



Potters Bar Museum

		FULL DIET (Men)	FULLDIET (Women)	HALF DIET	MILK DIET	— DAILY MENU		
<i>breakfast</i> 7 a.m.	TEA	1 PINT	1 PINT	1 PINT		<i>Day</i>	<i>Meat</i>	<i>Pudding</i>
	BUTTER	3/4 oz	3/4 oz	1/2 oz				
<i>Dinner</i> 12 p.m.	MEAT	8 oz <i>Cooked, without Bone</i>	6 oz	4 oz		SUNDAY	Roast Beef	Suet & Syrup
	POTATOES	8 oz <i>or Potatoes & Green Vegetables</i>	6 oz <i>or Potatoes & Green Vegetables</i>			MONDAY	Boiled Mutton	Rice
	PUDDING	6 oz	6 oz	8 oz		TUESDAY	Stew	Sago
<i>Tea</i> 4 p.m.	TEA	1 PINT	1 PINT	1 PINT		WEDNESDAY	Roast Mutton	Bread
	BUTTER	3/4 oz	3/4 oz	1/2 oz		THURSDAY	Boiled Mutton	Rice
<i>Supper</i> 7 p.m.	CHEESE	2 oz <i>COCOA 1 pint</i>	2 oz <i>COCOA 1 pint</i>	BREAD & MILK 1 P ^t		FRIDAY	Meat Pudding	Suet
						SATURDAY	Roast Mutton	Rice
<i>During</i> 24 hours	BREAD	24 oz	18 oz	14 oz	BREAD 6 oz <i>only to be given as bread and Milk</i>	<i>No alteration is to be made in this Scale without permission of the Medical Officers.</i>		
	MILK	1 PINT <i>For all purposes</i>	1 PINT	2 PINTS	MILK 4 PINTS			
	BEER	1 PINT	1 PINT		BEEF TEA 1 P ^t			
		<i>Allowance of TEA 1/2 per head per week</i>		<i>Allowance of Sugar 3/4 lb per head per week</i>		<i>By Order</i>		
						<i>W. Haughton Down</i>		

What to eat when a patient at Clare Hall Hospital in the 1900s from the Museums image collection.

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5