley Sauce S*	7.65	
7 Minced Beef Slice Salad DRSF	14.02	
8 Cut Celery DRF	7.95	5.40
9 Runner Beans DRSF*	2.86	
10 Creamed Potatoes DSF*	1.03	0.98
11 Boiled Potatoes DSF*	0.94	
12 Strawberry Flan with Custard Sauce DSF*	3.17	
13 Greengages DRSF* with Custard Sauce S*	4.35	3.32
14 Tapioca Pudding DSF*	1.04	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		21.00

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	3.50	3.50
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		3.50
SUPPER		
1 Green Pea Soup DRSF*	1.25	1.25
2 Braised Steak DRSF*	7.57	
3 Fried Beef Sausages and Onions D	6.45	
4 Grilled Fillet of Cod with Lemon Slice DRSF*	7.17	7.74
5 Cheese Salad DRSF	10.10	
6 Tomatoes DRSF*	1.88	1.88
7 Duchesse Potatoes S*	1.20	1.07
8 Boiled Potatoes DSF*	0.94	
9 Fruit Trifle and Cream DSF*	3.17	
10 Cheese and Biscuits DR	2.63	3.73
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		15.67
Evening drink Coffee 1 cup	1.65	

COST OF DAY'S INDIRECT ISSUES	48.44
COST OF DAY'S DIRECT ISSUES	16.60
TOTAL COST OF DAY'S MEALS	65.04

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
 * Gastric, low residue, light, soft

DAY 11

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	1.87	1.87
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		1.87
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Oxtail Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Roast Leg of Lamb and Gravy DRSF*		
4 Grilled Bacon DRF*	3.07	3.27	Mint Sauce F	12.26	8.11
5 Fried Beef Sausage	3.47		3 Chicken Pie	4.33	
6 Grilled Kipper DRF	6.07		4 Tomato Omelette DRS*	7.15	
7 Boiled Egg DRSF*	3.75	4.54	5 Stuffed Pork Roll Salad DRSF	6.52	
8 Fried Egg DS	3.80		6 Buttered Greens DRSF*	1.15	1.15
9 Baked Beans in Tomato Sauce F	1.60	1.40	7 Creamed Potatoes DSF*	1.03	1.18
10 Fried Bread S	1.20		8 Roast Potatoes S	1.34	
11 Breakfast Roll DSF*	1.50	1.50	9 Ice Cream and Wafers D*	1.80	
12 Tea 2 cups	1.28		10 Cheese and Biscuits DR	2.63	3.27
AVERAGE COST OF BREAKFAST		7.88	11 Dessert Fruit DRSF	5.50	
Mid-morning drink Tea 1 cup	0.64		12 Tea 1 cup	0.64	
LUNCH			AVERAGE COST OF SUPPER		14.79
1 Orange Juice SF*	3.27	2.28	Evening drink Ovaltine 1 cup	1.20	
2 Cream of Chicken Soup DRSF*	1.30				
3 Steak and Kidney Pie F*	10.25				
4 Pork and Mushroom Casserole DRSF	10.58	9.33			
5 Baked Egg in Potato Nest SF*	4.88				
6 Poached Fillet of Whiting DRSF*	7.13				
7 Gala Pie Salad DRSF	13.90				
8 Cauliflower DRSF*	7.29	4.22			
9 Sliced Carrots DRSF*	1.15				
10 Sauté Potatoes S	1.39	1.16			
11 Boiled Potatoes DSF*	0.94				
12 Apricot Crumble DS* with Custard Sauce S*	3.77		COST OF DAY'S INDIRECT ISSUES		44.46
13 Caramel Cream DS*	1.76	2.93	COST OF DAY'S DIRECT ISSUES		16.60
14 Semolina Pudding DSF*	1.09		TOTAL COST OF DAY'S MEALS		61.06
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50		Key to therapeutic diets		
17 Tea 1 cup	0.64		D Diabetic		
AVERAGE COST OF LUNCH		19.92	R Reducing		
			S Salt restricted		
			F Fat restricted		
			* Gastric, low residue, light, soft		

DAY 12

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	
5 Fried Pork Sausage	3.80	3.43
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Pineapple Juice SF*	3.27	2.17
2 Onion Soup DRSF*	1.08	
3 Roast Rib of Beef and Gravy DRSF*, Yorkshire Pudding S	11.12	
4 Grilled Lamb Chop, Mint Sauce, Gravy DRSF	11.84	9.61
5 Chicken in Potato Nest SF*	6.63	
6 Baked Fillet of Cod DRSF* with Cheese Sauce	8.08	
7 Egg Salad DRSF	7.42	
8 Tomatoes DRSF*	1.88	2.10
9 Broad Beans F	2.32	
10 Creamed Potatoes DSF*	1.03	1.18
11 Roast Potatoes S	1.34	
12 Steamed Lemon Sponge with Lemon Sauce *	2.63	2.65
13 Fruit Jelly DRSF	1.50	
14 Baked Rice Pudding DSF*	1.08	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		17.71

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	3.50	3.50
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		3.50
SUPPER		
1 Cream of Pea and Ham Soup DRSF*	1.34	1.34
2 Curried Lamb and Rice	8.63	
3 Braised Pig's Liver DRSF*	6.69	6.80
4 Cottage Pie DSF*	5.49	
5 Sardine Salad DRSF	6.40	
6 Cauliflower DRSF*	7.29	7.29
7 Sauté Potatoes S	1.39	
8 Boiled Potatoes DSF*	0.94	1.16
9 Bread and Butter Pudding SF*	1.58	
10 Cheese and Biscuits DR	2.63	3.20
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		19.79
Evening drink Coffee 1 cup	1.65	
COST OF DAY'S INDIRECT ISSUES		49.27
COST OF DAY'S DIRECT ISSUES		16.60
TOTAL COST OF DAY'S MEALS		65.87
Key to therapeutic diets		
D Diabetic		
R Reducing		
S Salt restricted		
F Fat restricted		
* Gastric, low residue, light, soft		

DAY 13

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	1.87	1.87
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					1.87
Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 French Onion Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Fried Beefburger DRS	5.40	
4 Grilled Bacon DRF*	3.07	3.27	3 Cheese and Rice Soufflé*	5.60	7.53
5 Fried Beef Sausage	3.47		4 Veal Vol-au-vent DRSF*	10.15	
6 Grilled Kipper DRF	6.07	4.54	5 Luncheon Tongue Salad DRSF	8.97	
7 Boiled Egg DRSF*	3.75		6 Garden Peas DRF	1.78	1.78
8 Fried Egg DS	3.80		7 Boiled Potatoes DSF*	0.94	0.98
9 Baked Beans in Tomato Sauce F	1.60	1.40	8 Creamed Potatoes DSF*	1.03	
10 Fried Bread S	1.20		9 Stewed Prunes DRSF* with Custard Sauce DSF*	3.34	3.79
11 Breakfast Roll DSF*	1.50	1.50	10 Cheese and Biscuits DR	2.63	
12 Tea 2 cups	1.28		11 Dessert Fruit DRSF	5.50	
AVERAGE COST OF BREAKFAST			12 Tea 1 cup	0.64	
		7.88	AVERAGE COST OF SUPPER		
Mid-morning drink Tea 1 cup	0.64				15.16
LUNCH			Evening drink Horlicks 1 cup	1.20	
1 Grapefruit Juice SF*	3.27	2.14	COST OF DAY'S INDIRECT ISSUES		
2 Cream of Tomato Soup DRSF*	1.02				41.57
3 Fried Fillet of Cod DRSF* in breadcrumbs S	8.08		COST OF DAY'S DIRECT ISSUES		
4 Lancashire Hotpot DRSF*	7.53	8.20			16.60
5 Savoury Minced Beef DRSF*	6.42		TOTAL COST OF DAY'S MEALS		
6 Grilled Fillet of Mock Halibut DRSF* with Mushroom Sauce S	7.73				58.17
7 Corned Beef Salad DRSF	11.90		Key to therapeutic diets		
8 Runner Beans DRSF*	2.86	2.00	D Diabetic		
9 Carrot Fingers DRSF*	1.15		R Reducing		
10 Creamed Potatoes DSF*	1.03	1.25	S Salt restricted		
11 Chipped Potatoes S	1.48		F Fat restricted		
12 Bakewell Tart S with Custard Sauce S	2.38	3.07	* Gastric, low residue, light, soft		
13 Strawberry Mousse DR*	3.94				
14 Tapioca Pudding DSF*	1.04				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		16.66			

DAY 14

	Cost of each course per head	Average cost of course per head
	d	d

Early morning tea 1 cup

0.64

BREAKFAST

1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	
3 Porridge DSF*	1.61	1.71
4 Grilled Bacon DRF*	3.07	
5 Fried Pork Sausage	3.80	3.43
6 Poached Fillet of Smoked Haddock DRF*	6.67	
7 Scrambled Egg DRSF*	3.79	4.73
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	
10 Sauté Potatoes S	1.39	1.63
11 Breakfast Roll DR*	1.50	1.50
12 Tea 2 cups	1.28	

AVERAGE COST OF BREAKFAST

8.27

Mid-morning drink Tea 1 cup

0.64

LUNCH

1 Tomato Juice DRF*	3.27	
2 Cream of Pea and Ham Soup DRSF*	1.34	2.30
3 Boiled Bacon DRF*	6.25	
4 Beef Casserole DRSF*	11.50	
5 Baked Fillet of Fresh Haddock with Lemon Slice DRSF*	7.53	8.22
6 Sardine Salad DRSF	6.40	
7 Mixed Vegetables DRSF*	2.23	
8 Buttered Greens DRSF*	1.15	1.69
9 Boiled Potatoes DSF*	0.94	
10 Sauté Potatoes S	1.39	1.16
11 Gooseberry Tart DS with Custard Sauce DS	4.24	
12 Jelly and Cream DRSF*	1.75	
13 Semolina Pudding DSF*	1.09	3.20
14 Cheese and Biscuits DR	2.63	
15 Dessert Fruit DRSF	5.50	
16 Tea 1 cup	0.64	

AVERAGE COST OF LUNCH

16.57

AFTERNOON TEA

Cake	1.87	1.87
Tea 2 cups	1.28	

AVERAGE COST OF AFTERNOON TEA

1.87

SUPPER

1 Cream of Celery Soup DRSF*	1.43	1.43
2 Sauté of Chicken DRSF*	6.28	
3 Grilled Beef Chipolatas D	7.33	
4 Cornish Pasty	4.03	6.22
5 Egg Salad DRSF	7.42	
6 Sliced Carrots DRSF*	1.15	1.15
7 Boiled Potatoes DSF*	0.94	
8 Croquette Potatoes	1.75	1.34
9 Rhubarb Fool DSF	2.56	
10 Cheese and Biscuits DR	2.63	3.53
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	

AVERAGE COST OF SUPPER

13.67

Evening drink Ovaltine 1 cup

1.20

COST OF DAY'S INDIRECT ISSUES

40.38

COST OF DAY'S DIRECT ISSUES

16.60

TOTAL COST OF DAY'S MEALS

56.98

APPROXIMATE 7-DAY COST PER HEAD

35s 8d

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
* Gastric, low residue, light, soft

DAY 15

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	3.50
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					3.50
Warm roll, butter, marmalade, coffee	6.02				
2 Cereal DSF*	1.74	1.71			
3 Porridge DSF*	1.61				
4 Grilled Bacon DRF*	3.07	3.43			
5 Fried Pork Sausage	3.80				
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73			
7 Scrambled Egg DRSF*	3.79				
8 Poached Egg on Toast DRSF*	4.46				
9 Grilled Tomato DRSF*	1.88	1.63			
10 Sauté Potatoes S	1.39				
11 Breakfast Roll DSF*	1.50	1.50			
12 Tea 2 cups	1.28				
AVERAGE COST OF BREAKFAST		8.27			
Mid-morning drink Tea 1 cup	0.64		SUPPER		
			1 Oxtail Soup DRSF*	1.08	1.08
			2 Sauté of Chicken DRSF*	6.28	
			3 Mixed Herb Omelette DRS*	7.59	7.98
			4 Tuna Fish Salad DRSF	9.96	
			5 Cauliflower DRSF*	7.29	7.29
			6 Boiled Potatoes DSF*	0.94	1.16
			7 Sauté Potatoes S	1.39	
			8 Peach Flan and Cream	3.24	
			9 Cheese and Biscuits DR	2.63	3.76
			10 Dessert Fruit DRSF	5.50	
			11 Tea 1 cup	0.64	
			AVERAGE COST OF SUPPER		
					21.27
			Evening drink Coffee 1 cup	1.65	
LUNCH					
1 Tomato Juice DRF*	3.27	2.28			
2 Cream of Chicken Soup DRSF*	1.30				
3 Roast Leg of Pork DRS					
Sage and Onion Stuffing					
Apple Sauce, Gravy S	10.75	8.72			
4 Minced Lamb DRSF*					
in Potato Nest SF*	9.91				
5 Salmon-in-aspic Salad DRSF	9.01				
6 Runner Beans DRSF*	2.86	2.86			
7 Creamed Potatoes DSF*	1.03	1.18			
8 Roast Potatoes S	1.34				
9 Pears and Cream DRSF*	3.00				
10 Tapioca Pudding DSF*	1.04	3.01			
11 Cheese and Biscuits DR	2.63				
12 Dessert Fruit DRSF	5.50				
13 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		18.05			
			COST OF DAY'S INDIRECT ISSUES		
					51.09
			COST OF DAY'S DIRECT ISSUES		
					16.60
			TOTAL COST OF DAY'S MEALS		
					67.69
Key to therapeutic diets					
D Diabetic					
R Reducing					
S Salt restricted					
F Fat restricted					
* Gastric, low residue, light, soft					

DAY 16

	Cost of each course per head	Average cost of course per head		Cost of each course per head	Average cost of course per head
	d	d		d	d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
BREAKFAST			Cake	1.87	1.87
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02		Tea 2 cups	1.28	
2 Cereal DSF*	1.74	1.71	AVERAGE COST OF AFTERNOON TEA		1.87
3 Porridge DSF*	1.61		SUPPER		
4 Grilled Bacon DRF*	3.07		1 Cream of Pea and Ham Soup DRSF*	1.34	1.34
5 Fried Beef Sausage	3.47	3.27	2 Roast Chicken, Gravy DRSF* Sage and Onion Stuffing	10.97	
6 Grilled Kipper DRF	6.07		3 Braised Beef Olive DRSF*	7.66	7.64
7 Boiled Egg DRSF*	3.75	4.54	4 Sausage Roll	4.50	
8 Fried Egg DS	3.80		5 Egg Salad DRSF	7.42	
9 Baked Beans in Tomato Sauce F	1.60	1.40	6 Brussels Sprouts DRSF*	3.15	3.15
10 Fried Bread S	1.20		7 Creamed Potatoes DSF*	1.03	1.18
11 Breakfast Roll DSF*	1.50	1.50	8 Roast Potatoes S	1.34	
12 Tea 2 cups	1.28		9 Stewed Cherries SF with Whipped Custard SF*	3.70	3.91
AVERAGE COST OF BREAKFAST		7.88	10 Cheese and Biscuits DR	2.63	
Mid-morning drink Tea 1 cup	0.64		11 Dessert Fruit DRSF	5.50	
LUNCH			12 Tea 1 cup	0.64	
1 Pineapple Juice SF*	3.27	2.35	AVERAGE COST OF SUPPER		17.22
2 Cream of Celery Soup DRSF*	1.43		Evening drink Horlicks 1 cup	1.20	
3 Sauté of Lamb DRSF*	8.41		COST OF DAY'S INDIRECT ISSUES		44.44
4 Pork and Mushroom Pie DRSF*	10.74		COST OF DAY'S DIRECT ISSUES		16.60
5 Minced Beef and Vegetable Pie	10.05	9.02	TOTAL COST OF DAY'S MEALS		61.04
6 Grilled Fillet of Cod DRSF* with Tartare Sauce	8.51		Key to therapeutic diets		
7 Corned Beef Salad DRSF	11.90		D Diabetic		
8 Mixed Vegetables DRSF*	2.23	1.69	R Reducing		
9 Buttered Greens DRSF*	1.15		S Salt restricted		
10 Creamed Potatoes DSF*	1.03	1.25	F Fat restricted		
11 Chipped Potatoes S	1.48		* Gastric, low residue, light, soft		
12 Steamed Vanilla Sponge with Custard Sauce*	2.80				
13 Raspberry Mousse DR*	3.94	3.16			
14 Baked Rice Pudding DSF*	1.08				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		17.47			

DAY 17

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.27
5 Fried Beef Sausage	3.47	
6 Grilled Kipper DRF	6.07	4.54
7 Boiled Egg DRSF*	3.75	
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	1.40
10 Fried Bread S	1.20	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		7.88
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Pineapple Juice SF*	3.27	2.24
2 Leek and Potato Soup DRSF*	1.22	
3 Roast Rib of Beef and Gravy DRSF*		
Yorkshire Pudding S	11.12	7.53
4 Chicken Pie	4.33	
5 Cottage Pie DSF*	5.49	
6 Poached Fillet of Mock Halibut DRSF* with Parsley Sauce S*	7.65	5.09
7 Stuffed Pork Roll Salad DRSF	6.52	
8 Cut Celery DRF	7.95	5.09
9 Mixed Vegetables DRSF*	2.23	
10 Creamed Potatoes DSF*	1.03	1.18
11 Roast Potatoes S	1.34	
12 Baked Gooseberry Sponge with Custard Sauce*	3.43	2.86
13 Caramel Cream DS*	1.76	
14 Semolina Pudding DSF*	1.09	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		18.90

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	3.50	3.50
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		3.50
SUPPER		
1 Cream of Asparagus Soup DRSF*	1.08	1.08
2 Braised Ox Liver DRSF*	6.69	
3 Baked Faggots and Pease Pudding	5.40	6.88
4 Grilled Fillet of Fresh Haddock DRSF*	6.98	
5 Cornish Pasty Salad DRSF	8.47	
6 Tomatoes DRSF*	1.88	1.88
7 Boiled Potatoes DSF*	0.94	1.34
8 Croquette Potatoes	1.75	
9 Manchester Tart S	2.88	
10 Cheese and Biscuits DR	2.63	3.63
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		14.81
Evening drink Ovaltine 1 cup	1.20	
COST OF DAY'S INDIRECT ISSUES		45.09
COST OF DAY'S DIRECT ISSUES		16.60
TOTAL COST OF DAY'S MEALS		61.69

Key to therapeutic diets

- D Diabetic
- R Reducing
- S Salt restricted
- F Fat restricted
- * Gastric, low residue, light, soft

DAY 18

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Tomato Juice DRF*	3.27	2.17
2 Oxtail Soup DRSF*	1.08	
3 Brown Lamb Stew DRSF*	8.46	
4 Fried Beef Chipolatas D	7.33	
5 Veal in Potato Nest SF*	8.32	7.17
6 Grilled Fillet of Cod with Lemon Slice DRSF*	7.17	
7 Sardine Salad DRSF	6.40	
8 Baked Beans in Tomato Sauce F	1.60	4.44
9 Cauliflower DRSF*	7.29	
10 Boiled Potatoes DSF*	0.94	1.16
11 Sauté Potatoes S	1.39	
12 Syrup Tart S with Custard Sauce S*	2.72	
13 Stewed Prunes DRSF* with Custard Sauce DSF*	3.34	2.91
14 Tapioca Pudding DSF*	1.04	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		17.79

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	1.87	1.87
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		1.87
SUPPER		
1 Onion Soup DRSF*	1.08	1.08
2 Roast Leg of Lamb and Gravy DRSF*		
Mint Sauce F	12.26	8.35
3 Curried Beef and Rice	8.63	
4 Fried Porkburger	5.40	
5 Egg Salad DRSF	7.42	
6 Diced Swedes DRSF*	2.11	2.11
7 Creamed Potatoes DSF*	1.03	1.18
8 Roast Potatoes S	1.34	
9 Apricot Condé and Cream DSF*	3.62	
10 Cheese and Biscuits DR	2.63	3.63
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		16.35
Evening drink Horlicks 1 cup	1.20	

COST OF DAY'S INDIRECT ISSUES 44.28

COST OF DAY'S DIRECT ISSUES 16.60

TOTAL COST OF DAY'S MEALS 60.88

Key to therapeutic diets

- D Diabetic
- R Reducing
- S Salt restricted
- F Fat restricted
- * Gastric, low residue, light, soft

DAY 19

	Cost of each course per head	Average cost of course per head
	d	d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.27
5 Fried Beef Sausage	3.47	
6 Grilled Kipper DRF	6.07	
7 Boiled Egg DRSF*	3.75	4.54
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	1.40
10 Fried Bread S	1.20	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		7.88
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Orange Juice SF*	3.27	2.33
2 Mock Turtle Soup DRSF*	1.40	
3 Boiled Leg of Mutton DRSF* with Caper Sauce S	8.93	
4 Steak and Vegetable Pie	10.25	9.01
5 Macaroni Cheese	6.63	
6 Grilled Fillet of Whiting with Parsley DRSF*	6.98	
7 Cheese Salad DRSF	10.10	
8 Sliced Carrots DRSF*	1.15	1.08
9 Butter Beans F*	1.01	
10 Creamed Potatoes DSF*	1.03	0.98
11 Boiled Potatoes DSF*	0.94	
12 Rhubarb Crumble DS with Custard Sauce DS	3.19	
13 Ice Cream and Wafers D*	1.80	2.82
14 Baked Rice Pudding DSF*	1.08	
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		16.22

	Cost of each course per head	Average cost of course per head
	d	d
AFTERNOON TEA		
Cake	1.87	1.87
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		1.87
SUPPER		
1 Scotch Broth DRSF*	1.28	1.28
2 Braised Sheeps' Hearts DRSF*	11.65	
3 Chicken Vol-au-vent DRF*	4.57	
4 Grilled Fillet of Cod DRSF* with Parsley	7.17	9.34
5 Gala Pie Salad DRSF	13.90	
6 Buttered Greens DRSF*	1.15	1.15
7 Boiled Potatoes DSF*	0.94	1.07
8 Duchesse Potatoes S*	1.20	
9 Jelly and Blancmange DRSF*	1.35	
10 Cheese and Biscuits DR	2.63	3.13
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		15.97
Evening drink Coffee 1 cup	1.65	
COST OF DAY'S INDIRECT ISSUES		
		41.94
COST OF DAY'S DIRECT ISSUES		
		16.60
TOTAL COST OF DAY'S MEALS		
		58.54
Key to therapeutic diets		
D Diabetic		
R Reducing		
S Salt restricted		
F Fat restricted		
* Gastric, low residue, light, soft		

DAY 20

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	3.50
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					3.50
Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Spring Vegetable Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Braised Veal DRSF*	8.37	
4 Grilled Bacon DRF*	3.07		3 Curried Minced Beef and Rice	8.63	
5 Fried Pork Sausage	3.80	3.43	4 Poached Egg DRS* on Rice S*	5.63	7.73
6 Poached Fillet of Smoked			5 Pilchard Salad DRSF	8.24	
Haddock DRF*	6.67	4.73	6 Mixed Vegetables DRSF*	2.23	2.23
7 Scrambled Egg DRSF*	3.79		7 Creamed Potatoes DSF*	1.03	
8 Poached Egg on Toast DRSF*	4.46		8 Boiled Potatoes DSF*	0.94	0.98
9 Grilled Tomato DRSF*	1.88	1.63	9 Apple Fool DSF*	2.56	
10 Sauté Potatoes S	1.39		10 Cheese and Biscuits DR	2.63	3.53
11 Breakfast Roll DSF*	1.50	1.50	11 Dessert Fruit DRSF	5.50	
12 Tea 2 cups	1.28		12 Tea 1 cup	0.64	
AVERAGE COST OF BREAKFAST					
		8.27	AVERAGE COST OF SUPPER		
Mid-morning drink Tea 1 cup	0.64				15.55
LUNCH			Evening drink Ovaltine 1 cup	1.20	
1 Pineapple Juice SF*	3.27	2.17	COST OF DAY'S INDIRECT ISSUES		
2 Cream of Mushroom Soup DRSF*	1.08				46.01
3 Fried Fillet of Cod DRS*			COST OF DAY'S DIRECT ISSUES		
in batter S	7.98				16.60
4 Sauté of Beef DRSF*	11.50		TOTAL COST OF DAY'S MEALS		
5 Grilled Beef Sausages D	5.32	8.30			62.61
6 Grilled Fillet of Mock Halibut DRSF*			Key to therapeutic diets		
with Mushroom Sauce S	7.73		D Diabetic		
7 Luncheon Tongue Salad DRSF	8.97		R Reducing		
8 Garden Peas DRF	1.78	4.53	S Salt restricted		
9 Cauliflower DRSF*	7.29		F Fat restricted		
10 Creamed Potatoes DSF*	1.03	1.25	* Gastric, low residue, light, soft		
11 Chipped Potatoes S	1.48				
12 Bread and Butter Pudding	1.58				
13 Fruit Jelly DRSF	1.50				
14 Semolina Pudding DSF*	1.09	2.44			
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		18.69			

DAY 21

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	1.87	1.87
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		1.87
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 Green Pea Soup DRSF*	1.25	1.25
3 Porridge DSF*	1.61		2 Fried Beef Sausages D in Mushroom Sauce	5.92	
4 Grilled Bacon DRF*	3.07	3.27	3 Fried Beefburgers DRS	5.40	5.71
5 Fried Beef Sausage	3.47		4 Fish Kedgeree SF*	5.06	
6 Grilled Kipper DRF	6.07		5 Pork Luncheon Meat Salad DRSF	6.42	
7 Boiled Egg DRSF*	3.75	4.54	6 Garden Peas DRF	1.78	1.78
8 Fried Egg DS	3.80		7 Creamed Potatoes DSF*	1.03	1.12
9 Baked Beans in Tomato Sauce F	1.60	1.40	8 Fondant Potatoes	1.22	
10 Fried Bread S	1.20		9 Fruit Cocktail DRSF* and Cream	4.77	
11 Breakfast Roll DSF*	1.50	1.50	10 Cheese and Biscuits DR	2.63	4.26
12 Tea 2 cups	1.28		11 Dessert Fruit DRSF	5.50	
AVERAGE COST OF BREAKFAST		7.88	12 Tea 1 cup	0.64	
Mid-morning drink Tea 1 cup	0.64		AVERAGE COST OF SUPPER		14.12
LUNCH			Evening drink Coffee 1 cup	1.65	
1 Grapefruit Juice SF*	3.27	2.17			
2 French Onion Soup DRSF*	1.08		COST OF DAY'S INDIRECT ISSUES		41.99
3 Braised Topside of Beef DRSF*	9.90		COST OF DAY'S DIRECT ISSUES		16.60
4 Grilled Lamb Chop, Mint Sauce, Gravy DRSF	11.84	9.13	TOTAL COST OF DAY'S MEALS		58.59
5 Baked Fillet of Hake with Lemon Slice DRSF*	8.36		APPROXIMATE 7-DAY COST PER HEAD		35s 11d
6 Egg Salad DRSF	7.42		Key to therapeutic diets		
7 Buttered Parsnips DRF*	2.81	2.34	D Diabetic		
8 Tomatoes DRSF*	1.88		R Reducing		
9 Sauté Potatoes S	1.39	1.16	S Salt restricted		
10 Boiled Potatoes DSF*	0.94		F Fat restricted		
11 Plum Pie DS with Custard Sauce S*	5.02		* Gastric, low residue, light, soft		
12 Fruit Trifle and Cream DSF*	3.17	3.32			
13 Macaroni Pudding DSF*	0.94				
14 Cheese and Biscuits DR	2.63				
15 Dessert Fruit DRSF	5.50				
16 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		18.12			

DAY 22

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	
5 Fried Pork Sausage	3.80	3.43
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Pineapple Juice SF*	3.27	2.17
2 Spring Vegetable Soup DRSF*	1.08	
3 Roast Leg of Lamb and Gravy DRSF*		
Mint Sauce F	11.96	10.46
4 Luncheon Tongue Salad DRSF	8.97	
5 Brussels Sprouts DRSF*	3.15	3.15
6 Creamed Potatoes DSF*	1.03	1.18
7 Roast Potatoes S	1.34	
8 Pineapple and Cream SF*	3.25	
9 Baked Rice Pudding DSF*	1.08	3.09
10 Cheese and Biscuits DR	2.63	
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		20.05

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	3.50	3.50
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		3.50
SUPPER		
1 Cream of Tomato Soup DRSF*	1.02	1.02
2 Curried Chicken and Rice	7.32	
3 Braised Steak DRSF*	7.57	7.90
4 Crab-in-aspic Salad DSF*	9.05	
5 Garden Peas DRF	1.78	1.78
6 Fondant Potatoes	1.22	1.08
7 Boiled Potatoes DSF*	0.94	
8 Baked Egg Custard DS*	1.66	
9 Cheese and Biscuits DR	2.63	3.23
10 Dessert Fruit DRSF	5.50	
11 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		15.01
Evening drink Horlicks 1 cup	1.20	
COST OF DAY'S INDIRECT ISSUES		
		46.83
COST OF DAY'S DIRECT ISSUES		
		16.60
TOTAL COST OF DAY'S MEALS		
		63.43

Key to therapeutic diets

- D Diabetic
- R Reducing
- S Salt restricted
- F Fat restricted
- * Gastric, low residue, light, soft

DAY 23

	Cost of each course per head	Average cost of course per head
	d	d
Early morning tea 1 cup	0.64	

BREAKFAST

1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.27
5 Fried Beef Sausage	3.47	
6 Grilled Kipper DRF	6.07	5.54
7 Boiled Egg DRSF*	3.75	
8 Fried Egg DS	3.80	
9 Baked Beans in Tomato Sauce F	1.60	1.40
10 Fried Bread S	1.20	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	

AVERAGE COST OF BREAKFAST 8.27

Mid-morning drink Tea 1 cup 0.64

LUNCH

1 Tomato Juice DRF*	3.27	2.27
2 Scotch Broth DRSF*	1.28	
3 Beef Goulash DRSF*	7.53	
4 Braised Mutton Chop DRSF	8.32	
5 Curried Egg and Rice	3.06	7.02
6 Grilled Fillet of Cod with Lemon Slice DRSF*	7.17	
7 Pilchard Salad DRSF	8.24	
8 Spaghetti in Tomato Sauce F*	1.61	1.38
9 Buttered Greens DRSF*	1.15	
10 Boiled Potatoes DSF*	0.94	1.16
11 Sauté Potatoes S	1.39	
12 Strawberry Flan and Custard Sauce S	3.17	
13 Raspberry Mousse DR*	3.92	
14 Macaroni Pudding DSF*	0.94	3.22
15 Cheese and Biscuits DR	2.63	
16 Dessert Fruit DRSF	5.50	
17 Tea 1 cup	0.64	

AVERAGE COST OF LUNCH 15.05

AFTERNOON TEA

Cake	1.87	1.87
Tea 2 cups	1.28	

AVERAGE COST OF AFTERNOON TEA 1.87

SUPPER

1 Mock Turtle Soup DRSF*	1.40	1.40
2 Braised Topside of Beef DRSF*	9.90	
3 Scotch Egg and Grilled Bacon	7.72	
4 Grilled Fillet of Hake and Lemon Slice DRSF*	8.36	8.66
5 Ham Salad DRSF	10.22	
6 Carrot Fingers DRSF*	1.15	1.15
7 Creamed Potatoes DSF*	1.03	0.98
8 Boiled Potatoes DSF*	0.94	
9 Lemon Meringue Pie	1.77	
10 Cheese and Biscuits DR	2.63	3.26
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	

AVERAGE COST OF SUPPER 15.45

Evening drink Coffee 1 cup 1.65

COST OF DAY'S INDIRECT ISSUES 40.64

COST OF DAY'S DIRECT ISSUES 16.60

TOTAL COST OF DAY'S MEALS 57.24

Key to therapeutic diets

- D Diabetic
- R Reducing
- S Salt restricted
- F Fat restricted
- * Gastric, low residue, light, soft

DAY 24

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
BREAKFAST			Cake	1.87	1.87
1 Continental Breakfast			Tea 2 cups	1.28	
Warm roll, butter, marmalade, coffee	6.02		AVERAGE COST OF AFTERNOON TEA		1.87
2 Cereal DSF*	1.74	1.71	SUPPER		
3 Porridge DSF*	1.61		1 Green Pea Soup DRSF*	1.25	1.25
4 Grilled Bacon DRF*	3.07	3.27	2 Lamb Casserole DRSF*	8.32	
5 Fried Pork Sausage	3.80		3 Fish Duchesse Pie SF*	5.60	6.33
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73	4 Ravioli in Tomato Sauce F	5.04	
7 Scrambled Egg DRSF*	3.79		5 Sardine Salad DRSF	6.40	
8 Poached Egg on Toast DRSF*	4.46		6 Tomatoes DRSF*	1.88	1.88
9 Grilled Tomato DRSF*	1.88	1.63	7 Boiled Potatoes DSF*	0.94	0.98
10 Sauté Potatoes S	1.39		8 Creamed Potatoes DSF*	1.03	
11 Breakfast Roll DSF*	1.50	1.50	9 Bread and Butter Pudding SF*	1.58	
12 Tea 2 cups	1.28		10 Cheese and Biscuits DR	2.63	3.20
AVERAGE COST OF BREAKFAST		8.27	11 Dessert Fruit DRSF	5.50	
Mid-morning drink Tea 1 cup	0.64		12 Tea 1 cup	0.64	
LUNCH			AVERAGE COST OF SUPPER		13.64
1 Tomato Juice DRF*	3.27	2.17	Evening drink Ovaltine 1 cup	1.20	
2 Spring Vegetable Soup DRSF*	1.08		COST OF DAY'S INDIRECT ISSUES		45.02
3 Braised Ham DRF*	11.27		COST OF DAY'S DIRECT ISSUES		16.60
4 Sauté of Beef DRSF*	11.50		TOTAL COST OF DAY'S MEALS		61.62
5 Minced Veal DRSF* in Cream Sauce S*	9.02	10.05	Key to therapeutic diets		
6 Baked Fillet of Whiting and Lemon Slice DRSF*	6.98		D Diabetic		
7 Gala Pie Salad DRSF	13.90		R Reducing		
8 Cut Celery DRF	7.95	5.04	S Salt restricted		
9 Runner Beans DRSF*	2.86		F Fat restricted		
10 Boiled Potatoes DSF*	0.94	1.16	* Gastric, low residue, light, soft		
11 Sauté Potatoes S	1.39				
12 Baked Apple Sponge DS with Custard Sauce DS	3.70				
13 Jelly and Blancmange DRSF*	1.35	2.82			
14 Tapioca Pudding DSF*	1.04				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		21.24			

DAY 25

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		
1 Continental Breakfast					3.50
Warm roll, butter, marmalade, coffee	6.02				
2 Cereal DSF*	1.74	1.71			
3 Porridge DSF*	1.61				
4 Grilled Bacon DRF*	3.07	3.27			
5 Fried Beef Sausage	3.47				
6 Grilled Kipper DRF	6.07				
7 Boiled Egg DRSF*	3.75	4.54			
8 Fried Egg DS	3.80				
9 Baked Beans in Tomato Sauce F	1.60	1.40			
10 Fried Bread S	1.20				
11 Breakfast Roll DSF*	1.50	1.50			
12 Tea 2 cups	1.28				
AVERAGE COST OF BREAKFAST					
		7.88			
Mid-morning drink Tea 1 cup	0.64				
LUNCH					
1 Orange Juice SF*	3.27	2.28			
2 Cream of Chicken Soup DRSF*	1.30				
3 Fried Pig's Liver and Onions DRS	7.25				
4 Steak and Mushroom Pie DRSF	10.35				
5 Beef Casserole DRSF*	11.50	9.47			
6 Poached Fillet of Cod DRSF* with Parsley Sauce S*	7.44				
7 Pilchard Salad DRSF	8.24				
8 Cauliflower DRSF*	7.29	4.22			
9 Sliced Carrots DRSF*	1.15				
10 Creamed Potatoes DSF*	1.03	1.11			
11 Duchesse Potatoes	1.20				
12 Steamed Chocolate Sponge with Chocolate Sauce	2.70				
13 Strawberry Mousse DR*	3.94	3.14			
14 Semolina Pudding DSF*	1.09				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH					
		20.22			
			Key to therapeutic diets		
			D Diabetic		
			R Reducing		
			S Salt restricted		
			F Fat restricted		
			* Gastric, low residue, light, soft		

DAY 26

	Cost of each course per head	Average cost of course per head		Cost of each course per head	Average cost of course per head
	d	d		d	d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
BREAKFAST			Cake	1.87	1.87
1 Continental Breakfast			Tea 2 cups	1.28	
Warm roll, butter, marmalade, coffee	6.02		AVERAGE COST OF AFTERNOON TEA		1.87
2 Cereal DSF*	1.74	1.71	SUPPER		
3 Porridge DSF*	1.61		1 Cream of Pea and Ham Soup DRSF*	1.34	1.34
4 Grilled Bacon DRF*	3.07	3.43	2 Minced Veal DRSF* in		
5 Fried Pork Sausage	3.80		Cream Sauce S*	9.02	
6 Poached Fillet of Smoked			3 Fried Beef Chipolatas D	7.33	6.64
Haddock DRF*	6.67	4.74	4 Chicken Pie	4.33	
7 Scrambled Egg DRSF*	3.79		5 Egg Salad DRSF	7.42	
8 Poached Egg on Toast DRSF*	4.46		6 Cauliflower DRSF*	7.29	7.29
9 Grilled Tomato DRSF*	1.88	1.63	7 Boiled Potatoes DSF*	0.94	1.34
10 Sauté Potatoes S	1.39		8 Croquette Potatoes	1.75	
11 Breakfast Roll DSF*	1.50	1.50	9 Apricot Fool DSF*	3.57	
12 Tea 2 cups	1.28		10 Cheese and Biscuits DR	2.63	3.86
AVERAGE COST OF BREAKFAST		8.27	11 Dessert Fruit DRSF	5.50	
Mid-morning drink Tea 1 cup	0.64		12 Tea 1 cup	0.64	
LUNCH			AVERAGE COST OF SUPPER		20.47
1 Pineapple Juice SF*	3.27	2.17	Evening drink Horlicks 1 cup	1.20	
2 Onion Soup DRSF*	1.08		COST OF DAY'S INDIRECT ISSUES		47.64
3 Boiled Silverside of Beef DRF*			COST OF DAY'S DIRECT ISSUES		16.60
with Dumplings	12.13		TOTAL COST OF DAY'S MEALS		64.24
4 Fried Porkburger	5.40		Key to therapeutic diets		
5 Minced Lamb DRSF*	7.64	8.71	D Diabetic		
6 Grilled Fillet of Cod DRSF*			R Reducing		
with Mushroom Sauce S	7.77		S Salt restricted		
7 Corned Beef Salad DRSF	11.90		F Fat restricted		
8 Tomatoes DRSF*	1.88	2.10	* Gastric, low residue, light, soft		
9 Broad Beans F	2.32				
10 Sauté Potatoes S	1.39	1.16			
11 Boiled Potatoes DSF*	0.94				
12 Bakewell Tart S with					
Custard Sauce S	2.38				
13 Pear Condé DSF*	2.99	2.89			
14 Baked Rice Pudding DSF*	1.08				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		17.03			

DAY 27

	Cost of each course per head d	Average cost of course per head d		Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64		AFTERNOON TEA		
			Cake	3.50	3.50
			Tea 2 cups	1.28	
BREAKFAST			AVERAGE COST OF AFTERNOON TEA		3.50
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02		SUPPER		
2 Cereal DSF*	1.74	1.71	1 French Onion Soup DRSF*	1.08	1.08
3 Porridge DSF*	1.61		2 Fried Beefburger DRS	5.40	
4 Grilled Bacon DRF*	3.07	3.27	3 Cottage Pie DSF*	5.49	7.32
5 Fried Beef Sausage	3.47		4 Cheese and Onion Pie	4.35	
6 Grilled Kipper DRF	6.07	4.54	5 Jellied Veal Salad DRSF	14.04	
7 Boiled Egg DRSF*	3.75		6 Garden Peas DRF	1.78	1.78
8 Fried Egg DS	3.80		7 Boiled Potatoes DSF*	0.94	1.16
9 Baked Beans in Tomato Sauce F	1.60	1.40	8 Sauté Potatoes S	1.39	
10 Fried Bread S	1.20		9 Ice Cream and Wafers D*	1.80	
11 Breakfast Roll DSF*	1.50	1.50	10 Cheese and Biscuits DR	2.63	3.27
12 Tea 2 cups	1.28		11 Dessert Fruit DRSF	5.50	
AVERAGE COST OF BREAKFAST		7.88	12 Tea 1 cup	0.64	
Mid-morning drink Tea 1 cup	0.64		AVERAGE COST OF SUPPER		14.61
LUNCH			Evening drink Ovaltine 1 cup	1.20	
1 Grapefruit Juice SF*	3.27	2.14			
2 Cream of Tomato Soup DRSF*	1.02		COST OF DAY'S INDIRECT ISSUES		41.78
3 Fried Fillet of Cod DRS*			COST OF DAY'S DIRECT ISSUES		16.60
in breadcrumbs	8.08		TOTAL COST OF DAY'S MEALS		58.38
4 Lancashire Hotpot DRSF*	7.53	7.39			
5 Sausage Toad	5.75		Key to therapeutic diets		
6 Grilled Fillet of Fresh Haddock DRSF*			D Diabetic		
with Egg Sauce S*	7.63		R Reducing		
7 Stuffed Pork Roll Salad DRSF	6.52		S Salt restricted		
8 Runner Beans DRSF*	2.86	2.00	F Fat restricted		
9 Carrot Fingers DRSF*	1.15		* Gastric, low residue, light, soft		
10 Creamed Potatoes DSF*	1.03	1.25			
11 Chipped Potatoes S	1.48				
12 Gooseberry Crumble DS					
with Custard Sauce DS	4.24				
13 Caramel Cream DS*	1.76	3.01			
14 Tapioca Pudding DSF*	1.04				
15 Cheese and Biscuits DR	2.63				
16 Dessert Fruit DRSF	5.50				
17 Tea 1 cup	0.64				
AVERAGE COST OF LUNCH		15.79			

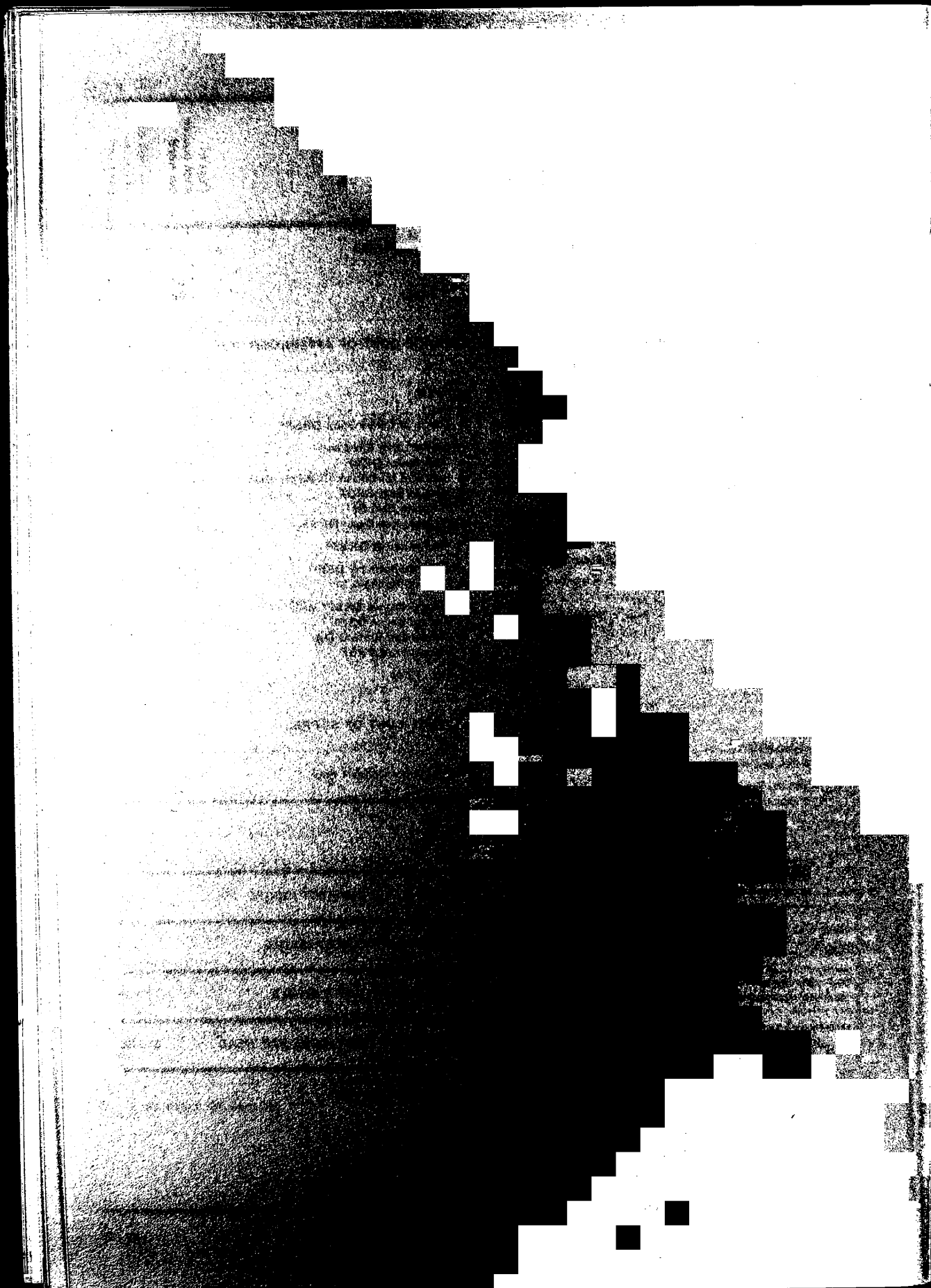
DAY 28

	Cost of each course per head d	Average cost of course per head d
Early morning tea 1 cup	0.64	
BREAKFAST		
1 Continental Breakfast Warm roll, butter, marmalade, coffee	6.02	
2 Cereal DSF*	1.74	1.71
3 Porridge DSF*	1.61	
4 Grilled Bacon DRF*	3.07	3.43
5 Fried Pork Sausage	3.80	
6 Poached Fillet of Smoked Haddock DRF*	6.67	4.73
7 Scrambled Egg DRSF*	3.79	
8 Poached Egg on Toast DRSF*	4.46	
9 Grilled Tomato DRSF*	1.88	1.63
10 Sauté Potatoes S	1.39	
11 Breakfast Roll DSF*	1.50	1.50
12 Tea 2 cups	1.28	
AVERAGE COST OF BREAKFAST		8.27
Mid-morning drink Tea 1 cup	0.64	
LUNCH		
1 Tomato Juice DRF*	3.27	2.35
2 Cream of Pea and Ham Soup DRSF*	1.34	
3 Roast Chicken, Gravy DRSF* Sage and Onion Stuffing	10.97	8.01
4 Grilled Beef Sausage D	5.32	
5 Baked Fillet of Hake with Parsley DRSF*	6.35	
6 Egg Salad DRSF	7.42	
7 Mixed Vegetables DRSF*	2.23	1.69
8 Buttered Greens DRSF*	1.15	
9 Boiled Potatoes DSF*	0.94	1.14
10 Roast Potatoes S	1.34	
11 Gooseberry Flan with Custard Sauce S	3.53	2.88
12 Jelly and Cream DRSF*	1.75	
13 Semolina Pudding DSF*	1.09	
14 Cheese and Biscuits DR	2.63	
15 Dessert Fruit DRSF	5.50	
16 Tea 1 cup	0.64	
AVERAGE COST OF LUNCH		16.07

	Cost of each course per head d	Average cost of course per head d
AFTERNOON TEA		
Cake	1.87	1.87
Tea 2 cups	1.28	
AVERAGE COST OF AFTERNOON TEA		1.87
SUPPER		
1 Cream of Celery Soup DRSF*	1.43	1.43
2 Grilled Lamb Chop and Mint Sauce DRSF	11.84	
3 Pork and Mushroom Casserole DRSF	10.58	9.12
4 Minced Beef DRSF in Potato Nest SF*	5.60	
5 Sausage Roll Salad DRSF	8.47	
6 Sliced Carrots DRSF*	1.15	1.15
7 Creamed Potatoes DSF*	1.03	1.25
8 Chipped Potatoes S	1.48	
9 Stewed Prunes DRSF* with Custard Sauce DSF*	3.34	3.79
10 Cheese and Biscuits DR	2.63	
11 Dessert Fruit DRSF	5.50	
12 Tea 1 cup	0.64	
AVERAGE COST OF SUPPER		16.74
Evening drink Coffee 1 cup	1.65	
COST OF DAY'S INDIRECT ISSUES		42.95
COST OF DAY'S DIRECT ISSUES		16.60
TOTAL COST OF DAY'S MEALS		57.55
APPROXIMATE 7-DAY COST PER HEAD		35s 8d

Key to therapeutic diets

D Diabetic
R Reducing
S Salt restricted
F Fat restricted
***** Gastric, low residue, light, soft



4 Guide to Recipe Quantities and Costs

Many of the dishes contained in this section are those that have been used in compiling the costed *Twenty-eight Day Selective Menu*: the remainder have been included as a guide should the menu cycle of any hospital be extended over a longer period.

The dishes used in the twenty-eight day selective menu are those which can readily be produced by the average cook in the average hospital kitchen. Regional preferences must be considered when compiling a menu and many more dishes can be added to the basic menu.

The quantities given 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 method of preparation. The weights given are for food as purchased except where otherwise stated. In flour mixes the exact ratio between flour and liquid will vary with the kind of flour used. Plain flour has been used for all the dishes in this section. The word 'loaf' refers throughout to the standard 1lb 12oz loaf.

While it is hoped that the recipe guide will prove useful, catering departments are recommended to make a collection of their own tested and costed recipes which should be constantly under review.

Reference Number

1– 26	Breakfast Dishes
27– 44	Soups
45– 70	Fish Dishes
71–150	Entrées
151–163	Joints
164–176	Egg Dishes and Savouries
177–200	Salads
201–234	Vegetables
235–251	Potatoes
252–386	Sweets
252–285	Assorted
286–296	Flans
297–319	Fruit
320–339	Pies
340–377	Puddings
378–386	Tarts
387–392	Drinks
393–399	Bread, Toast and Biscuits
400–412	Buns
413–424	Cakes
425–433	Preserves
434–455	Sauces
434–452	Savoury
453–455	Sweet
456–472	Garnishes and Accompaniments

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
BREAKFAST DISHES			
1 Bacon and Baked Beans			
Back bacon	3½lb		
Streaky bacon	3½lb		
Baked beans	3½ × A10 tins	27 0	3-24
2 Bacon and Fried Apple			
Back bacon	3½lb		
Streaky bacon	3½lb		
Cooking apples	10 lb		
Dripping	1 lb	27 7½	3-31
3 Bacon and Fried Bread			
Back bacon	3½lb		
Streaky bacon	3½lb		
White bread	5 loaves		
Dripping	2½lb	21 6½	2-59
4 Grilled Bacon (served alone)			
Back bacon	6¼lb		
Streaky bacon	6¼lb	25 6¾	3-07
5 Bacon and Potato Cake			
Back bacon	3½lb		
Streaky bacon	3½lb		
Potatoes	30 lb		
Salt	1 oz		
Flour	1 lb		
Eggs	4		
Dripping	2 lb	25 3½	3-04
6 Bacon and Tomato (fresh tomatoes)			
Back bacon	3½lb		
Streaky bacon	3½lb		
Tomatoes	12½lb	28 5½	3-42
7 Bacon and Tomato (tinned tomatoes)			
Back bacon	3½lb		
Streaky bacon	3½lb		
Tomatoes	8 × A3 tins	31 0	3-72
8 Baked Beans in Tomato Sauce			
	4 × A10 tins	13 4	1-60
9 Cereals (various)			
Cereal	5 lb		
Milk	15 pt	14 5¾	1-74

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
10 Fried Egg				
Eggs	100			
Dripping	2 lb	31	8	3-80
11 Poached Egg on Toast				
Eggs	100			
Salt	2 oz			
Cooking margarine	1 lb			
White bread	10 loaves	37	2½	4-46
12 Scrambled Egg				
Eggs	100			
Milk	2 pt			
Salt	1 oz			
Cooking margarine	1 lb	31	7½	3-79
13 Grapefruit (half)				
Grapefruit	50			
Sugar	3 lb	22	7½	2-72
14 Poached Fillet of Smoked Haddock				
Fillet of smoked haddock	25 lb			
Milk	2 pt			
Water	2 pt	55	7	6-67
15 Grilled Kipper Kipperd herring				
Dripping	30 lb 8 oz	50	6½	6-07
16 Porridge				
Rolled oats	4 lb			
Dried milk	2 lb			
Salt	1 oz			
Water	32 pt			
Fresh milk	15 pt	13	4½	1-61
17 Sauté Potatoes				
Potatoes	37½ lb			
Parsley	2 oz			
Salt	2 oz			
Dripping	3 lb	11	7	1-39
18 Fried Pork Sausage Pork sausages (6 to lb: 1 to portion)				
Dripping	16½ lb 8 oz	31	8	3-80
19 Fried Beef Sausage Beef sausages (6 to lb: 1 to portion)				
Dripping	16½ lb 8 oz	28	11	3-47

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
20 Fried Sausage and Bacon (pork or beef sausages) Sausages (6 to lb: 1 to portion) 16½lb Streaky bacon 7½lb Dripping 8 oz		35	1½	4-21
21 Fried Sausage and Baked Beans (beef sausages) Sausages (6 to lb: 1 to portion) 16½lb Dripping 8 oz Baked beans 3½ × A10 tins		43	10	5-26
22 Sausage Cake (beef sausage-meat) Sausage-meat 20 lb Flour 1 lb Dripping 1 lb		33	5¼	4-01
23 Grilled Beef Chipolata Sausages Chipolatas (16 to lb: 4 to portion) 25 lb Dripping 8 oz		61	1½	7-33
24 Tomato on Toast Tomatoes 25 lb White bread 10 loaves		38	1½	4-57
25 Fried Tomato on Fried Bread Tomatoes 25 lb White bread 5 loaves Dripping 2½lb		22	5¼	2-69
26 Grilled Tomato Tomatoes 25 lb Salt 3 oz Dripping 1 lb		15	8	1-88

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
s d			
SOUPS			
27 Beef and Vegetable Soup			
Carrots	2 lb		
Celery	1 lb		
Onions	1 lb		
Salt	2 oz		
Beef bones	7 lb		
Shin of beef	7 lb		
Water	32 pt		
		11 8	1-40
28 Brown Windsor Soup			
Carrots	2 lb		
Onions	2 lb		
Flour	1½lb		
Dripping	2 lb		
Tomato purée	4 oz		
Salt	2 oz		
Pepper			
Colouring			
Beef bones	7 lb		
Water	32 pt		
		9 0½	1-09
29 Cream of Carrot Soup			
Carrots	10 lb		
Onions	2 lb		
Potatoes	8 lb		
Dried milk	4 oz		
Salt	2 oz		
Pepper			
Beef bones	7 lb		
Water	25 pt		
		7 2	0-86
30 Cream of Celery Soup			
Celery	10 lb		
Onions	2 lb		
Flour	2 lb		
Dried milk	8 oz		
Cooking fat	2 lb		
Salt	2 oz		
Pepper			
Beef bones	3 lb		
Water	32 pt		
		11 11	1-43
31 Chicken Broth			
Carrots	4 lb		
Celery	1 lb		
Onions	4 lb		
Salt	2 oz		
Pepper			
Beef bones	4 lb		
Chicken stock	28 pt		
		6 4	0-76

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
32 Cream of Chicken Soup				
Onions	2 lb			
Flour	2 lb			
Dried milk	8 oz			
Cooking fat	2 lb			
Salt	2 oz			
Pepper				
Chicken stock	28 pt			
		10	10	1:30
33 Leek and Potato Soup				
Leeks	7 lb			
Potatoes	8 lb			
Flour	2 lb			
Cooking margarine	2 lb			
Salt	2 oz			
Pepper				
Beef bones	4 lb			
Water	32 pt			
		10	2	1:22
34 Lentil Soup				
Carrots	2 lb			
Lentils	10 lb			
Onions	2 lb			
Potatoes	8 lb			
Salt	2 oz			
Pepper				
Ham bone	1			
Water	32 pt			
		11	4	1:36
35 Minestrone Soup				
Cabbage	2 lb			
Carrots	3 lb			
Leeks	3 lb			
Onions	2 lb			
Potatoes	1 lb			
Spaghetti	1 lb			
Turnips	1 lb			
Tomato purée	4 oz			
Salt	3 oz			
Pepper				
Beef bones	3 lb			
Water	32 pt			
		8	4	1:00
36 Mock Turtle Soup				
Carrots	2 lb			
Onions	2 lb			
Flour	2 lb			
Dripping	2 lb			
Tomato purée	4 oz			
Salt	2 oz			
Pepper				
Turtle herbs	2 oz			
Colouring				
Beef bones	7 lb			
Water	32 pt			
		11	8	1:40

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
37 Mulligatawny Soup				
Onions	2 lb			
Rice	1 lb			
Flour	2 lb			
Dripping	2 lb			
Tomato purée	4 oz			
Salt	2 oz			
Pepper				
Curry powder	$\frac{1}{2}$ lb			
Bay leaves	3			
Beef bones	7 lb			
Water	32 pt			
		11	3	1:35
38 Mutton Broth				
Barley	8 oz			
Carrots	2 lb			
Celery	8 oz			
Leeks	1 lb			
Onions	1 lb			
Turnips	1 lb			
Salt	2 oz			
Pepper				
Parsley	2 oz			
Mutton and beef bones	3 lb			
Water	32 pt			
		10	10	1:30
39 Pea Soup				
Carrots	2 lb			
Onions	2 lb			
Split peas	10 lb			
Salt	2 oz			
Pepper				
Ham bone	1			
Water	32 pt			
		10	5	1:25
40 Cream of Pea and Ham Soup				
Carrots	2 lb			
Onions	2 lb			
Split peas	10 lb			
Salt	2 oz			
Pepper				
Ham bone	1			
Ham trimmings	2 lb			
Water	32 pt			
		11	2	1:34
41 Scotch Broth				
Barley	8 oz			
Carrots	2 lb			
Celery	8 oz			
Kale	2 lb			
Leeks	1 lb			
Onions	1 lb			
Turnips	1 lb			
Salt	2 oz			
Pepper				
Mutton and beef bones	3 lb			
Water	32 pt			
		10	8	1:28

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
42 Cream of Tomato Soup				
Carrots	2 lb			
Onions	2 lb			
Flour	2 lb			
Sugar	8 oz			
Dripping	2 lb			
Tomato purée	2 lb			
Salt	2 oz			
Pepper				
Faggot	1			
Bacon and beef bones	4 lb			
Water	32 pt			
		8	6	1-02
43 Vegetable Soup				
Carrots	4 lb			
Leeks	4 lb			
Onions	3 lb			
Potatoes	7 lb			
Turnips	2 lb			
Salt	2 oz			
Pepper				
Beef bones	3 lb			
Water	32 pt			
		8	4	1-00
44 Soup Mixes				
(various flavours)	3 x 1 gln			
		9	0	1-08

NOTE: The portion costs of the soup mixes used in the Twenty-eight Day Selective Menu are based on the 1 gln pack — see Table E

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
FISH DISHES			
45 Baked or Fried Fillet of Cod in Breadcrumbs			
Fillet of cod	25 lb		
Breadcrumbs	4 lb		
Eggs	6		
Dripping	2 lb		
Salt	$\frac{1}{2}$ oz		
		62 4 $\frac{1}{2}$	7-48
46 Fried Fillet of Cod			
Fillet of cod	25 lb		
Eggs	4		
Flour	6 lb		
Dried milk	8 oz		
Dripping	4 lb		
Salt	2 oz		
Water	4 pt		
		66 6	7-98
47 Grilled Fillet of Cod			
Fillet of cod	25 lb		
Flour	2 lb		
Dripping	2 lb		
Salt	$\frac{1}{2}$ oz		
		59 9 $\frac{1}{2}$	7-17
48 Fillet of Cod Meunière			
Fillet of cod	25 lb		
Flour	2 lb		
Dripping	2 lb		
Salt	$\frac{1}{2}$ oz		
Lemons	8		
Cooking margarine	3 lb		
Parsley	4 oz		
		66 2 $\frac{1}{2}$	7-95
49 Poached Fillet of Cod			
Fillet of cod	25 lb		
Milk	2 pt		
Salt	1 oz		
Water	2 pt		
		57 8	6-92
50 Fish Duchesse Pie			
Fillet of cod	12 lb		
Potatoes	15 lb		
Salt	2 oz		
Pepper			
White sauce	2 pt		
Parsley	1 $\frac{1}{2}$ lb		
Breadcrumbs	1 lb		
Tomatoes	4 lb		
		46 8	5-60
1 Fish Kedgeree			
Fillet of smoked haddock	15 lb		
Rice	4 $\frac{1}{2}$ lb		
Eggs	4 lb		
Cooking margarine	1 lb		
Salt	2 oz		
		42 2	5-06

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
52 Fried Fish Fingers (bought)	100	46	8	5.60
53 Baked Fillet of Fresh Haddock				
Fillet of fresh haddock	25 lb			
Flour	1 lb			
Cooking fat	1 lb			
Salt	2 oz			
Pepper				
Lemons	3	62	9	7.53
54 Baked Stuffed Fillet of Fresh Haddock				
Fillet of haddock	25 lb			
Bread	4 lb			
Cooking fat	1 lb			
Parsley	2 oz			
Thyme				
Salt	1 oz			
Pepper				
Lemon	1			
Eggs	4			
Dripping	2 lb	62	8½	7.53
55 Fried Fillet of Fresh Haddock				
Fillet of fresh haddock	25 lb			
Eggs	4			
Flour	6 lb			
Dried milk	8 oz			
Dripping	4 lb			
Salt	2 oz			
Water	4 pt	64	4	7.72
56 Grilled Fillet of Fresh Haddock				
Fillet of fresh haddock	25 lb			
Flour	2 lb			
Dripping	2 lb			
Salt	½ oz	58	1½	6.98
57 Poached Fillet of Fresh Haddock				
Fillet of haddock	25 lb			
Milk	2 pt			
Salt	1 oz			
Water	2 pt	55	7	6.67
58 Poached Fillet of Smoked Haddock				
Fillet of smoked haddock	25 lb			
Milk	2 pt			
Water	2 pt	55	7	6.67
59 Baked Fillet of Hake				
Fillet of hake	25 lb			
Flour	2 lb			
Cooking margarine	2 lb			
Salt	1 oz			
Pepper		52	11	6.35

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
60 Grilled Fillet of Hake				
Fillet of hake	25 lb			
Cooking oil	2 lb			
Flour	2 lb			
Salt	1 oz			
Lemons	3	69	8	8.36
61 Grilled Fillet of Herring				
Fresh herring	40 lb			
Flour	2 lb			
Dripping	2 lb			
Salt	½ oz	53	6½	6.43
62 Grilled Kipper				
Kipperred herring	30 lb			
Dripping	8 oz	50	6½	6.07
63 Grilled Fillet of Mock Halibut				
Fillet of mock halibut	25 lb			
Flour	2 lb			
Dripping	2 lb			
Salt	½ oz	59	5	7.13
64 Poached Fillet of Mock Halibut				
Fillet of mock halibut	25 lb			
Milk	2 pt			
Salt	2 oz	59	5	7.13
65 Fried Fillet of Plaice				
Fillet of plaice	20 lb			
Flour	4 lb			
Water	3 pt			
Dried milk	6 oz			
Salt	1 oz			
Eggs	3			
Dripping	4 lb	56	9½	6.82
66 Salmon Croquette				
Tinned salmon	6 lb			
Potatoes	16 lb			
Salt	1 oz			
Pepper				
White sauce	1 pt			
Flour	2 lb			
Breadcrumbs	4 lb			
Milk	½ pt			
Frying medium	4 lb			
Parsley	4 oz	41	2	4.94
67 Baked Fillet of Whiting				
Fillet of whiting	25 lb			
Cooking oil	2 lb			
Flour	2 lb			
Salt	1 oz	58	2	6.98

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
68 Fried Fillet of Whiting				
Fillet of whiting	25 lb			
Flour	6 lb			
Dried milk	8 oz			
Water	4 pt			
Salt	2 oz			
Eggs	4			
Dripping	4 lb			
		76	11	9-23
69 Grilled Fillet of Whiting				
Fillet of whiting	25 lb			
Flour	2 lb			
Frying oil	2 lb			
Salt	1 oz			
Parsley	4 oz			
		58	2	6-98
70 Poached Fillet of Whiting				
Fillet of whiting	25 lb			
Milk	2 pt			
Salt	1 oz			
		59	5	7-13

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s	d
ENTRÉES			
71 Bacon and Egg Pie			
Flour	9 lb		
Cooking fat	3 lb		
Salt	1 oz		
Water	1½pt		
Streaky bacon	6 lb		
Eggs	50		
Milk	6 pt		
Seasoning			
Baking powder	4½oz		
		38	0½
72 Shoulder of Bacon (tinned)	20 lb	95	0
			11·40
73 Braised Ham			
Gammon bacon	25 lb		
Carrots	1 lb		
Onions	1 lb		
Flour	1 lb		
Dripping	8 oz		
Tomato purée	2 oz		
		93	11
			11·27
74 Beef Casserole			
Silverside of beef	22 lb		
Carrots	4 lb		
Onions	2 lb		
Water	8 pt		
Dripping	1 lb		
Flour	1 lb		
Salt	1 oz		
Pepper			
Tomato purée	2 oz		
		95	10¾
			11·60
75 Curried Beef and Rice			
Stewing beef	23 lb		
Onions	4 lb		
Tomato purée	2 oz		
Curry powder	1 lb		
Flour	8 oz		
Cooking apples	1 lb		
Desiccated coconut	4 oz		
Dripping	1 lb		
Salt	2 oz		
Rice	4 lb		
		71	11
			8·63
76 Beef Goulash			
Stewing beef	23 lb		
Carrots	2 lb		
Onions	2 lb		
Flour	1 lb		
Dripping	1 lb		
Stock	8 pt		
Tomato purée	2 oz		
Salt	1 oz		
Paprika pepper	3 oz		
		69	9
			8·35

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
77 Beef Hotpot				
Stewing beef	20 lb			
Onions	4 lb			
Potatoes	25 lb			
Flour	4 oz			
Salt	2 oz			
Pepper				
		59	2½	7-11
78 Minced Beef in Potato Nest				
Minced beef	12½ lb			
Onions	2 lb			
Brown sauce	4 pt			
Potatoes	25 lb			
Salt	2 oz			
Cooking margarine	½ lb			
Milk	1 pt			
Salt	1 oz			
Pepper				
		46	8	5-60
79 Savoury Minced Beef				
Stewing beef	20 lb			
Carrots	1 lb			
Onions	1 lb			
Dripping	½ lb			
Flour	½ lb			
Tomato purée	4 oz			
		53	6	6-42
80 Minced Beef and Vegetable Pie or Minced Beef and Vegetable Slice				
Stewing beef	20 lb			
Flour	1 lb			
Tomato purée	2 oz			
Salt	½ oz			
Pepper				
Dripping	1 lb			
Flour	9 lb			
Baking powder	4½ oz			
Cooking fat	3 lb			
Carrots	3 lb			
Onions	3 lb			
		83	9	10-05
81 Braised Beef Olive				
Silverside of beef	22 lb			
Dripping	1 lb			
Carrots	1 lb			
Onions	1 lb			
Salt	½ oz			
Bread	3 lb			
Cooking fat	1 lb			
Onions	8 oz			
Salt	½ oz			
Pepper				
Thyme				
Parsley	1 oz			
Eggs	2			
Tomato purée	2 oz			
		63	9½	7-66

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
82 Sauté of Beef				
Beef	25 lb			
Tomato purée	8 oz			
Flour	3 lb			
Turnips	4 lb			
Carrots	4 lb			
Onions	4 lb			
Dripping	½ lb			
Mushrooms	3 lb			
Salt	2 oz			
Pepper				
Parsley	2 oz			
		95	10	11-50
83 Boiled Silverside of Beef				
Silverside of beef	22 lb			
Carrots	6 lb			
Onions	8 oz			
Turnips	6 lb			
		96	8	11-60
84 Braised Topside of Beef				
Beef	23 lb			
Dripping	4 oz			
Onions	2 lb			
Salt	¼ oz			
Stock				
		82	6	9-90
85 Fried Beefburger				
Beefburgers (bought)	100			
Cooking fat	2 lb			
		45	0	5-40
86 Cheese Croquette				
Cheese	8 lb			
Potatoes	26 lb			
Dried milk	1½ lb			
Breadcrumbs	4 lb			
Eggs	8			
Salt	2 oz			
Pepper				
Parsley	2 oz			
Mustard	½ oz			
Nutmeg				
Finely chopped onion	2 lb			
Frying medium	4 lb			
		43	1	5-17
87 Cheese and Onion Pie				
Cheese	6 lb			
Potatoes	30 lb			
Onions	4 lb			
Salt	2 oz			
Pepper				
Eggs	4			
Milk	2 pt			
Cooking margarine	2 lb			
Parsley				
		36	3	4-35

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
88 Cheese and Rice Soufflé				
Rice	14 lb			
Onions	2 lb			
Cheese	7 lb			
Cooking margarine	1 lb			
Salt	2 oz			
Pepper				
Milk	4 pt			
Flour	8 oz			
Cooking Margarine	8 oz			
Eggs	16			
		46	8	5-60
89 Boiled Fowl				
Boiling fowl	35 lb			
Carrots	8 oz			
Onions	8 oz			
Salt	4 oz			
Cloves	6			
		70	0½	8-41
90 Curried Chicken and Rice				
Chicken	25 lb			
Carrots	2 lb			
Onions	4 lb			
Desiccated coconut	8 oz			
Sultanas	4 oz			
Curry powder	1 lb			
Cooking apples	1 lb			
Salt	2 oz			
Rice	4 lb			
Dripping	8 oz			
Cooking margarine	8 oz			
Stock				
		61	0	7-32
91 Fricassee of Chicken				
Boiling fowl	25 lb			
Carrots	2 lb			
Onions	4 lb			
Peas	1 lb			
Cooking margarine	1 lb			
Flour	1 lb			
Salt	1 oz			
Pepper				
Chicken stock				
Rice	4 lb			
Cooking margarine	½ lb			
		49	11	5-99
92 Chicken Patty				
Boiling fowl	16 lb			
Flour	5 lb			
Pastry margarine	3½ lb			
Salt	½ oz			
Water				
Cooking margarine	8 oz			
Flour	8 oz			
Salt	½ oz			
Shoulder of bacon	3 lb			
		36	0½	4-32

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
93 Chicken Pie				
Boiling fowl	20 lb			
Flour	5 lb			
Pastry margarine	5 lb			
Salt	2 oz			
Water				
Cooking margarine	8 oz			
Flour	8 oz			
Salt	1 oz			
Chicken stock				
		36	1	4-33
94 Chicken in Potato Nest				
Boiling fowl	25 lb			
White sauce	2 pt			
Carrots	½ lb			
Onions	½ lb			
Salt	2 oz			
Parsley	2 oz			
Creamed potatoes (made)	21 lb			
		55	3	6-63
95 Roast Chicken (and stuffing)				
Oven-ready roasting chicken	37½ lb			
Salt	½ oz			
Dripping	6 oz			
		84	11	10-19
Sage and Onion Stuffing – see No 465				
		5	7½	0-68
96 Sauté of Chicken				
Boiling fowl	25 lb			
Carrots	4 lb			
Onions	4 lb			
Peas	1 lb			
Parsley	2 oz			
Cooking margarine	1 lb			
Flour	1 lb			
Salt	1 oz			
		52	4	6-28
97 Chicken Vol-au-vent				
Flour	5 lb			
Cooking margarine	5 lb			
Water				
Salt	1½ oz			
Boiling fowl	25 lb			
White sauce	2 pt			
Carrots	½ lb			
Onions	½ lb			
Peas	½ lb			
Salt	2 oz			
Pepper				
Parsley	2 oz			
		38	1	4-57

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
98 Chicken and Ham Vol-au-vent				
Flour	5 lb			
Pastry margarine	5 lb			
Water				
Salt	$\frac{1}{2}$ oz			
Boiling fowl	16 lb			
Cooking margarine	8 oz			
Flour	8 oz			
Salt	$\frac{1}{2}$ oz			
Shoulder of bacon	3 lb			
		38	1	4-57
99 Cornish Pasty				
Flour	8 lb			
Cooking fat	3 lb			
Onions	4 lb			
Potatoes	8 lb			
Salt	$\frac{1}{2}$ oz			
Leg and shoulder of lamb	8 lb			
Salt	1 oz			
Pepper				
Baking powder	4 oz			
Parsley	2 oz			
		33	7	4-03
100 Cottage Pie				
Stewing beef	18 lb			
Onions	2 lb			
Potatoes	20 lb			
Dried milk	2 oz			
Salt	2 oz			
Pepper				
Water	1 pt			
		45	9	5-49
101 Braised Ox Heart (and stuffing)				
Ox heart	32 lb			
Carrots	2 lb			
Onions	2 lb			
Flour	1 lb			
Dripping	1 lb			
Salt	1 oz			
Bread	3 lb			
Cooking fat	1 lb			
Salt	$\frac{1}{2}$ oz			
Pepper				
Thyme				
Parsley	2 oz			
Eggs	2			
		102	8 $\frac{1}{2}$	12-33
102 Braised Sheep's Hearts				
Sheep's hearts	32 lb			
Carrots	4 lb			
Onions	4 lb			
Tomato purée	4 oz			
Flour	1 lb			
Dripping	1 lb			
Salt	2 oz			
Pepper				
Parsley	2 oz			
Stock				
		97	1	11-65

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
103 Sauté of Pig's Kidney				
Pig's kidney	20 lb			
Onions	1 lb			
Tomato purée	8 oz			
Flour	8 oz			
Dripping	8 oz			
Salt	2 oz			
Pepper				
		61	7	7-39
104 Braised Stuffed Breast of Lamb				
Breast of lamb	40 lb			
Bread	3 lb			
Cooking fat	1 lb			
Salt	1 oz			
Pepper				
Parsley	2 oz			
Thyme				
Lemon	1			
		83	11 $\frac{1}{2}$	10-07
105 Lamb Casserole				
Stewing mutton	32 lb			
Carrots	4 lb			
Onions	4 lb			
Turnips	4 lb			
Flour	1 lb			
Dripping	8 oz			
Tomato purée	2 oz			
Salt	1 oz			
Pepper				
		69	4	8-32
106 Grilled Lamb Chop				
Lamb chops	32 lb			
Salt	$\frac{1}{2}$ oz			
		90	8	10-88
107 Curried Lamb and Rice				
Leg of mutton	20 lb			
Dripping	8 oz			
Onions	4 lb			
Tomato purée	6 oz			
Flour	1 lb			
Desiccated coconut	4 oz			
Cooking apples	1 lb			
Sultanas	8 oz			
Stock				
Salt	2 oz			
Rice	4 lb			
Cooking margarine	8 oz			
		71	11	8-63
108 Breaded Lamb Cutlet				
Lamb cutlets	32 lb			
Eggs	6			
Breadcrumbs	4 lb			
Salt	$\frac{1}{2}$ oz			
Dripping	2 lb			
		97	0 $\frac{1}{2}$	11-65
109 Grilled Lamb Cutlet				
Lamb cutlets	32 lb			
Salt	$\frac{1}{2}$ oz			
		96	0	11-42

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
110 Minced Lamb				
Stewing lamb	25 lb			
Carrots	4 lb			
Stock				
Salt	2 oz			
Pepper				
		63	8	7-64
111 Minced Lamb in Potato Nest				
Stewing lamb	20 lb			
Carrots	4 lb			
Cooking margarine	1½ lb			
Flour	1½ lb			
Stock	6 pt			
Milk	6 pt			
Parsley	2 oz			
Salt	1 oz			
Pepper				
Creamed potatoes (made)	20 lb			
		82	7	9-91
112 Navarin of Lamb				
Stewing lamb	32 lb			
Carrots	4 lb			
Onions	4 lb			
Turnips	4 lb			
Flour	1 lb			
Salt	1 oz			
Pepper				
Cooking margarine	1 lb			
		71	8½	8-61
113 Sauté of Lamb				
Leg of mutton	20 lb			
Carrots	4 lb			
Onions	4 lb			
Flour	1 lb			
Dripping	8 oz			
Tomato purée	2 oz			
Mushroom stalks	1 lb			
Pepper				
Salt	1 oz			
		70	1	8-41
114 Stewed Lamb				
Stewing lamb	32 lb			
Carrots	4 lb			
Onions	4 lb			
Turnips	4 lb			
Pearl barley	1 lb			
Salt	2 oz			
Pepper				
Parsley	4 oz			
		69	6	8-34
115 Lancashire Hotpot				
Stewing lamb	32 lb			
Onions	4 lb			
Potatoes	20 lb			
Salt	2 oz			
Pepper				
Parsley	2 oz			
		62	9	7-53

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
116 Braised Ox Liver				
Ox liver	22 lb			
Dripping	1 lb			
Flour	1 lb			
Tomato purée	2 oz			
Onions	1 lb			
Salt	1 oz			
Pepper				
Water				
		55	8½	6-69
117 Fried Ox Liver and Bacon				
Ox liver	18 lb			
Flour	1 lb			
Dripping	1 lb			
Salt	½ oz			
Streaky bacon	4 lb			
		56	6½	6-78
118 Grilled Ox Liver				
Ox liver	22 lb			
Flour	1 lb			
Dripping	1 lb			
Salt	½ oz			
		46	7½	5-59
119 Braised Pig's Liver				
Pig's liver	22 lb			
Onions	1 lb			
Tomato purée	4 oz			
Flour	½ lb			
Dripping	½ lb			
Salt	2 oz			
Pepper				
Stock				
Parsley	2 oz			
		55	9	6-69
120 Fried Pig's Liver and Grilled Bacon				
Pig's liver	22 lb			
Streaky bacon	7½ lb			
Flour	1 lb			
Salt	1 oz			
Pepper				
Dripping	1½ lb			
		56	6½	6-78
121 Fried Pig's Liver and Onions				
Pig's liver	22 lb			
Dripping	1½ lb			
Flour	1 lb			
Salt	1 oz			
Onions	6 lb			
		60	5	7-25

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
122 Baked Stuffed Marrow				
Vegetable marrow	40 lb			
Beef sausage-meat	20 lb			
Onions	2 lb			
Salt	2 oz			
Pepper				
Dripping	1 lb			
Parsley	4 oz			
Tinned tomatoes	2 x A3 tins			
		67	3½	8·07
123 Braised Mutton Chop				
Mutton chops	32 lb			
Carrots	1 lb			
Onions	1 lb			
Flour	1 lb			
Dripping	8 oz			
Tomato purée	2 oz			
Pepper				
Salt				
Parsley				
		69	4	8·32
124 Haricot Mutton				
Stewing mutton	32 lb			
Carrots	4 lb			
Haricot beans	4 lb			
Onions	4 lb			
Flour	1 lb			
Dripping	8 oz			
Tomato purée	2 oz			
Salt	1 oz			
Pepper				
		69	4	8·32
125 Boiled Leg of Mutton				
Leg of mutton	25 lb			
Carrots	2 lb			
Onions	2 lb			
Salt	2 oz			
		68	5	8·21
126 Stewed Mutton				
Stewing mutton	32 lb			
Carrots	4 lb			
Onions	4 lb			
Turnips	4 lb			
Pearl barley	1 lb			
Salt	2 oz			
Pepper				
Parsley	4 oz			
		53	11	6·47
127 Pork Pie (bought)	100			
		85	5	10·25

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
128 Pork and Mushroom Casserole				
Pork chops	20 lb			
Carrots	4 lb			
Onions	4 lb			
Dripping	1 lb			
Flour	1 lb			
Tomato purée	4 oz			
Salt	2 oz			
Parsley	4 oz			
Mushroom stalks	4 lb			
		82	2	10·58
129 Pork and Mushroom Pie				
Pork	25 lb			
Mushroom stalks	2 lb			
Carrots	1 lb			
Onions	1 lb			
Flour	8 oz			
Salt	1 oz			
Pepper				
Flour	8 lb			
Cooking fat	3 lb			
Salt				
		89	6	10·74
130 Fried Porkburger				
Porkburgers (bought)	100			
Cooking fat	2 lb			
		45	0	5·40
131 Ravioli in Tomato Sauce				
	7 x A10 tins			
		42	0	5·04
132 Fried or Grilled Sausage (beef sausage)				
Sausages (8 to lb : 2 to portion)	25 lb			
Dripping	8 oz			
		40	1	4·81
133 Fried or Grilled Sausage (pork sausage)				
Sausages (8 to lb : 2 to portion)	25 lb			
Dripping	8 oz			
		53	1	6·37
134 Sausage Roll (pork sausage-meat)				
Sausage-meat	10 lb			
Flour	8 lb			
Salt	¼ oz			
Cooking fat	3 lb			
		37	6	4·50

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
135 Sausage Toad				
(beef sausage)				
Sausages (6 to lb : 1 to portion)	17 lb			
Dripping	2 lb			
Flour	5 lb			
Baking powder	2 oz			
Dried milk	1½ lb			
Water	10 pt			
Eggs	12			
Salt	1 oz			
		47	11	5·75

136 Spaghetti Bolognaise				
Stewing beef	20 lb			
Carrots	1 lb			
Onions	1 lb			
Tomato purée	8 oz			
Flour	2 lb			
Dripping	2 lb			
Stock	16 pt			
Salt	1 oz			
Pepper				
Spaghetti	4 lb			
Cooking margarine	1 lb			
		66	10	8·02

137 Braised Steak				
Stewing steak	23 lb			
Carrots	2 lb			
Onions	2 lb			
Flour	1 lb			
Dripping	1 lb			
Tomato purée	2 oz			
Salt	1 oz			
Water	8 pt			
		63	0½	7·57

138 Steak and Kidney Pie				
Stewing beef	20 lb			
Onions	1 lb			
Ox kidneys	3 lb			
Flour	8 oz			
Salt	1 oz			
Flour	8 lb			
Cooking fat	3 lb			
Baking powder	4 oz			
Pepper				
		85	5	10·25

139 Steak and Kidney Pudding				
Stewing beef	20 lb			
Onions	1 lb			
Ox kidneys	3 lb			
Flour	8 oz			
Salt	1 oz			
Pepper				
Flour	8 lb			
Suet	3 lb			
Baking powder	4 oz			
		85	5	10·25

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
140 Steak and Mushroom Pie				
Shoulder of beef	20 lb			
Mushrooms	4 lb			
Onions	2 lb			
Dripping	1 lb			
Flour	1 lb			
Pepper				
Salt	2 oz			
Stock				
Flour	8 lb			
Pastry margarine	4 lb			
Salt	1 oz			
		86	3	10·35

141 Steak and Vegetable Pie				
Stewing beef	20 lb			
Flour	1 lb			
Tomato purée	2 oz			
Salt	½ oz			
Pepper				
Dripping	1 lb			
Flour	9 lb			
Baking powder	4½ oz			
Cooking fat	3 lb			
Carrots	3 lb			
Onions	3 lb			
Potatoes	8 lb			
		85	5	10·25

142 Brown Stew				
Stewing beef	23 lb			
Carrots	4 lb			
Celery	1 lb			
Haricot beans	4 lb			
Onions	4 lb			
Flour	1 lb			
Tomato purée	2 oz			
Salt	1 oz			
Dripping	1 lb			
		69	3½	8·32

143 Brown Lamb Stew				
Stewing lamb	32 lb			
Carrots	4 lb			
Onions	4 lb			
Turnips	4 lb			
Flour	1 lb			
Tomato purée	2 oz			
Salt	1 oz			
Pepper				
Dripping	8 oz			
		71	8½	8·60

144 Irish Stew				
Stewing mutton	32 lb			
Onions	6 lb			
Potatoes	20 lb			
Salt	2 oz			
Pepper				
Parsley	4 oz			
		69	4	8·32

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
145 Braised Veal				
Stewing veal	25 lb			
Carrots	4 lb			
Celery	4 lb			
Onions	4 lb			
Dripping	$\frac{1}{2}$ lb			
Flour	1 lb			
Stock				
Salt	2 oz			
Pepper				
Tomato purée	4 oz			
Parsley	2 oz			
		69	9	8-37
146 Veal Casserole				
Stewing veal	25 lb			
Celery	$\frac{1}{2}$ lb			
Onions	4 lb			
Cooking margarine	2 lb			
Flour	2 lb			
Pepper				
Salt	1 oz			
Parsley	2 oz			
		69	9	8-37
147 Fricassee of Veal				
Stewing veal	22 lb			
Carrots	4 lb			
Onions	4 lb			
Peas	1 lb			
Cooking margarine	1 lb			
Flour	1 lb			
Salt	1 oz			
Pepper				
Veal stock				
Rice	4 lb			
Cooking margarine	8 oz			
		84	7	10-15
148 Minced Veal in Cream Sauce				
Leg of veal	20 lb			
Carrots	4 lb			
Stock	6 pt			
Milk	6 pt			
Cooking margarine	2 lb			
Flour	2 lb			
Salt	2 oz			
Pepper				
		75	2	9-02
149 Veal in Potato Nest				
Stewing veal	19 lb			
Carrots	4 lb			
Cooking margarine	$1\frac{1}{2}$ lb			
Flour	$1\frac{1}{2}$ lb			
Milk	6 pt			
Stock	6 pt			
Salt	1 oz			
Pepper				
100 portions Duchesse				
Potato mixture - see No 240				
		69	4	8-32

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
150 Veal Vol-au-vent				
Stewing veal	10 lb			
Carrots	$\frac{1}{2}$ lb			
Onions	$\frac{1}{2}$ lb			
Salt	2 oz			
Parsley	2 oz			
Flour	1 oz			
Cooking margarine	1 oz			
Flour	5 lb			
Cooking margarine	5 lb			
Salt	2 oz			
Pepper				
		84	7	10-15

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s	d
JOINTS			
151 Baked Stuffed Bacon			
Back bacon	22 lb		
Bread	4 lb		
Parsley	4 oz		
Cooking fat	1 lb		
Lemon	1		
Eggs	2	59	6½
			7-14
152 Boiled Bacon			
Fore end of bacon	25 lb	52	1
			6-25
153 Boiled Gammon			
Gammon bacon	25 lb	90	7½
			10-88
154 Roast Beef			
Fore-rib of beef	10 lb		
Topside of beef	5 lb		
Sirloin of beef	10 lb		
Salt	¼oz		
Dripping	4 oz	80	10½
			9-71
155 Roast Rib of Beef			
Wing rib of beef	25 lb		
Salt	¼oz		
Dripping	4 oz	77	6
			9-30
156 Roast Sirloin of Beef			
Sirloin of beef	25 lb		
Salt	¼oz		
Dripping	4 oz	77	6
			9-30
157 Roast Topside of Beef			
Topside of beef	23 lb		
Salt	¼oz		
Dripping	4 oz	82	6
			9-90
158 Roast Lamb			
Leg of lamb	12½lb		
Shoulder of lamb	12½lb		
Salt	¼oz		
Dripping	4 oz	74	2½
			8-90
159 Roast Best End of Lamb			
Best end of lamb	25 lb		
Salt	¼oz		
Dripping	4 oz	70	10
			8-50
160 Roast Leg of Lamb			
Leg of lamb	25 lb		
Salt	¼oz		
Dripping	4 oz	98	2½
			11-78

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
161 Roast Shoulder of Lamb				
Shoulder of lamb	25 lb			
Salt	¼oz			
Dripping	4 oz			
		50	3½	6.03
162 Roast Leg of Pork				
Leg of pork	12½lb			
Loin of pork	12½lb			
Salt	¼oz			
Dripping	4 oz			
		75	3½	9.03
163 Roast Veal				
Leg of veal	10 lb			
Shoulder of veal	10 lb			
Loin of veal	5 lb			
Salt	¼oz			
Dripping	4 oz			
		94	10	11.38

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
EGG DISHES AND SAVOURIES				
164 Baked Egg in Potato Nest				
Potatoes	35 lb			
Eggs	6			
Salt	2 oz			
Nutmeg				
Dripping	4 oz			
Eggs	100			
Cooking margarine	1 lb			
		40	8	4·88
165 Curried Egg and Rice				
Eggs	100			
Rice	3 lb			
Onions	1 lb			
Flour	8 oz			
Curry powder	8 oz			
Salt	2 oz			
Water or stock				
		33	1	3·96
166 Fried Egg on Toast				
Eggs	100			
Dripping	2 lb			
White bread	10 loaves			
		38	3	4·59
167 Poached Egg on Rice				
Eggs	100			
Salt	2 oz			
Rice	5 oz			
Cooking margarine	2 lb			
		46	11	5·63
168 Poached Egg on Toast				
Eggs	100			
Salt	2 oz			
Cooking margarine	1 lb			
White bread	10 loaves			
		37	2½	4·46
169 Scrambled Egg and Minced Ham				
Eggs	100			
Milk	2 pt			
Salt	1 oz			
Cooking margarine	1 lb			
Tinned gammon	4½lb			
		52	11½	6·35
170 Mixed Herb Omelette				
Eggs	200			
Salt	2 oz			
Pepper				
Cooking oil	8 oz			
Water				
Mixed herbs	4 oz			
		63	3	7·59

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
171 Parsley Omelette				
Eggs	200			
Salt	2 oz			
Pepper				
Cooking oil	8 oz			
Parsley	4 oz			
Water				
		59	3	7·11
172 Tomato Omelette				
Eggs	200			
Salt	2 oz			
Pepper				
Water				
Tomatoes	6 lb			
		59	7	7·15
173 Cheese and Biscuits				
Cheddar cheese	8½ lb			
Wafer biscuits	3½ lb			
		21	11	2·63
174 Macaroni Cheese				
Macaroni	3½ lb			
Salt	2 oz			
Cheese	3 lb			
Flour	1½ lb			
Cooking margarine	1½ lb			
Milk	6 pt			
Water	6 pt			
Salt	1 oz			
Mustard	1 oz			
Cayenne pepper				
		55	3	6·63
175 Scotch Egg				
Eggs	100			
Beef sausage-meat	8 lb			
Flour	1½ lb			
Water	3 pt			
Breadcrumbs	3 lb			
Dripping	3 lb			
		38	9	4·65
176 Welsh Rarebit				
Cheese	3 lb			
Eggs	2			
Flour	8 oz			
Cooking margarine	8 oz			
Mustard	½ oz			
Worcester sauce	1 oz			
White bread	2½ loaves			
		10	9½	1·29

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
SALADS				
177 Basic Mixed Green Salad				
Lettuce	20 heads			
Watercress	2 lb			
Tomatoes	5 lb			
Beetroot	2 lb			
Radishes	1 bunch			
		33	1	3-97
178 Cheese Salad				
Basic Mixed Green Salad				
Cheddar cheese	25 lb			
		84	2	10-10
179 Chicken-in-aspic Salad				
Basic Mixed Green Salad				
Boiling fowl	12 lb			
Parsley	2 oz			
Aspic	1½lb			
Clear stock	20 pt			
Tomatoes	4 lb			
Peas	1 lb			
Eggs	12			
		71	10	8-62
180 Corned Beef Salad				
Basic Mixed Green Salad				
Corned beef	12 lb			
		99	2	11-90
181 Cornish Pasty Salad				
Basic Mixed Green Salad				
Cornish pasties (bought)	100			
		70	7	8-47
182 Crab-in-aspic Salad				
Basic Mixed Green Salad				
Crab	12½lb			
Parsley	2 oz			
Aspic	1½lb			
Clear stock	20 pt			
Tomatoes	4 lb			
Cucumber	1			
		75	5	9-05
183 Egg Salad				
Basic Mixed Green Salad				
Eggs	100			
		61	10	7-42
184 Gala Pie Salad				
Basic Mixed Green Salad				
Gala pie	20 lb			
		115	10	13-90
185 Ham Salad				
Basic Mixed Green Salad				
Tinned ham	13 lb			
		85	2	10-22
186 Jellied Veal Salad				
Basic Mixed Green Salad				
Tinned jellied veal	12½lb			
		117	0	14-04

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
187 Luncheon Sausage Salad				
Basic Mixed Green Salad				
Luncheon sausage	12½ lb			
		48	8	5-84
188 Luncheon Tongue Salad				
Basic Mixed Green Salad				
Luncheon tongue	12½ lb			
		74	9	8-97
189 Minced Beef Slice Salad				
Basic Mixed Green Salad				
Stewing beef	20 lb			
Flour	1 lb			
Tomato purée	2 oz			
Salt	½ oz			
Pepper				
Dripping	1 lb			
Flour	9 lb			
Baking powder	4½ oz			
Cooking fat	3 lb			
Carrots	3 lb			
Onions	3 lb			
		116	10	14-02
190 Ox Tongue Salad				
Basic Mixed Green Salad				
Tinned ox tongue	6½ lb			
		74	9	8-97
191 Pilchard Salad				
Basic Mixed Green Salad				
Pilchards	12 x 1 lb tins			
		68	8	8-24
192 Pork Luncheon Meat Salad				
Basic Mixed Green Salad				
Pork luncheon meat	12½ lb			
		53	6	6-42
193 Pressed Beef Salad				
Basic Mixed Green Salad				
Tinned pressed beef	12½ lb			
		114	4	13-72
194 Salmon-in-aspic Salad				
Basic Mixed Green Salad				
Tinned salmon	12½ lb			
Parsley	2 oz			
Aspic	1½ lb			
Clear stock	20 pt			
Tomatoes	4 lb			
Cucumber	1			
		75	1	9-01
195 Sardine Salad				
Basic Mixed Green Salad				
Sardines	33 x ¼ club tins			
		53	4	6-40

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
196 Sausage Roll Salad				
Basic Mixed Green Salad				
Sausage rolls (bought)	100			
		70	7	8-47
197 Shrimp-in-aspic Salad				
Basic Mixed Green Salad				
Shrimps	8 lb			
Parsley	2 oz			
Aspic	1½ lb			
Clear stock	20 pt			
Tomatoes	4 lb			
Eggs	12			
Peas	8 oz			
		75	5	9-05
198 Stuffed Pork Roll Salad				
Basic Mixed Green Salad				
Stuffed pork roll	12½ lb			
		54	4	6-52
199 Tuna Fish Salad				
Basic Mixed Green Salad				
Tuna fish	13 × 1 lb tins			
		83	0	9-96
200 Veal and Ham Pie Salad				
Basic Mixed Green Salad				
Veal and ham pie (bought)	20 lb			
		116	5	13-97

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
VEGETABLES				
201 Baked Beans in Tomato Sauce	4 × A10 tins	13	4	1-60
202 Broad Beans				
Broad beans	40 lb			
Salt	2 oz	19	4	2-32
203 Butter Beans				
Butter beans	10 lb			
Salt	1 oz	8	5	1-01
204 Green Beans				
(dried)				
Green beans	4 lb			
Water	30 pt			
Salt	8 oz	56	8	6-80
205 Runner Beans				
(fresh)				
Runner beans	25 lb			
Salt	2 oz	31	4	3-76
206 Runner Beans				
(frozen)				
Runner beans	15 lb			
Salt	1 oz	23	10	2-86
207 Beetroot				
Beetroot	20 lb			
Vinegar	2 pt	11	3	1-35
208 Brussels Sprouts				
Brussels sprouts	35 lb			
Salt	2 oz	26	3	3-15
209 Brussels Tops				
Brussels tops	35 lb			
Salt	2 oz	14	7	1-75
210 Cabbage				
Cabbage	35 lb			
Salt	2 oz	9	7	1-15
211 Savoy Cabbage				
Savoy cabbage	35 lb			
Salt	2 oz	11	8	1-40
212 Spring Cabbage				
Spring cabbage	35 lb			
Salt	2 oz	20	6	2-46

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
213 Carrots (fresh) Carrots Salt	30 lb 2 oz	9	7	1.15
214 Carrots (dried) Carrots Salt Water	4 lb 10 oz 32 pt	24	10	2.98
215 Sliced Carrots or Carrot Fingers Carrots Salt Cooking margarine	30 lb 2 oz 1 lb	9	7	1.15
216 Cauliflower Cauliflower Salt	50 lb 2 oz	60	9	7.29
217 Cauliflower au gratin Cauliflower Salt Flour Cooking fat Dried milk Water Cheese	40 lb 2 oz 1 lb 1 lb 1 lb 8 pt 3 lb	71	1	8.53
218 Celery Celery Salt	35 lb 2 oz	66	8	7.95
219 Curly Kale Curly Kale Salt	35 lb 2 oz	29	4	3.52
220 Buttered Greens Cabbage Salt Cooking margarine	35 lb 2 oz 1 lb	9	7	1.15
221 Leeks Leeks Salt	30 lb 2 oz	15	1	1.81
222 Braised Onions Onions Flour Dripping Sugar Salt	25 lb 8 oz 8 oz 2 oz 2 oz	13	9	1.65

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
223 Fried Onions Onions Dripping Salt	25 lb 1 lb 1 oz	13	8	1.64
224 Mixed Vegetables Mixed vegetables Salt	16½ lb 2 oz	18	7	2.23
225 Parsnips Parsnips Salt	35 lb 2 oz	23	5	2.81
226 Peas (fresh) Peas Salt Sugar	50 lb 2 oz 1 oz	33	7	4.03
227 Peas (frozen) Peas Salt Sugar	12½ lb 1 oz 1 oz	14	10	1.78
228 Spaghetti in Tomato Sauce 3 x A10 tins		13	4½	1.61
229 Spinach Spinach Salt	35 lb 2 oz	52	6	6.30
230 Swedes Swedes Salt	35 lb 2 oz	17	7	2.11
231 Tomatoes (fresh)	12½ lb	15	7½	1.88
232 Tomatoes (tinned)	12 x A3 tins	24	0	2.88
233 Turnips Turnips Salt	35 lb 2 oz	26	4	3.16
234 Vegetable Marrow Vegetable marrow Salt	40 lb 2 oz	13	6	1.62

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
POTATOES				
235 Boiled Potatoes				
Potatoes	37½lb			
Salt	2 oz	7	10	0.94
236 Boulangère Potatoes				
Potatoes	37½lb			
Onions	6 lb			
Parsley	2 oz			
Salt	1 oz			
Pepper		9	8	1.16
237 Chipped Potatoes				
Potatoes	37½lb			
Dripping	4 lb			
Salt	1 oz	12	4	1.48
238 Creamed Potatoes				
Potatoes	35 lb			
Dried milk	8 oz			
Water	4 pt			
Salt	2 oz			
Pepper		8	7	1.03
239 Croquette Potatoes				
Potatoes	35 lb			
Flour	2 lb			
Eggs	6			
Breadcrumbs	4 lb			
Salt	1 oz			
Pepper				
Nutmeg				
Dripping	4 lb	14	7	1.75
240 Duchesse Potatoes				
Potatoes	37½lb			
Eggs	6			
Salt	2 oz			
Dripping	4 oz	10	0	1.20
241 Fondant Potatoes				
Potatoes	35 lb			
Dripping	2 lb			
Salt	1 oz			
White stock		10	2	1.22
242 Lyonnaise Potatoes				
Potatoes	35 lb			
Onions	4 lb			
Parsley	2 oz			
Salt	1 oz			
Dripping	3 lb	11	5	1.37

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
243 Macaire Potatoes				
Potatoes	35 lb			
Dried milk	8 oz			
Water	4 pt			
Salt	2 oz			
Pepper				
Nutmeg, if desired				
Cooking margarine	2 lb	10	3	1.23
244 Maître d'Hôtel Potatoes				
Potatoes	37½ lb			
Dried milk	12 oz			
Water	6 pt			
Salt	2 oz			
Pepper		7	1	0.85
245 Mashed Potatoes				
Potatoes	35 lb			
Dried milk	8 oz			
Water	4 pt			
Salt	2 oz			
Pepper		6	5	0.75
246 New Potatoes				
New potatoes	35 lb			
Salt	2 oz			
Cooking margarine	4 oz	17	11½	2.16
247 Parmentier Potatoes				
Potatoes	37½ lb			
Salt	1 oz			
Dripping	4 lb	12	4	1.48
248 Parsley Potatoes				
Potatoes	37½ lb			
Parsley	4 oz			
Salt	2 oz			
Cooking margarine	1 lb	12	4	1.48
249 Rissolée Potatoes				
Potatoes	37½ lb			
Salt	1 oz			
Dripping	3 lb	11	2	1.36
250 Roast Potatoes				
Potatoes	37½ lb			
Salt	1 oz			
Dripping	3 lb	11	2	1.34
251 Sauté Potatoes				
Potatoes	37½ lb			
Parsley	2 oz			
Salt	2 oz			
Dripping	3 lb	11	7	1.39

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
SWEETS: ASSORTED			
252 Apple Charlotte (fresh fruit)			
White bread	2½ loaves		
Cooking apples	20 lb		
Cooking fat	1 lb		
Sugar	3 lb		
Cooking margarine	1 lb	24 4	2-92
253 Apple Charlotte (tinned fruit)			
White bread	2½ loaves		
Cooking fat	1 lb		
Apples, SP	3×A10 tins		
Sugar	3 lb		
Cooking margarine	1 lb	27 0	3-24
254 Apple Crumble (fresh fruit)			
Cooking apples	25 lb		
Sugar	3 lb		
Flour	6 lb		
Cooking fat	3 lb		
Sugar	1 lb	26 7	3-19
255 Apple Crumble (tinned fruit)			
Apples, SP	3×A10 tins		
Sugar	2 lb		
Flour	6 lb		
Cooking fat	3 lb		
Sugar	1 lb	24 8	2-96
256 Apple Fool Apples, SP	2×A10 tins		
Sugar	3 lb		
Dried milk	1½lb		
Water	12 pt		
Custard powder	1½lb	21 4	2-56
257 Apple Fritters			
Cooking apples	25 lb		
Flour	6 lb		
Dried milk	12 oz		
Water	6 pt		
Sugar	2 lb		
Dripping	4 lb	33 6	4-02

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
258 Apple Turnover (fresh fruit)				
Flour	8 lb			
Cooking fat	3 lb			
Cooking apples	20 lb			
Sugar	3 lb			
		29	11	3-59
259 Apple Turnover (tinned fruit)				
Flour	8 lb			
Cooking fat	3 lb			
Apples, SP	2½×A10 tins			
Sugar	3 lb			
		22	1	2-65
260 Apricot Condé Apricot caps	2×5 kg tins			
Rice	1½lb			
Sugar	1 lb			
Dried milk	1½lb			
Water	12 pt			
Cornflour	4 oz			
		24	11	2-99
261 Apricot Crumble Apricot pulp	2×5 kg tins			
Sugar	2 lb			
Flour	6 lb			
Cooking margarine	3 lb			
Sugar	1 lb			
		26	7	3-19
262 Apricot Fool Apricot pulp	1×5 kg tin			
Milk	12 pt			
Sugar	2 lb			
Custard powder	1½lb			
		29	9	3-57
263 Blancmange (all flavours)				
Dried milk	3 lb			
Water	24 pt			
Cornflour	2½lb			
Flavouring essence				
Sugar	2 lb			
		8	2	0-98
264 Caramel Cream				
Milk	12 pt			
Sugar	1½lb			
Eggs	34			
Sugar	3½lb			
		14	8	1-76

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
265 Banana Custard				
Dried milk	2 lb			
Water	16 pt			
Sugar	1 lb			
Custard powder	1 lb			
Bananas	7 lb			
		12	5	1-49
266 Baked Egg Custard				
Milk	16 pt			
Sugar	2 lb			
Eggs	32			
		13	10	1-66
267 Gooseberry Crumble				
Tinned gooseberries	3 x A10 tins			
Sugar	2 lb			
Flour	6 lb			
Pastry margarine	3 lb			
Sugar	1 lb			
		30	6	3-66
268 Gooseberry Fool				
Tinned gooseberries	2 x A10 tins			
Sugar	3 lb			
Dried milk	1½ lb			
Water	12 pt			
Custard powder	1½ lb			
		21	1	2-53
269 Ice Cream and Wafers				
Ice cream	10 x 20 oz blocks			
Wafer biscuits	12 oz			
		15	0	1-80
270 Ice Cream (with fruit)				
Ice cream	7½ x 20 oz blocks			
		9	9	1-17
271 Jelly and Blancmange				
		11	3	1-35
272 Jelly and Cream				
Jelly	20 pt			
Synthetic cream	2 pt			
		14	7	1-75
273 Fruit Jelly				
Jelly	20 pt			
Fruit	1 x A10 tin approx			
		12	6	1-50
274 Milk Jelly				
Dried milk	3 lb			
Water	24 pt			
Sweetened jelly crystals	5½ lb			
		11	10	1-42

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
275 Lemon Rice Meringue				
Eggs	20			
Lemons	12			
Sugar	3 lb			
Rice	2½ lb			
Dried milk	3 lb			
Water	24 pt			
Jam	1½ lb			
Pastry margarine	8 oz			
		22	3	2-67
276 Marmalade Turnover				
Flour	5 lb			
Cooking fat	3½ lb			
Salt	½ oz			
Marmalade	1½ lb			
Sugar	8 oz			
		9	4½	1-13
277 Raspberry Mousse				
		32	10	3-94
278 Strawberry Mousse				
		32	10	3-94
279 Pancakes				
Flour	5 lb			
Eggs	20			
Dried milk	10 oz			
Water	10 pt			
Sugar	3 lb			
Dripping	3 lb			
		16	8	2-00
280 Pear Condé				
Cooking pears	15 lb			
Sugar	8 oz			
Rice	1½ lb			
Sugar	1 lb			
Dried milk	1½ lb			
Water	12 pt			
Cornflour	4 oz			
		24	11	2-99
281 Pineapple Condé				
Pineapple	3½ x A10 tins			
Rice	1½ lb			
Sugar	1 lb			
Dried milk	1½ lb			
Water	12 pt			
Cornflour	4 oz			
		36	2	4-34
282 Pineapple Fritters				
Tinned sliced pineapple	2 x A10 tins			
Flour	6 lb			
Dried milk	12 oz			
Water	6 pt			
Castor sugar	2 lb			
Dripping	4 lb			
		22	6	2-70

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
283 Rhubarb Crumble				
Rhubarb	3 x A10 tins			
Sugar	2 lb			
Flour	6 lb			
Cooking margarine	3 lb			
Sugar	1 lb			
		21	9	2.61
284 Rhubarb Fool				
Rhubarb	2 x A10 tins			
Sugar	3 lb			
Dried milk	1½ lb			
Water	12 pt			
Custard powder	1½ lb			
		21	4	2.56
285 Trifle				
Dried milk	1 lb			
Water	8 pt			
Sugar	8 oz			
Custard powder	8 oz			
Sponge cakes	12 x 8			
Jam	3 lb			
Synthetic cream	3 pt			
		26	4½	3.17

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
SWEETS: FLANS				
286 Apple Flan				
Cooking apples	20 lb			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Apricot jam	3 lb			
Cornflour	2 oz			
Colouring				
		27	10½	3.35
287 Apricot Flan				
Apricot caps	2 × 5 kg tins			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Apricot jam	3 lb			
Cornflour	2 oz			
Colouring				
		25	6½	3.07
288 Blackcurrant Flan				
Tinned blackcurrants	2 × A10 tins			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	3 lb			
Cornflour	2 oz			
Colouring				
		26	0½	3.13
289 Custard Flan				
Eggs	24			
Dried milk	1½ lb			
Water	12 pt			
Sugar	1 lb			
Flour	4 lb			
Cooking fat	2 lb			
		19	2	2.30
290 Gooseberry Flan (fresh fruit)				
Gooseberries	15 lb			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz			
Colouring				
		24	6½	2.95
291 Gooseberry Flan (tinned fruit)				
Gooseberries	2 × A10 tins			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz			
Colouring				
		23	7½	2.84

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
292 Peach Flan				
Tinned peaches	2 x A10 tins			
Flour	4 lb			
Cooking margarine	1 lb			
Cooking fat	1 lb			
Water				
Arrowroot	2 oz			
Sugar	1 lb			
Cream		21	9	3.24
293 Raspberry Flan (fresh fruit)				
Raspberries	9 lb			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz			
Colouring		25	3½	3.04
294 Raspberry Flan (frozen fruit)				
Raspberries	10 lb			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz			
Colouring		33	8½	4.05
295 Redcurrant Flan				
Tinned redcurrants	2 x A10 tins			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz			
Colouring		29	0½	3.49
296 Strawberry Flan				
Strawberries	12 lb			
Sugar	2 lb			
Flour	4 lb			
Cooking fat	2 lb			
Jam	2 lb			
Cornflour	2 oz	21	6½	2.59

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
SWEETS: FRUIT				
297 Baked Apple				
Cooking apples	32 lb			
Sugar	3 lb			
Cooking margarine	2 lb	33	7½	4·03
298 Stewed Apple				
Cooking apples	30 lb			
Sugar	3 lb	29	6	3·54
299 Apricot Caps				
Apricot caps	2 × 5 kg tins			
Sugar	3 lb	18	0	2·16
300 Blackcurrants (frozen fruit)				
Blackcurrants	12½ lb			
Sugar	2 lb	39	6	4·74
301 Stewed Blackcurrants (fresh fruit)				
Blackcurrants	15 lb			
Sugar	3 lb	24	6	2·94
302 Stewed Cherries				
Cherries	25 lb			
Sugar	1 lb	26	0	3·12
303 Damsons				
Tinned damsons	4 × A10 tins			
Sugar	3 lb	31	0	3·72
304 Fruit Cocktail and Cream				
Fruit cocktail	3½ × A10 tins			
Cream		39	9	4·77
305 Fruit Salad (tinned and fresh fruit)				
Pears	1 × A2½ tin			
Pineapple	1 × A2½ tin			
Peach pulp	½ × 5 kg tin			
Apples	½ × A10 tin			
Cherries	1 × A1 tin			
Bananas	2 lb			
Mandarin oranges	½ × A10 tin	34	6	4·14

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
306 Gooseberries (tinned fruit) Gooseberries	4 x A10 tins			
Sugar	3 lb			
		30	2	3-62
307 Stewed Gooseberries (fresh fruit) Gooseberries	25 lb			
Sugar	4 lb			
		27	6	3-30
308 Greengages Tinned greengages	4 x A10 tins			
Sugar	3 lb			
		31	0	3-72
309 Mandarin Oranges Tinned mandarin oranges	3 x A10 tins			
		46	6	5-58
310 Peaches and Cream Tinned peaches	3 x A10 tins			
Cream				
		31	3	3-75
311 Pears and Cream Tinned pears	3 x A10 tins			
Cream				
		24	2	2-90
312 Stewed Pears Cooking pears	25 lb			
Sugar	2 lb			
		30	6	3-66
313 Pineapple and Cream Tinned pineapple	3½ x A10 tins			
Cream				
		27	1	3-25
314 Plums (tinned fruit) Plums	4 x A10 tins			
Sugar	2 lb			
		30	4	3-64
315 Stewed Plums (fresh fruit) Cooking plums	25 lb			
Sugar	4 lb			
		21	3	2-55
316 Stewed Prunes Dried prunes	12 lb			
Sugar	1 lb			
Lemon	1			
		23	0	2-76

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
317 Redcurrants Tinned redcurrants	4 x A10 tins			
		39	0	4-68
318 Stewed Rhubarb Rhubarb	30 lb			
Sugar	4 lb			
		22	8	2-72
319 Strawberries Strawberries	25 lb			
Castor sugar	2 lb			
		27	8	3-32

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
SWEETS: PIES				
320 Apple Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking apples	30 lb			
Sugar	3 lb			
Cloves	12			
		37	2 $\frac{1}{2}$	4.47
321 Apple Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Apples	3 $\frac{1}{2}$ ×A10 tins			
Sugar	2 lb			
Cloves	12			
		24	2 $\frac{1}{2}$	2.90
322 Apple and Blackberry Pie				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking apples	20 lb			
Blackberries	7 lb			
Sugar	3 lb			
		35	0 $\frac{1}{4}$	4.20
323 Apple and Blackcurrant Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking apples	20 lb			
Blackcurrants	7 lb			
Sugar	3 lb			
		35	0 $\frac{1}{4}$	4.20
324 Apple and Blackcurrant Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Apples	2 $\frac{1}{2}$ ×A10 tins			
Blackcurrants	$\frac{1}{2}$ ×A10 tin			
Sugar	3 lb			
		35	5 $\frac{1}{4}$	4.25
325 Apple and Damson Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking apples	15 lb			
Damsons	10 lb			
Sugar	3 lb			
		33	5 $\frac{1}{4}$	4.01

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
326 Apple and Damson Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Apples	2 x A10 tins			
Damsons	1 x A10 tin			
Sugar	3 lb			
		39	7 $\frac{1}{2}$	4.75
327 Apple and Redcurrant Pie				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Tinned apples	2 $\frac{1}{2}$ x A10 tins			
Tinned redcurrants	$\frac{1}{2}$ x A10 tin			
Sugar	3 lb			
		35	0 $\frac{1}{2}$	4.20
328 Apricot Pie				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Apricot pulp or caps	3 x 5 kg tins			
Sugar	3 lb			
		33	8 $\frac{1}{4}$	4.04
329 Damson Pie				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Damsons	25 lb			
Sugar	3 lb			
		34	8 $\frac{1}{4}$	4.17
330 Gooseberry Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Gooseberries	25 lb			
Sugar	4 lb			
		48	6 $\frac{1}{4}$	5.82
331 Gooseberry Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Gooseberries	3 $\frac{1}{2}$ x A10 tins			
Sugar	3 lb			
		33	8 $\frac{1}{4}$	4.04

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
332 Greengage Pie				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Greengages	25 lb			
Sugar	4 lb			
		52	1 $\frac{1}{4}$	6.25
333 Lemon Meringue Pie				
Flour	4 lb			
Cooking fat	2 lb			
Salt	$\frac{1}{2}$ oz			
Sugar	3 lb			
Water	6 pt			
Lemons	8			
Cornflour	12 oz			
Eggs	12			
Castor sugar	8 oz			
		14	8 $\frac{1}{2}$	1.77
334 Plum Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking plums	25 lb			
Sugar	4 lb			
		44	4 $\frac{1}{4}$	5.32
335 Plum Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Plums	4 x A10 tins			
Sugar	3 lb			
		37	0 $\frac{1}{4}$	4.44
336 Plum and Apple Pie (fresh fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking plums	10 lb			
Cooking apples	20 lb			
Sugar	3 lb			
		42	0 $\frac{1}{4}$	5.04
337 Plum and Apple Pie (tinned fruit)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Plums	$\frac{1}{2}$ x A10 tin			
Apples	2 $\frac{1}{2}$ x A10 tins			
Sugar	3 lb			
		31	2 $\frac{1}{2}$	3.74

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
338 Rhubarb Pie (fresh rhubarb)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Rhubarb	30 lb			
Sugar	4 lb			
			31	0 $\frac{1}{2}$
				3.72
339 Rhubarb Pie (tinned rhubarb)				
Flour	6 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Rhubarb	4 x A10 tins			
Sugar	3 lb			
			23	8 $\frac{1}{4}$
				2.84

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
SWEETS: PUDDINGS			
340 Apple Pudding (fresh fruit)			
Flour	8 lb		
Suet	3 lb		
Salt	$\frac{1}{2}$ oz		
Cooking apples	30 lb		
Sugar	4 lb	40	6 $\frac{1}{2}$
			4·87
341 Apple Pudding (tinned fruit)			
Flour	8 lb		
Suet	3 lb		
Salt	$\frac{1}{2}$ oz		
Apples	3×A10 tins		
Sugar	3 lb	35	6 $\frac{1}{2}$
			4·27
342 Apple and Blackberry Pudding			
Flour	8 lb		
Suet	3 lb		
Salt	$\frac{1}{2}$ oz		
Tinned apples	2 $\frac{1}{2}$ ×A10 tins		
Tinned blackberries	$\frac{1}{2}$ ×A10 tin		
Sugar	3 lb	35	7 $\frac{1}{2}$
			4·28
343 Apple and Blackcurrant Pudding			
Flour	8 lb		
Suet	3 lb		
Salt	$\frac{1}{2}$ oz		
Tinned apples	2 $\frac{1}{2}$ ×A10 tins		
Tinned blackcurrants	$\frac{1}{2}$ ×A10 tin		
Sugar	3 lb	40	1 $\frac{1}{2}$
			4·82
344 Apple and Redcurrant Pudding			
Flour	8 lb		
Suet	3 lb		
Salt	$\frac{1}{2}$ oz		
Tinned apples	2 $\frac{1}{2}$ ×A10 tins		
Tinned redcurrants	$\frac{1}{2}$ ×A10 tin		
Sugar	3 lb	36	1
			4·33

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	
345 Baked Apple Dumpling (fresh fruit)				
Flour	8 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Cooking apples	25 lb			
Sugar	4 lb			
Cloves	12			
		36	9	4·41
346 Baked Apple Dumpling (tinned fruit)				
Flour	8 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Apples	3 × A10 tins			
Sugar	3 lb			
Cloves	12			
		35	7 $\frac{1}{2}$	4·28
347 Baked Apple Sponge				
Cooking margarine	3 lb			
Sugar	3 lb			
Eggs	9			
Baking powder	3 oz			
Dried milk	12 oz			
Flour	6 $\frac{3}{4}$ lb			
Milk	2 pt			
Water				
Sugar	1 lb			
Cooking apples	14 lb			
Cloves				
		26	0	3·12
348 Baked Apricot Sponge				
Cooking margarine	4 lb			
Sugar	4 lb			
Eggs	12			
Dried milk	10 oz			
Water	5 pt			
Flour	9 lb			
Apricots, pulp	2 $\frac{1}{2}$ × A10 tins			
		18	0	2·16
349 Baked Chocolate Sponge				
Cooking fat	4 lb			
Sugar	4 $\frac{1}{4}$ lb			
Eggs	12			
Dried milk	10 oz			
Water	5 pt			
Flour	8 $\frac{1}{2}$ lb			
Dripping	4 oz			
Cocoa	12 oz			
Vanilla essence				
		15	6 $\frac{1}{2}$	1·87

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
350 Baked Fruit Pudding				
Cooking fat	3 lb			
Sugar	3 lb			
Bread	8 lb			
Currants	2 lb			
Sultanas	1 lb			
Mixed candied peel	1 lb			
Mixed spice	1 oz			
Dripping	4 oz			
Salt	$\frac{1}{2}$ oz			
		17	11 $\frac{1}{2}$	2-16
351 Baked Gooseberry Sponge				
Tinned gooseberries	3 x A10 tins			
Cooking margarine	4 lb			
Sugar	4 lb			
Eggs	12			
Dried milk	10 oz			
Water	5 pt			
Flour	9 lb			
		23	9	2-85
352 Baked Jam Roll				
Flour	8 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Jam	6 lb			
		17	6 $\frac{1}{2}$	2-10
353 Baked Lemon Sponge				
Cooking fat	4 lb			
Sugar	4 lb			
Eggs	12			
Dried milk	10 oz			
Water	5 pt			
Flour	9 lb			
Lemons	8			
Dripping	4 oz			
		21	10 $\frac{1}{2}$	2-63
354 Baked Marmalade Roll				
Flour	8 lb			
Cooking fat	3 lb			
Salt	$\frac{1}{2}$ oz			
Marmalade	6 lb			
		14	8 $\frac{1}{2}$	1-76
355 Baked Rice Pudding				
Rice	2 $\frac{1}{2}$ lb			
Sugar	2 lb			
Dried milk	3 lb			
Water	24 pt			
Cooking margarine	8 oz			
Salt	$\frac{1}{2}$ oz			
		9	0	1-08

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
356 Baked Sponge Pudding				
Cooking fat	4 lb			
Sugar	4 lb			
Eggs	12			
Dried milk	10 oz			
Water	5 pt			
Flour	9 lb			
Dripping	4 oz			
Vanilla essence				
		18	2	2-18
357 Bread and Butter Pudding				
White bread	6 loaves			
Dried milk	2 lb			
Water	16 pt			
Cooking margarine	2 lb			
Sugar	2 lb			
Currants	12 oz			
Sultanas	12 oz			
		13	2	1-58
358 Cabinet Pudding				
Eggs	24			
Sugar	1 $\frac{1}{2}$ lbs			
Water	12 pts			
Dried milk	1 $\frac{1}{2}$ lb			
Sponge cakes	3 lb			
Sultanas	12 oz			
Glacé cherries	12 oz			
		18	2	2-18
359 Eve's Pudding (fresh fruit)				
Cooking fat	3 lb			
Sugar	3 lb			
Eggs	9			
Flour	7 lb			
Dried milk	7 oz			
Water	3 $\frac{1}{2}$ pt			
Sugar	2 lb			
Cooking apples	20 lb			
		34	3 $\frac{1}{2}$	4-12
360 Eve's Pudding (tinned fruit)				
Cooking fat	3 lb			
Sugar	3 lb			
Eggs	9			
Flour	7 lb			
Dried milk	7 oz			
Water	3 $\frac{1}{2}$ pt			
Sugar	2 lb			
Apples	2 $\frac{1}{2}$ x A10 tins			
		34	5 $\frac{1}{2}$	4-13
361 Gooseberry Pudding (fresh fruit)				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Gooseberries	25 lb			
Sugar	4 lb			
		48	6 $\frac{1}{2}$	5-83

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
362 Gooseberry Pudding (tinned fruit)				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Gooseberries	3 x A10 tins			
Sugar	3 lb			
		31	0 $\frac{1}{2}$	3-73
363 Macaroni Pudding				
Milk	24 pt			
Macaroni	2 $\frac{1}{2}$ lb			
Sugar	2 $\frac{1}{2}$ lb			
Cooking margarine	$\frac{1}{2}$ lb			
		7	10	0-94
364 Rhubarb Pudding				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Rhubarb	30 lb			
Sugar	4 lb			
		31	0 $\frac{1}{2}$	3-73
365 Rhubarb Sponge				
Cooking margarine	4 lb			
Sugar	4 lb			
Eggs	10			
Baking powder	4 oz			
Dried milk	1 lb			
Flour	9 lb			
Milk	2 pt			
Water				
Dripping	$\frac{1}{2}$ lb			
Rhubarb	3 x A10 tins			
		25	4	3-00
366 Sago Pudding				
Sago	2 $\frac{1}{2}$ lb			
Sugar	2 lb			
Dried milk	3 lb			
Water	24 pt			
Cooking margarine	8 oz			
		8	11 $\frac{1}{2}$	1-08
367 Semolina Pudding				
Semolina	2 $\frac{1}{2}$ lb			
Sugar	2 lb			
Dried milk	3 lb			
Water	24 pt			
Cooking margarine	8 oz			
		9	0 $\frac{1}{2}$	1-09

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
368 Steamed Chocolate Sponge				
Cooking margarine	3 lb			
Flour	3 lb			
Breadcrumbs	4 lb			
Sugar	2 lb			
Chocolate powder	1 lb			
Baking powder	8 oz			
Dried milk	8 oz			
Water				
Milk	2 pt			
		17	8	2-12
369 Steamed Currant Roll				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Sugar	2 lb			
Currants	3 lb			
Dripping	4 oz			
		12	8 $\frac{1}{2}$	1-53
370 Steamed Fruit Roll				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Sugar	2 lb			
Currants	1 lb			
Sultanas	1 lb			
Stoned raisins	1 lb			
Dripping	4 oz			
		15	2	1-82
371 Steamed Golden Pudding				
Flour	4 lb			
Cooking fat	3 lb			
Sugar	2 lb			
Syrup	3 lb			
Breadcrumbs	4 lb			
Salt	1 oz			
Dripping	4 oz			
		13	6 $\frac{1}{2}$	1-62
372 Steamed Jam Roll				
Flour	10 lb			
Suet	4 lb			
Salt	$\frac{1}{2}$ oz			
Jam	6 lb			
Dripping	4 oz			
		17	6	2-10
373 Steamed Lemon Sponge				
Flour	4 lb			
Cooking margarine	3 lb			
Sugar	2 lb			
Lemons	12			
Breadcrumbs	4 lb			
Salt				
		17	1	2-05

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
374 Steamed Marmalade Roll				
Flour	10 lb			
Suet	4 lb			
Salt	$\frac{1}{2}$ oz			
Marmalade	6 lb			
Dripping	4 oz			
		17	0	2.04
375 Steamed Sultana Roll				
Flour	8 lb			
Suet	3 lb			
Salt	$\frac{1}{2}$ oz			
Sugar	2 lb			
Sultanas	3 lb			
Dripping	4 oz			
		15	2	1.82
376 Steamed Vanilla Sponge				
Flour	4 lb			
Breadcrumbs	4 lb			
Sugar	2 lb			
Baking powder	8 oz			
Dried milk	8 oz			
Milk	2 pt			
Water				
Cooking margarine	3 lb			
Vanilla essence				
		18	6	2.22
377 Tapioca Pudding				
Tapioca	2 $\frac{1}{2}$ lb			
Sugar	2 lb			
Dried milk	3 lb			
Water	24 pt			
Cooking margarine	8 oz			
		8	7 $\frac{1}{2}$	1.04

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s	d
SWEETS: TARTS			
378 Apple Slice			
Flour	6 lb		
Cooking fat	2 lb		
Salt	$\frac{1}{4}$ oz		
Tinned apples	2 $\frac{1}{2}$ x A10 tins		
Sugar	3 lb		
Jam	1 $\frac{1}{2}$ lb		
Cornflour	2 oz	29	5 $\frac{1}{2}$
			3-54
379 Bakewell Tart			
Flour	6 lb		
Pastry margarine	1 lb		
Cooking fat	1 $\frac{1}{4}$ lb		
Water			
Salt	1 oz		
Ground rice	1 lb		
Flour	1 lb		
Baking powder	$\frac{1}{2}$ oz		
Sugar	1 $\frac{1}{2}$ lb		
Eggs	12		
Pastry margarine	$\frac{3}{4}$ lb		
Jam	2 $\frac{1}{2}$ lb		
Baking powder	3 oz		
Almond essence		15	0
			1-80
380 Gooseberry Tart			
Tinned gooseberries	3 $\frac{1}{2}$ x A10 tins		
Flour	9 lb		
Pastry margarine	4 $\frac{1}{2}$ lb		
Sugar	3 lb	30	6
			3-66
381 Lattice Jam Tart			
Flour	6 lb		
Cooking fat	2 lb		
Salt	$\frac{1}{4}$ oz		
Jam	6 lb	14	3
			1-71
382 Lemon Curd Tart			
Flour	6 lb		
Cooking fat	2 lb		
Salt	$\frac{1}{4}$ oz		
Lemon curd	6 lb	13	3
			1-59
383 Manchester Tart			
Flour	6 lb		
Pastry margarine	3 lb		
Jam	2 lb		
Custard powder	6 oz		
Milk	4 pt		
Sugar	6 oz	24	0
			2-88

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
384 Mincemeat Tart				
Flour	9 lb			
Cooking fat	4 lb			
Salt	$\frac{1}{2}$ oz			
Mincemeat	10 lb			
Icing sugar	2 oz			
		26	5	3·17
385 Strawberry Tartlets				
Flour	8 lb			
Cooking fat	$2\frac{1}{2}$ lb			
Salt	$\frac{1}{4}$ oz			
Strawberries	12 lb			
Jelly crystals	8 oz			
		22	4	2·68
386 Syrup Tart				
Flour	6 lb			
Cooking fat	2 lb			
Salt	$\frac{1}{4}$ oz			
Golden syrup	9 lb			
Breadcrumbs	3 lb			
		17	10	2·14

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
DRINKS				
387 Bovril	26½oz	21	2	2·54
388 Cocoa				
Cocoa powder	40 oz			
Milk	22½pt			
Water	10 pt	19	7	2·35
389 Coffee with Milk				
Instant coffee	5·03oz			
Water	20 pt			
Milk	20 pt	13	9	1·65
390 Milk	36 pt	23	3	2·79
391 Patent Beverage with Milk				
Patent beverage	50 oz			
Milk	32½pt	10	0	1·20
392 Tea				
(2 cups per portion)				
Tea	6 oz			
Water	48 pt			
Milk	5½pt	10	8	1·28

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s	d
BREAD, TOAST AND BISCUITS			
393 Bread (breakfast or tea)			
White bread	10 loaves	6	10½
			0·83
394 Bread (lunch or supper)			
White bread	5 loaves	3	5¼
			0·41
395 Bread (with soup)			
White bread	2½ loaves	1	8¾
			0·21
396 Toast			
White bread	10 loaves	6	10½
			0·83
397 Ice Cream Wafers	200	2	1
			0·25
398 Sweet Biscuits	6¼lb	10	1½
			1·22
399 Water Biscuits (with cheese)	3¼lb	3	6¼
			0·42

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
BUNS			
400 Basic Bun Dough			
Flour	6 lb		
Yeast	3 oz		
Water	3 pt		
Dried milk	6 oz		
Cooking fat	10 oz		
Sugar	10 oz		
Salt	½oz		
Flour (dusting)	8 oz		
		7 8½	0·93
401 Bath Buns			
Basic Bun Dough			
Eggs	4		
Cooking margarine	1 lb		
Sultanas	1 lb		
Mixed candied peel	8 oz		
Sugar nibs	1 lb		
		13 5½	1·61
402 Belgian Buns			
Basic Bun Dough			
Flour	6 oz		
Cooking margarine	10 oz		
Ground almonds	10 oz		
Sugar	10 oz		
Eggs	4		
Bun essence			
Sugar (bun wash)	4 oz		
		12 8½	1·53
403 Chelsea Buns			
Basic Bun Dough			
Currants	1 lb		
Sultanas	1 lb		
Mixed spice	½oz		
Cooking margarine	8 oz		
Sugar	8 oz		
Sugar (bun wash)	4 oz		
		11 5¼	1·37
404 Coconut Buns			
Flour	6 lb		
Cooking margarine	1½lb		
Sugar	1½lb		
Baking powder	3 oz		
Desiccated coconut	1 lb		
Water	2 pt		
Dried milk	6 oz		
Salt	½oz		
Flour (dusting)	8 oz		
		14 11½	1·80
405 Currant Buns			
Basic Bun Dough			
Currants	1 lb		
Sugar (bun wash)	4 oz		
		9 0¼	1·08

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
406 Danish Buns				
Basic Bun Dough				
Jam	1 lb			
Sultanas	1 lb			
Sugar (bun wash)	4 oz			
		10	3½	1·23
407 Devonshire Splits				
Basic Bun Dough				
Jam	3 lb			
Synthetic cream	2 pt			
Icing sugar	4 oz			
		14	0½	1·68
408 Doughnuts				
Flour	6 lb			
Yeast	4 oz			
Water	2½ pt			
Dried milk	8 oz			
Cooking fat	8 oz			
Sugar	8 oz			
Salt	½ oz			
Dripping	4 lb			
Sugar (coating)	2 lb			
Jam	1 lb			
Flour (dusting)	8 oz			
		14	8	1·76
409 Fruit Buns				
Basic Bun Dough				
Currants	8 oz			
Sultanas	8 oz			
Mixed peel	8 oz			
Sugar (bun wash)	4 oz			
Flour (dusting)	8 oz			
		10	0½	1·20
410 Hot Cross Buns				
Basic Bun Dough				
Bun spice				
Currants	8 oz			
Sultanas	8 oz			
Mixed peel	8 oz			
Flour (dusting)	8 oz			
Sugar (bun wash)	4 oz			
		9	9½	1·17
411 Raspberry Buns				
Flour	6 lb			
Sugar	1½ lb			
Cooking margarine	1½ lb			
Baking powder	3 oz			
Eggs	4			
Dried milk	6 oz			
Water	2 pt			
Vanilla essence				
Jam	8 oz			
Sugar	1 lb			
Milk	1 pt			
Flour (dusting)	8 oz			
		11	1	1·33

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
412 Swiss Buns				
Basic Bun Dough				
Eggs	4			
Flour (dusting)	8 oz			
Fondant	2 lb			
		10	10½	1·30

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
CAKES				
413 Cherry Cake (individual)				
Flour	4 lb			
Cooking margarine	1½lb			
Sugar	1½lb			
Baking powder	2 oz			
Dried milk	3 oz			
Water	1½pt			
Eggs	6			
Salt	¼oz			
Flour (dusting)	½lb			
Glacé cherries	1 lb			
		11	7	1-39
414 Cherry Cake (bought)				
Cherry cake	12 lb			
		20	3	2-43
415 Chocolate Cup Cake (individual)				
Flour	3½lb			
Cooking margarine	1½lb			
Sugar	1½lb			
Baking powder	3 oz			
Dried milk	3 oz			
Eggs	6			
Cocoa	¾lb			
Vanilla essence	¼oz			
Fondant	1 lb 2 oz			
Chocolate couverture	6 oz			
Water	1½pt			
		10	11	1-31
416 Coffee Cake (individual)				
Flour	4 lb			
Cooking margarine	1½lb			
Sugar	1½lb			
Baking powder	2 oz			
Dried milk	3 oz			
Water	1½pt			
Eggs	6			
Salt	¼oz			
Flour (dusting)	8 oz			
Fondant	1½lb			
Coffee essence	5 oz			
		9	8	1-16
417 Fruit Slab Cake (bought)				
	12 lb			
		23	0	2-76
418 Genoa Slab Cake (bought)				
	12 lb			
		23	0	2-76

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
419 Jam Tart (individual)				
Flour	8 lb			
Cooking fat	2½lb			
Salt	¼oz			
Jam	9 lb			
		17	10	2-14
420 Lemon Cake (individual)				
Flour	4 lb			
Cooking margarine	1½lb			
Sugar	1½lb			
Baking powder	2 oz			
Dried milk	3 oz			
Eggs	6			
Water	1½pt			
Salt	¼oz			
Flour (dusting)	8 oz			
Fondant	1½lb			
Lemons	3			
Lemon essence				
		9	2	1-10
421 Lemon Curd Tart (individual)				
Flour	8 lb			
Cooking fat	2½lb			
Salt	¼oz			
Lemon curd	9 lb			
		17	10	2-14
422 Madeira Slab Cake (bought)				
	12 lb			
		21	0	2-52
423 Sultana Scone				
Flour	6 lb			
Cooking margarine	12 oz			
Bicarbonate of soda	1½oz			
Cream of tartar	3 oz			
Salt	¼oz			
Dried milk	6 oz			
Water	3 pt			
Sultanas	1 lb			
		6	10	0-82
424 Swiss Roll (bought)				
Swiss rolls	13			
		11	11	1-43

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
PRESERVES			
425 Jam (Direct Issue)	3 lb 2 oz	3 1½	0·37
426 Jam (with puddings)	6 lb	6 0	0·72
427 Golden Syrup (Direct Issue)	3 lb 2 oz	3 1½	0·37
428 Golden Syrup (with puddings)	6 lb	6 0	0·72
429 Honey (Direct Issue)	3 lb 2 oz	11 0	1·32
430 Lemon Curd (Direct Issue)	3 lb 2 oz	3 1¼	0·37
431 Lemon Curd (with puddings)	6 lb	5 11	0·64
432 Marmalade (Direct Issue)	3 lb 2 oz	3 1½	0·37
433 Marmalade (with puddings)	6 lb	5 3	0·63

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
SAUCES: SAVOURY				
434 Apple Sauce (fresh fruit) Cooking apples Sugar Cloves	12 lb 1 lb 2	11	8	1·40
435 Apple Sauce (tinned fruit) Apples Sugar Cloves	1 × A10 tin 8 oz 2	7	10	0·94
436 Brown Gravy Sauce Dripping Flour Tomato purée Carrots Onions Salt Peppercorns Colouring	1 lb 1 lb 2 oz 8 oz 8 oz 1 oz 6	2	8½	0·33
437 Caper Sauce White Sauce – see No 452 Capers	4 oz	6	0	0·72
438 Cheese Sauce Cooking margarine Flour Dried milk Water Cheese	1 lb 1 lb 1 lb 8 pt 3 lb	11	10	1·42
439 Dugléré Sauce Cooking margarine Flour Dried milk Water Salt Tomatoes Parsley	1 lb 1 lb 1 lb 8 pt 1 oz 2 lb 2 oz	7	6	0·90
440 Egg Sauce Cooking margarine Flour Dried milk Water Salt Eggs, chopped	1 lb 1 lb 1 lb 8 pt ½ oz 6	5	4½	0·65

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
441 Lyonnaise Sauce				
Dripping	1 lb			
Flour	1 lb			
Tomato purée	2 oz			
Onions	3 lb			
Salt	$\frac{1}{2}$ oz			
Colouring		3	6	0.42
442 Mint Sauce				
Mint	1 lb			
Sugar	4 oz			
Vinegar	2 pt			
Water	2 pt			
		3	2	0.38
443 Mint Sauce (bottled)				
Mint sauce	12 oz			
Vinegar	2 pt			
Water	2 pt			
		5	3	0.63
444 Mushroom Sauce				
Cooking margarine	1 lb			
Flour	1 lb			
Dried milk	1 lb			
Water	8 pt			
Salt	$\frac{1}{2}$ oz			
Mushroom stalks	8 oz			
Parsley	4 oz			
		5	0	0.60
445 Mustard Sauce				
Cooking margarine	1 lb			
Flour	1 lb			
Water	7 pt			
Vinegar	1 pt			
Mustard	2 oz			
Salt	$\frac{1}{2}$ oz			
		2	11	0.35
446 Onion Sauce				
Cooking margarine	1 lb			
Flour	1 lb			
Dried milk	1 lb			
Water	8 pt			
Onions	4 lb			
Salt	1 oz			
		5	8	0.68
447 Parsley Sauce				
Cooking margarine	1 lb			
Flour	1 lb			
Dried milk	1 lb			
Water	8 pt			
Parsley	4 oz			
Salt	$\frac{1}{2}$ oz			
		4	4	0.52

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
448 Roast Gravy				
Salt	2 oz			
Pepper				
Colouring				
Meat extract	2 oz			
Water	8 pt			
			10	0.10
449 Salad Cream	$\frac{1}{2}$ galn			
		10	6	1.26
450 Tartare Sauce				
Salad cream	$\frac{1}{2}$ galn			
Gherkins	4 oz			
Capers	2 oz			
Parsley	4 oz			
		11	1 $\frac{1}{2}$	1.34
451 Tomato Sauce				
Dripping	1 lb			
Flour	1 lb			
Tomato purée	4 oz			
Carrots	8 oz			
Onions	8 oz			
Bacon trimmings				
Cloves	6			
Salt	$\frac{1}{2}$ oz			
Peppercorns	4			
		3	4 $\frac{1}{2}$	0.41
452 White Sauce				
Cooking margarine	1 lb			
Flour	1 lb			
Dried milk	1 lb			
Water	8 pt			
Salt	$\frac{1}{2}$ oz			
		3	7	0.43

Dish	Quantity for 100 portions	Cost of 100 portions	Cost of one portion
		s d	d
SAUCES: SWEET			
453 Custard Sauce			
Dried milk	2 lb		
Water	16 pt		
Sugar	1 lb		
Custard powder	1 lb		
		4 9½	0-58
454 Evaporated Milk	12×A1 tins	15 0	1-80
455 Synthetic Cream	3 pt	5 3	0-63

Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
GARNISHES AND ACCOMPANIMENTS				
456 Baked Beans in Tomato Sauce	3×A10 tins	11	7½	1·39
457 Cucumber Cucumbers	6	11	0	1·32
458 Dumplings				
Flour	4 lb			
Suet	1½lb			
Salt	1 oz			
Water				
Baking powder	2 oz	4	5	0·53
459 Horseradish Cream	½gln	17	0	2·04
460 Lemon Lemons	12	4	6	0·54
461 Mixed Pickles				
Mustard pickle	½gln			
Pickled onions	1 gln			
Sweet pickles	½gln			
Gherkins	¼gln	33	9	4·05
462 Paste (meat and fish)	12×3 oz jars	9	5	1·13
463 Pastry Fingers				
Flour	3 lb			
Pastry margarine	2 lb			
Sugar	1 lb	5	6	0·66
464 Pease Pudding				
Split peas	8 lb			
Potatoes	2 lb			
Pepper				
Cooking margarine	8 oz	8	8	1·04
465 Sage and Onion Stuffing				
Breadcrumbs	4 lb			
Onions	2 lb			
Sage	1 oz			
Cooking fat	1 lb			
Salt	½oz			
Pepper		5	7½	0·68
466 Sandwich Spread (4 oz jars)	2½lb	11	5	1·37

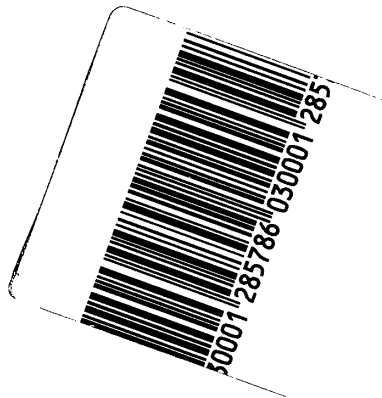
Dish	Quantity for 100 portions	Cost of 100 portions		Cost of one portion
		s	d	d
467 Shortbread Fingers				
Flour	3 lb			
Cooking fat	2 lb			
Sugar	1 lb			
Eggs	2			
		5	1	0.61
468 Spaghetti Cheese				
Spaghetti	4 lb			
Salt	1 oz			
Cheese	3 lb			
Flour	8 oz			
Cooking margarine	8 oz			
Dried milk	8 oz			
Water	8 pt			
		13	6	1.62
469 Spaghetti in Tomato Sauce				
	3 x A10 tins			
		13	4½	1.61
470 Stuffing				
Breadcrumbs	4 lb			
Cooking fat	1 lb			
Salt	¼ oz			
Parsley	2 oz			
Thyme	¼ oz			
Eggs	2			
Lemon	1			
		5	0½	0.61
471 Watercress				
	9 lb			
		18	0	2.16
472 Yorkshire Pudding				
Flour	5 lb			
Dried milk	1½ lb			
Water	10 pt			
Eggs	12			
Baking powder	4 oz			
Salt	1 oz			
Dripping	2 lb			
		12	5	1.49

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