



Clifden Poor Law Union

Diet Book for Healthy Inmates

GPL3/110

17 March 1856 - 28 February 1857

Galway County Council Archives

GPL3/110

1 & 2 Vic., Cap. 56.

FORM C.—WORKHOUSE RULES.

DAILY

DIET BOOK

FOR

HEALTHY INMATES,

OF THE

Clifden

Union Workhouse.



DUBLIN:

ALEXANDER THOM AND SONS, PRINTERS AND PUBLISHERS, 87 & 88, ABBEY-STREET,

OF WHOM MAY BE HAD

THE BOOKS AND PAPERS REQUIRED BY THE IRISH POOR RELIEF AND MEDICAL CHARITIES ACTS.

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 16th day of March 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Indian meal	milk	bread	wbread		No. in Class.	bread	corn	milk	wbread		No. in Class.	bread
	oz	pt	oz	oz			oz	pt	pt	oz			oz
Class I, - -	17	136	8½			16	256	82					
Class II, - -	41	287	20½			41	574	62					
Ward Keepers	6		3	96		6	96						
Class III, - -	2	12	1			2	24		1				
Class IV, - -	42	210	21			42	420	42					168
Class V, - -													
Class VI, - -	9	27	4½			9		9		54			36
Class VII, - -	14		7		56	14			7	84			
Totals, - -	131	672	65½	96	56	130	1370	145	8	138			214
Articles to be taken from store for each meal,							85½	9	8	8½			1234

Form (C.)

Daily Diet Book for Healthy Inmates, Monday 17 day of March

1856 .

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	milk qt	Bread oz	W Bread oz	No. in Class.	Bread oz	W Bread oz	milk qt	W Bread oz	No. in Class.	Bread oz
Class I,	16	128	8			16	256	32				
Class II,	41	287	20½			42	588	63				
Class III,	6		3	96		6	96					
	2	12	1			2	24		1			
Class IV,	42	210	21			42	420	42				68
Class V,						9						
Class VI,	9	27	4½			15		9		54		36
Class VII,	14		7	56					7½	90		
Totals,	130	664	65	56		131	1384	146	8½	174		204
Articles to be taken from store for each meal, -		41½	5	6	5½		86½	9	8½	9		123½

Form (C.)

Daily Diet Book for Healthy Inmates, *Monday 18 day of March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	meal	milk	bread	meat	No. in Class.	bread	meat	milk	meat	No. in Class.	bread	
	oz	qt	oz	oz		oz	oz	qt	oz		oz	
Class I, -	16	128	8		16	256	32					
Class II, -	42	294	21		42	588	63					
Class III, -	6		3	96	6	96		1/2				
Class IV, -	2	12	1		2	12						
Class V, -	42	210	21		42	420	42				168	
Class VI, -	9	27	4 1/2		9		9		52 1/2		36	
Class VII, -	15		7 1/2		15			7 1/2	90			
Totals. -	131	671	66	96	131	1372	146	8	144		204	
Articles to be taken from store for each meal,	42	66	6	32 1/2	85 1/2	9	8	9			123 1/2	

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday, 20 day of March

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Small mill oz	mill oz	bread oz	wbread oz	No. in Class.	wbread oz	bread oz	mill oz	bread oz	No. in Class.	wbread oz
Class I,	16	128	8			16	256	32				
Class II,	42	294	21			43	602	64				
Class III,	6 1	6	3 ½	96		6 1	96 12		½			
Class IV,	42	210	21			42	420	42				168
Class V,												
Class VI,	9	27	4½			9		9		54		36
Class VII,	15		7½		60	15			7½	90		
Totals,	131	665	65½		60	132	1386	147	8	144		204
Articles to be taken from store for each meal, -		41½	65½	6	32½		86½	99	8	9		123½

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday, 20 day of March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	milk	Bread	Wheat	No. in Class.	Bread	Wheat	milk	Bread	No. in Class.	Wheat
		oz	oz	oz	oz		oz	oz	oz	oz		oz
Class I, -	16	128	8			16	256	32				
Class II, -	43	301	21½			43	602	65				
Class III, -	6 1	6	3½	96		6 1	96 12		½			
Class IV, -	42	210	21			42	420	42				165
Class V, -												
Class VI, -	9	27	4½			9		9		54		36
Class VII, -	15		7½			15			7½	90		
Totals, -	132	672	66	96	60	132	1386	148	8	144		204
Articles to be taken from store for each meal,		42	66	6	33½		86½	9½	8	9		122½

Form (C.)

Daily Diet Book for Healthy Inmates, *Bridges, 21 day of March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	milk qt	bread oz	bread oz	No. in Class.	bread oz	meat oz	milk qt	bread oz	No. in Class.	bread oz
Class I,	16	128	8			16	256	32				
Class II,	43	301	21½			43	560	60				
Class III,	6 1	6	3½	96		6 1	96 12		½			
Class IV,	42	210	21			42	420	42				168
Class V,												
Class VI,	9	27	4½			9		9		54		36
Class VII,	15		7½		60	13			6½	78		
Totals,	132	672	66	96	60	127	1344	143	7	132		204
Articles to be taken from store for each meal, -		42	66	6	3¾		84	9	7	8½		12¾

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday, 22 day of March

1850.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	meal	milk	bread	bread		No. in Class.	bread	corn	milk	bread		No. in Class.	bread
	oz	oz	oz	oz			oz	oz	oz	oz			oz
Class I, -	16	128	8			16	256	32					
Class II, -	40	280	20			40	560	60					
Class III, -	6		3	96		6	96						
Class IV, -	1	6	½			1	12						
Class V, -	42	210	21			42	420	42					168
Class VI, -	9					9		9		54			56
Class VII, -	9	27	4½			9							
Class VII, -	13		6½			14			7	84			
Totals, -	127	651	63½	96	52	128	1544	143	7½	138			204
Articles to be taken from store for each meal,		40½	63½	6	3½		84	9	7½	8½			1234

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Sunday 23 day of March*

185 ⁶/₁₀.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	milk	Bread	Bread	No. in Class.	Bread	meat	milk	Bread	No. in Class.	Bread
Class I,	16	128	8			16	256	32				
Class II,	40	280	20			40	560	60				
Class III,	6	6	3	96		6	96		2			
Class IV,	42	210	21			42	420	42				168
Class V,												
Class VI,	9	27	4½			9		9		54		36
Class VII,	14		7	56		14		7		84		
Totals,	128	651	64	96	56	228	1344	143	7½	138		204
Articles to be taken from store for each meal, -		40½	24	6	3½		84	9	7½	8½		123½

Form (C.)

Daily Diet Book for Healthy Inmates, Monday, 24 day of March

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	Wbread	No. in Class.	Milk	Butt	Milk	Wbread	No. in Class.	Milk
		oz	oz	oz	oz		oz	oz	oz	oz		oz
Class I, - -	16	28	8			16	256	32				
Class II, - -	40	280	20			39	546	58				
Class III, - -	6 1	6	3	96		6 2	76 124		1			
Class IV, - -	42	210	21			42	420	42				168
Class V, - -												
Class VI, - -	9	27	42			9		9		54		36
Class VII, - -	14		7		56	14			7	84		
Totals, - -	128	651	64	96	56	128	1342	141	8	138		204
Articles to be taken from store for each meal,		402	64	96	56		84	834	8	8		1234

Form (C.)

Daily Diet Book for Healthy Inmates, Madam 25 day of March

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	meal oz	milk qt	bread oz	wbread oz	No. in Class.	bread oz	potatoes qt	milk qt	wbread oz	No. in Class.	bread oz
Class I,	16	128	8			11	256	32				
Class II,	39	273	19½			35	546	59				
Class III,	6		3	96		1	96					
Class III,	2	12	1			1	12		½			
Class IV,	42	210	21			43	430	43				172
Class V,												
Class VI,	9	27	4½			9		9		54		36
Class VII,	14		7	56		14			7	84		
Totals,	128	650	64	56	56	128	1340	143	7½	138		208
Articles to be taken from store for each meal, -		40½	62	6	3½		833¼	9	7½	8½		13

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 16 day of March 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal oz	Milk lb	Bread oz	W Bread oz	No. in Class.	Meal oz	Tea lb	Milk lb	Bread oz	No. in Class.	Bread oz
Class I, - -	16	128	8			16	256	32				
Class II, - -	39	273	19½			42	558	63				
Class III, - -	6		3½	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	43	215	21½			42	420	42				168
Class V, - -												
Class VI, - -	9	27	4½			9		9		54		36
Class VII, - -	14		7		56	15			7½	90		
Totals, - -	128	649	64	96	56	131	1372	146	8	144		204
Articles to be taken from store for each meal,		40½	124	6	3½		8534	9	8	9		1234

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday* 27 day of *March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	milk	bread	bread	No. in Class.	Meal	Soup	milk	bread	No. in Class.	bread
		oz	qt	oz	oz		oz	qt	qt	oz		oz
Class I, - -	6	128	8			16	256	32				
Class II, - -	42	294	21			44	616	66				
	6		3	96		6	96					
Class III, - -	1	6	2			1	12		2			
Class IV, - -	42	210	21			43	430	43				172
Class V, - -												
Class VI, - -	9	27	4 1/2			10		10		60		40
Class VII, - -	15		7 1/2		60	15			7 1/2	90		
Totals, - -	131	665	65 1/2	96	60	135	1410	151	8	150		212
Articles to be taken from store for each meal, -		41 1/2	65 1/2	96	33 1/2		88	9 1/2	8	9 1/2		13 1/2

Form (C.)

Daily Diet Book for Healthy Inmates, *Prison* 28 day of *March* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread oz	Milk qt	Wheat oz	Wheat oz	No. in Class.	Bread oz	Wheat qt	Milk qt	Wheat oz	No. in Class.	Bread oz
Class I, - -	16	128	8			15	240	30				
Class II, - -	44	308	22			42	588	63				
Class III, - -	6 1	6	3 ½	96		6 1	96 12		½			
Class IV, - -	43	215	21½			42	420	42				168
Class V, - -												
Class VI, - -	10	30	5			10		20		60		40
Class VII, - -	15		7½		60	15			7½	90		
Totals, -	135	687	67½	96	60	131	1356	145	8	150		208
Articles to be taken from store for each meal, -		43	67½	96	3¾		85	9	8	9¼		13

Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 27 day of March

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	meal	milk	Bread	Wbread	No. in Class.	Bread	Wbread	milk	Wbread	No. in Class.	Bread
		oz	qt	oz	oz		oz	qt	qt	oz		oz
Class I,	15	120	7½			15	240	30				
Class II,	42	294	21			41	574	61				
Class III,	6	6	3	96		6	96		½			
Class IV,	42	210	21			42	420	42				168
Class V,												
Class VI,	10	30	5			10		60		60		40
Class VII,	15		7½		60	15			7½	90		
Totals,	131	660	65½	96	60	130	1342	143	8	150		208
Articles to be taken from store for each meal,		414	65½	6	33½		84	9	8	9½		13½

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 30 day of March

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	meal oz	milk qt	bread oz	meat oz	No. in Class.	bread oz	soup qt	milk qt	meat oz	No. in Class.	bread oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	41	287	20½			41	574	61				
Class III, - -	6 1	6	3 ½	96		6 1	96 1½		½			
Class IV, - -	42	210	21			42	420	42			168	
Class V, - -												
Class VI, - -	10	30	5			10		10		60	40	
Class VII, - -	15		7½		60	15			7½	90		
Totals, - -	130	653	65	96	60	130	1342	143	8	150	208	
Articles to be taken from store for each meal, -		41	65	96	33		84	9	8	9¼	13	

Form (C.)

Daily Diet Book for Healthy Inmates *Monday, 31 day of March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	milk	Bread	Wbread	No. in Class.	Meal	bread	milk	Wbread	No. in Class.	Meal
		oz	lb	oz	oz		oz	lb	lb	oz		oz
Class I, - -	15	12 0	7 1/2			15	24 0	3 0				
Class II, - -	41	28 7	20 1/2			41	56 0	6 0				
Class III, - -	6		3	9 0		6	9 6					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	42	21 0	2 1			42	42 0	4 2				16 8
Class V, - -												
Class VI, - -	10	3 0	5			10		10		6 0		4 0
Class VII, - -	15		7 1/2		6 0	15			7 1/2	9 0		
Totals, - -	130	65 3	65	96	6 0	129	132 8	14 2	8	15 0		20 8
Articles to be taken from store for each meal, -		41	65	6	33 1/4		83	9	8	9 1/4		13

Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* day of *April* 185 *6*

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Bread of	Wheat of	No. in Class.	Milk of	Wheat of	Milk of	Wheat of	No. in Class.	Meal of
Class I, - -	15	120	7½			16	256	32				
Class II, - -	40	280	20			40	560	160				
Class III, - -	6 1	6	3 ½	96		6 1	96 12			½		
Class IV, - -	42	210	21			42	420	42				168
Class V, - -												
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	15		7½		60	15			7½	90		
Totals, - -	129	646	64	96	60	130	1314	144	8	150		208
Articles to be taken from store for each meal, -		40½	64	96	330		84	9	8	9½		13.

Form (C.)

Daily Diet Book for Healthy Inmates Wednesday, 2 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk qt	Bread oz	Wheat oz	No. in Class.	Meal oz	Bread oz	Milk qt	Wheat oz	No. in Class.	Meal oz
Class I, - -	16	128	8			16	256	32				
Class II, - -	40	280	20			43	602	64				
Class III, - -	6 1	6	3 2	96		6 1	96 12		2			
Class IV, - -	42	210	21			43	430	43				172
Class V, - -						1	7	1				4
Class VI, - -	10	30	5			9		9		54		36
Class VII, - -	15		7½		60	16			8	96		
Totals, - -	130	654	65	96	60	135	1403	149	8½	150		212
Articles to be taken from store for each meal, - -		41	65	6	334		87½	9¼	8½	9½		134

Form (C.)

Daily Diet Book for Healthy Inmates,

Thursday 3 day of April

1855.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	mill	wheat	wheat	No. in Class.	wheat	corn	mill	wheat	No. in Class.	wheat
Class I, - -	16	128	8			15	240	30				
Class II, - -	43	301	21½			41	574	62				
Class III, - -	6	6	3½	96		6	96		½			
Class IV, - -	43	215	21½			42	420	42				168
Class V, - -	4	4	½			1	7	1				4
Class VI, - -	5	27	4½			9		9		54		36
Class VII, - -	16		8		64	16			8	96		
Totals, -	135	681	67½	96	64	131	1349	144	8½	150		208
Articles to be taken from store for each meal, -		42½	67½	6	4		84½	9	8½	54		13

Form (C.)

Daily Diet Book for Healthy Inmates

Friday 4 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.					Dinner.					Supper.			
No. in Class.	Meal	milk	Bread	W Bread	No. in Class.	Bread	W Bread	milk	W Bread	No. in Class.	Bread		
	oz	pts	oz	oz		oz	oz	oz	oz		oz		
Class I, - -	15	12 0	7 1/2		15	2 40	30						
Class II, - -	41	2 87	20 1/2		41	5 74	62						
Class III, - -	6 1	6	3 1/2	96	6 1	96 12			1/2				
Class IV, - -	42	2 10	2 1		43	4 30	43					17 2	
Class V, - -	1	4	1/2		1	7	1					4	
Class VI, - -	9	27	4 1/2		9		9		54			36	
Class VII, - -	16		8		16			8	96				
Totals, - -	131	154	65 1/2	96	132	13 59	145	8 1/2	150			2 12	
Articles to be taken from store for each meal, -		41	65 1/2	96		85	9	8 1/2	9 1/2			13 4	

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday, 5 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pt	Bread oz	W Bread oz	No. in Class.	Bread oz	Soup pt	Milk pt	W Bread oz	No. in Class.	Bread oz
Class I,	15	120	7½			15	240	30				
Class II,	41	287	20½			40	560	60				
Class III,	6	6	3	96		4	56					
Class IV,	1		½			1	12		½			
Class V,	43	215	21½			43	430	43				172
Class VI,	1	4	½			1	7	1				4
Class VII,	9	27	4½			8		8		48		32
Class VII,	16		8		64	15			7½	90		
Totals,	132	659	66	96	64	129	1345	142	8	158		208
Articles to be taken from store for each meal, -		41	66	6	4		85	9	8	9¾		13

Form (C.)

Daily Diet Book for Healthy Inmates Sunday 6 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pt	Bread oz	Wheat oz	No. in Class.	Bread oz	Wheat pt	Milk pt	Wheat oz	No. in Class.	Bread oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	40	280	20			40	560	60				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12					
Class IV, - -	43	215	21½			43	430	43				172
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	8	34	4			8		8		48		32
Class VII, - -	15		7½		60	15			7½	90		
Totals, - -	129	649	64½	96	60		1345	142	8	138		208
Articles to be taken from store for each meal, -		40½	64½	6	334		84	9	8	8½		13

Form (C.)

Daily Diet Book for Healthy Inmates, Monday 7 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	milk pt	Bread of	W Bread of	No. in Class.	Bread of	W Bread of	milk pt	W Bread of	No. in Class.	Bread of
Class I, - -	15	120	7½			15	240	30				
Class II, - -	40	280	20			40	560	60				
Class III, - -	6 1	1	3 ½	96		6 1	96 12		½			
Class IV, - -	43	215	21½			43	430	48				172
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	15		7½		60	15			7½	90		
Totals, -	129	649	64½	96	60	129	1345	142	8	138		208
Articles to be taken from store for each meal, -		40½	62½	6	324		84	9	8	8½		13

Form (C.)

Daily Diet Book for Healthy Inmates *Monday 8 day of April*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Rmeal oz	milk qt	Bread oz	WBread oz	No. in Class.	Bread oz	Tea qt	milk qt	WBread oz	No. in Class.	WBread oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	40	280	20			40	560	60				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	43	215	21½			43	430	43				172
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	15		7½		60	15			7½	90		
Totals, - -	129	649	64½		60	129	1345	142	8	138		208
Articles to be taken from store for each meal, -		40½	64½	6	3¾		84	9	8	8½		13

Daily Diet Book for Healthy Inmates, *Wednesday, 9 day of April* 185 *6*

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	Wheat	No. in Class.	Meal	Wheat	Milk	Wheat	No. in Class.	Bread
		oz	qt	oz	oz		oz	qt	qt	oz		oz
Class I, - -	15	120	7½			17	272	34				
Class II, - -	40	280	20			49	686	74				
Class III, - -	6 1	6	3 ½	96		1	12		½			
Class IV, - -	43	215	21½			44	440	44				176
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	8	24	4			9		9		54		36
Class VII, - -	15		7½		00	20			10	120		
Totals, -	129	649	64½	96	00	147	1513	162	10½	174		216
Articles to be taken from store for each meal,		40½	64½	6	33c		94½	10	10½	11		13½

Form (C.)

Daily Diet Book for Healthy Inmates, Thurston 19 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk qt	Bread oz	W Bread oz	No. in Class.	Bread oz	Soup qt	Milk qt	W Bread oz	No. in Class.	Bread oz
Class I,	17	136	8½			16	224	32				
Class II,	49	343	24½			49	686	74				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
			1									
Class IV,	44	220	22			44	440	44				176
Class V,	1	4	½			1	7	1				4
Class VI,	9	27	4½			9		9		54		36
Class VII,	20		10		80	22			11	132		
Totals,	147	736	73½	96	80	148	1465	160	11½	186		216
Articles to be taken from store for each meal, -		46	73½	1	5		91½	10	11½	11½		13½

Form (C.)

Daily Diet Book for Healthy Inmates, Friday 11 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Meal oz	Milk qt	Bread oz	Wheat oz	No. in Class.	Bread oz	Wheat oz	Milk qt	Bread oz	No. in Class.	Bread oz	
Class I, - -	16	128	8		16	256	32					
Class II, - -	49	343	24½		50	690	75					
Class III, - -	6 1	6	3½	96	1	12		½				
Class IV, - -	44	220	22		44	440	44				176	
Class V, - -	1	4	½		1	7	1				4	
Class VI, - -	9	27	4½		9		9		54		36	
Class VII, - -	22		11		22			11	132			
Totals, - -	148	728	74	96	149	1501	161	11½	186		216	
Articles to be taken from store for each meal,		45½	74	6		94	10	11½	11½		13½	

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 12 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	milk	Bread	Wheat	No. in Class.	Bread	Soup	milk	Wheat	No. in Class.	Bread
		oz	lb	oz	oz		oz	lb	lb	oz		oz
Class I,	16	128	8			16	256	32				
Class II,	50	350	25			49	656	74				
	6		3	96		6	96					
Class III,	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class IV,	44	220	22			44	440	44				176
Class V,	1	4	$\frac{1}{2}$			1	7	1				4
Class VI,	9	27	4 $\frac{1}{2}$			9		9		54		36
Class VII,	22		11		88	22			11	132		
Totals,	149	735	74 $\frac{1}{2}$	96	88	148	1497	160	11 $\frac{1}{2}$	186		216
Articles to be taken from store for each meal, -		46	74 $\frac{1}{2}$	6	5 $\frac{1}{2}$		94	10	11 $\frac{1}{2}$	11 $\frac{1}{2}$		13 $\frac{1}{2}$

Form (C.)

Daily Diet Book for Healthy Inmates, *Sunday* 13 day of *April* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	2 meal oz	1 milk qt	1 bread oz	1 bread oz	No. in Class.	1 bread oz	1 soup qt	1 milk qt	1 bread oz	No. in Class.	1 bread oz
Class I, - -	16	128	8			15	240	30				
Class II, - -	49	343	24½			49	686	73				
Class III, - -	6 1	6	3½	96		6 1	96	+	½			
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	9	27	4½			9		9	54			36
Class VII, - -	22		11		88	22			11	132		
Totals, -	148	728	74	96	88	147	1488	157	11½	186		216
Articles to be taken from store for each meal,		45½	74	6	5½		92½	9½	11½	11¾		13½

Form (C.)

Daily Diet Book for Healthy Inmates, *Monday 14 day of April*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	milk	Wheat	Wheat	No. in Class.	Wheat	Wheat	milk	Wheat	No. in Class.	Wheat
Class I, - -	15	120	7½			15	240	30				
Class II, - -	49	343	24½			48	672	72				
Class III, - -	6 1	6	3 ½	96		6 1	96 12			½		
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	.4	½			1	7	1				4
Class VI, - -	9	27	4½			9		9		54		36
Class VII, - -	22		11		88	21			10½	126		
Totals, -	147	720	73½	96	88	145	1467	156	11	180		216
Articles to be taken from store for each meal, -		45	73½	6	5½		91¾	9½	11	11¼		13½

Form (C.)

Daily Diet Book for Healthy Inmates, *Meal*, 15 day of *April* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	<i>Meal</i>	No. in Class.	<i>Meal</i>	<i>Soup</i>	<i>Milk</i>	<i>Meal</i>	No. in Class.	<i>Meal</i>
		<i>oz</i>	<i>oz</i>	<i>oz</i>	<i>oz</i>		<i>oz</i>	<i>oz</i>	<i>oz</i>	<i>oz</i>		<i>oz</i>
Class I, - -	15	120	7½			15	240	30				
Class II, - -	48	336	24			48	672	72				
Class III, - -	6	6	3½	96		6	96			2		
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	½			1	7	7				4
Class VI, - -	9	27	4½			9		9		54		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	145	713	72½	96	84	145	1467	156	11	180		216
Articles to be taken from store for each meal,		44½	72½	96	544		92	92	11	116		13½

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 16 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	meal oz	milk qt	bread oz	bread oz		No. in Class.	bread oz	bread qt	milk qt	bread oz		No. in Class.	bread oz
Class I,	15	12 0	7 1/2			15	24 0	3 0					
Class II,	48	33 6	24			51	8 6	7 6					
Class III,	6	6	3	9 1/2		6	9 6						
	1		1/2			1	1 2		1/2				
Class IV,	44	22 0	22			44	44 0	4 4					17 6
Class V,	1	4	1/2			1	7	1					4
Class VI,	9	27	4 1/2			10		10		6 0			4 0
Class VII,	21		10 1/2		8 4	21			10 1/2	12 6			
Totals,	145	713	72 1/2		5 1/4	149	161 1	16 1	11	18 6			22 0
Articles to be taken from store for each meal, -		44 1/2	72 1/2	6	5 1/4		100 1/2	10	11	17 1/2			14

Form (C.)

Daily Diet Book for Healthy Inmates,

Monday, 17 day of April

1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	milk	Bread	W Bread	No. in Class.	Bread	W Bread	milk	Bread	No. in Class.	Bread
		oz	qt	oz	qt		oz	qt	qt	oz		oz
Class I, -	15	120	7½			15	240	59				
Class II, -	51	357	25½			50	700	75				
Class III, -	6 1	96	3½	96		1	96	7	½			
Class IV, -	44	220	22			44	440	24				176
Class V, -	1	4	½			1	7	2				4
Class VI, -	10	30	5			10		60		60		40
Class VII, -	21		10½		84	22		11	11	132		
Totals, -	149	737	74½	96	84	149	1495	260	11½	192		220
Articles to be taken from store for each meal,		46	74½	96	5¼		93½	10	11½	12		13½

Form (C.)

Daily Diet Book for Healthy Inmates, Friday 18 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	milk qt	bread oz	weak oz	No. in Class.	Meal oz	milk qt	bread oz	weak oz	No. in Class.	bread oz
Class I,	15	120	7½			15	240	30				
Class II,	50	350	25			49	386	74				
Class III,	6	6	3	96		1	96		½			
Class IV,	44	220	22			44	440	44				176
Class V,	1	4	½			1	7	1				4
Class VI,	10	30	5			10		10		60		40
Class VII,	22		11		88	21			10½	126		
Totals,	149	730	74½		88	147	1481	159	11	186		220
Articles to be taken from store for each meal, -		45½	74½	6	5½		92½	10	11	134		133½

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 19 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal of	Milk of	Bread of	Wheat of	No. in Class.	Bread of	Wheat of	Milk of	Wheat of	No. in Class.	Bread of
Class I, - -	15	12 0	7 1/2			15	2 4 0	5 0				
Class II, - -	49	3 4 3	2 4 1/2			50	7 0 0	7 5				
Class III, - -	1	6	3 1/2	9 6		6	9 1/2		1/2			
Class IV, - -	44	2 2 0	2 2			44	4 4 0	4 4				17 6
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	10	3 0	5			10		1 0		6 0		4 0
Class VII, - -	21		10 1/2		8 4	21			10 1/2	12 6		
Totals, -	147	7 2 3	7 3 1/2	9 6	8 4	148	14 9 5	1 6 0	11	1 8 6		2 2 0
Articles to be taken from store for each meal,		4 5	7 5 1/2	6	5 4		9 3 1/2	1 0	11	1 1 3/4		1 3 3/4

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 20 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal of	milk of	bread of	No. in Class.	Meal of	bread of	milk of	bread of	No. in Class.	Meal of	
Class I,	15	12.0	7½		15	24.0	3.0					
Class II,	50	35.0	25		50	70.0	7.5					
Class III,	6 1	6	3 ½	96	6 1	9.6	1.2		½			
Class IV,	44	22.0	22		44	44.0	4.4				17.6	
Class V,	1	4	2		1	7	1				4	
Class VI,	10	3.0	5		10		1.0		6.0		4.0	
Class VII,	21		10½		21			10½	12.6			
Totals,	148	73.0	74	56	148	149.5	16.0	11	18.6		22.0	
Articles to be taken from store for each meal, -		45½	74	56	54		93½	10	11	11½		14

Form (C.)

Daily Diet Book for Healthy Inmates,

Monday 21 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Bread of	Wheat of	No. in Class.	Meal of	Soup of	Milk of	Wheat of	No. in Class.	Wheat of
Class I, - -	15	120	7 $\frac{1}{2}$			15	240	50				
Class II, - -	50	350	25			50	700	75				
Class III, - -	6	6	3	96		6	96					
Class III, - -	1		$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	$\frac{1}{2}$			1	7	1				4
Class VI, - -	10	30	5			20		20		60		40
Class VII, - -	21		10 $\frac{1}{2}$		84	20			10	120		
Totals. -	148	730	74	96	84	147	1495	160	10 $\frac{1}{2}$	180		220
Articles to be taken from store for each meal, -		45 $\frac{1}{2}$	74		5 $\frac{1}{4}$		93 $\frac{1}{2}$	10	10 $\frac{1}{2}$	11 $\frac{1}{4}$		13 $\frac{1}{2}$

Form (C.)

Daily Diet Book for Healthy Inmates

Monday 22 day of April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	milk	Bread	Wheat	No. in Class.	Bread	Soup	milk	Wheat	No. in Class.	Bread
		oz	qt	oz	oz		oz	qt	qt	oz		oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	50	350	25			49	680	74				
Class III, - -	1	6	½	26		6	96		½			
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	20		10		80	20			10	120		
Totals, - -	147	730	73½	26	80	146	1481	159	10½	180		220
Articles to be taken from store for each meal, - -		45½	73½	26	5		92½	10	10½	11¼		132¼

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday²³ day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	milk of	bread of	bread of	No. in Class.	bread of	soup of	milk of	wheat of	No. in Class.	bread of
Class I, - -	15	120	7½			17	272	34				
Class II, - -	49	343	25½			51	714	76				
Class III, - -	1	6	3½	96		1	96		½			
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	30	5			10		10		60		40
Class VII, - -	20		20		80	21			10½	126		
Totals, - -	146	723	74	96	80	157	1541	165	11	186		220
Articles to be taken from store for each meal, -		45	74	6	5		96	10¼	11	11½		13¾

Form (C.)

Daily Diet Book for Healthy Inmates *Thursday 24 day of April*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Meal	milk	meat	Bread	No. in Class.	Bread	meat	milk	Bread	No. in Class.	Bread	
	oz	oz	oz	oz		oz	oz	oz	oz		oz	
Class I, - -	17	136	8½		15	240	30					
Class II, - -	51	357	25½		51	714	76½					
Class III, - -	6		3	96	6	96	5	96	½			
Class III, - -	1	6	½			12	½	½				
Class IV, - -	44	220	22		44	440	44				176	
Class V, - -	1	4	½		1	7	2				4	
Class VI, - -	10	30	5		10		10		60		40	
Class VII, - -	21		10½	84	21		10½	10½	126			
Totals, - -	157	753	75½	96	149	1509	161	11	186		220	
Articles to be taken from store for each meal, -	47	752	6	5¼	94	10	11	11½			133¼	

Form (C.)

Daily Diet Book for Healthy Inmates, Friday 25 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk qt	Bread oz	Wheat oz	No. in Class.	Meal oz	Soup qt	Milk qt	Wheat oz	No. in Class.	Meal oz
Class I, - -	15	120	7½			15	240	3				
Class II, - -	51	357	25½			51	714	7 6				
Class III, - -	6	6	3	96		6	41	2				
Class IV, - -	1	6	½						½			
Class V, - -	44	220	22			44	440	4			176	
Class VI, - -	1	4	½			1	7	1			4	
Class VII, - -	10	30	5			10		10		60	40	
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	149	737	74½	96	84	149	1509	161	11	186	220	
Articles to be taken from store for each meal, -		46	74½	6	524		94½	10	11	11½		1324

Form (C.)

Daily Diet Book for Healthy Inmates *Saturday 26 day of April* 185*6*.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.					Dinner.					Supper.			
No. in Class.	Meal	mill	wheat	wheat	No. in Class.	wheat	corn	mill	wheat	No. in Class.	wheat		
	oz	pts	oz	oz		oz	pts	pts	oz		oz	oz	
Class I, - -	15	120	7½			15	240	30					
Class II, - -	51	357	25½			51	714	76					
Class III, - -	1	6	½	96		1	96		½				
Class IV, - -	44	220	22			43	430	43				172	
Class V, - -	1	4	½										
Class VI, - -	10	30	5			10		20			60		40
Class VII, - -	21		10½			21			10½		126		
Totals, - -	149	737	74½	96	84	147	1492	159	11	186			212
Articles to be taken from store for each meal, -		46	74	6	844		93	20	1	11½			1844

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 27 day of April 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Meat	Wheat	No. in Class.	Meal	Wheat	Milk	Wheat	No. in Class.	Meal
		oz	qt	oz	qt		oz	qt	qt	oz		oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	51	357	25½			51	714	76				
Class III, - -	6	6	3½	26		6	12		½			
Class IV, - -	43	215	21½			43	430	43				172
Class V, - -						1	7	1				4
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	147	728	73½	90	84	148	1499	160	11	186		216
Articles to be taken from store for each meal, -		45½	73½	6	5¼		94	10	11	11¾		13½

Form (C.)

Daily Diet Book for Healthy Inmates Monday 28 day of April

185 6.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Meal	milk	meat	bread		No. in Class.	meat	bread	milk	meat		No. in Class.	meat
	oz	qt	oz	oz			oz	qt	qt	oz			oz
Class I, - -	15	120	7½			15	240	30					
Class II, - -	51	357	25½			51	314	76					
Class III, - -	6	6	3	96		6	96			½			
Class IV, - -	43	215	21½			43	430	43					172
Class V, - -	1	2	½			1	7	1					4
Class VI, - -	10	30	5			10		10		60			40
Class VII, - -	21		10½		84	21			10½	126			
Totals, - -	148	732	74		84	148	1499	160	11	186			206
Articles to be taken from store for each meal, -		46	28	6	5¼		93½	10	11	11½			13½

Form (C.)

Daily Diet Book for Healthy Inmates, Tuesday, 29 day of April 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Wheat	Wheat	No. in Class.	Meal	Wheat	Milk	Wheat	No. in Class.	Wheat
Class I, - -	15	12 0	7 1/2			15	24 0	3 0				
Class II, - -	51	35 7	25 1/2			52	72 5	7 8				
Class III, - -	6		3	9 6		6	9 1/2					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	43	2 15	21 1/2			44	44 0	4 4				19 6
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	10	3 0	5			10		10		6 0		6 0
Class VII, - -	21		10 1/2		8 4	22			11	13 2		
Totals, -	148	73 2	74	9 6	8 4	157	152 3	26 3	11 1/2	19 2		22 0
Articles to be taken from store for each meal, -		46	74		5 1/4		95	10	11 1/2	12		13 1/4

Form (C.)

Daily Diet Book for Healthy Inmates Wednesday 30 day of

April

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.														
Breakfast.						Dinner.					Supper.			
No. in Class.	Bread oz.	Milk qt.	Meat oz.	Wheat oz.		No. in Class.	Bread oz.	Wheat qt.	Milk pt.	Meat oz.		No. in Class.	Bread oz.	
Class I, - -	15	120	7½			15	240	30						
Class II, - -	52	364	26			52	728	81						
Class III, - -	6		3	90		6	96							
Class III, - -	1	6	½			1	12			½				
Class IV, - -	44	220	22			44	440	44					176	
Class V, - -	1	4	½			1	7	1					4	
Class VI, - -	10	30	5			11		11		66			44	
Class VII, - -	22		11		88	23			11½	138				
Totals, - -	151	744	75½		88	155	1523	167	12	204			224	
Articles to be taken from store for each meal, - -		46½	75½	6	5½		95	10½	12	123¼			14	

Form (C.)

Daily Diet Book for Healthy Inmates, *Murkin*, 1 day of *man*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Wheat	Wheat	No. in Class.	Meal	Wheat	Milk	Wheat	No. in Class.	Wheat
		oz	pt	oz	oz		oz	oz	pt	oz		oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	54	378	27			55	794	82				
	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	44	220	22			44	440	44				176
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	23		11½		92	23			11½	138		
Totals, -	155	761	77½	96	92	156	1565	168	12	204		224
Articles to be taken from store for each meal, -		47½	77½	6	5½		98	10½	12	12¾		14

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Friday 2nd day of May

1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pt	Bread oz	Wbread oz	No. in Class.	Bread oz	Wbread oz	Milk pt	Wbread oz	No. in Class.	Bread oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	55	385	27½			55	742	80				
Class III, - -	6	6	3 ½	96		6	96			½		
Class IV, - -	44	220	22			42	420	42				168
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	23		11½		92	22			11	132		
Totals, - -	156	768	78		92	157	1517	164	11½	198		216
Articles to be taken from store for each meal, - -		48	75	6	53¼		95	10¼	11½	12¼		13½

Form (C.)

Daily Diet Book for Healthy Inmates, *Saturday 3rd day of Mar* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal oz	Milk lb	Bread oz	Meat oz	No. in Class.	Meal oz	Soup lb	Milk lb	Meat oz	No. in Class.	Meal oz
Class I, - -	15	120	7½			15	240	30				
Class II, - -	53	371	26½			52	728	78				
Class III, - -	6 1	6	3 ½	96		6 1	96 12			½		
Class IV, - -	42	210	21			40	400	40				160
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	22		71			22			11	132		
Totals, - -	151	744	75½	96	88	148	1483	160	11½	198		208
Articles to be taken from store for each meal,		47¾	75½	96	5½		92½	10	11½	12½		13½

Form (C.)

Daily Diet Book for Healthy Inmates,

Sunday 4th day of May

185 6

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Meat	Wheat	No. in Class.	Meat	Wheat	Milk	Wheat	No. in Class.	Meat
Class I,	15	120	7½			15	240	30				
Class II,	52	364	26			52	728	78				
Class III,	6	6	3	96		6	96					
Class IV,	40	200	20			40	400	40				160
Class V,	1	4	½			1	7	1				4
Class VI,	11	33	5½			11	11		66			44
Class VII,	22		11	88		22			11	132		
Totals,	148	727	74	88		148	1483	160	11½	198		208
Articles to be taken from store for each meal, -		45½	6	5½		92½	10	1½	12½			15½

Form (C.)

Daily Diet Book for Healthy Inmates, Monday, 5th day of March 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
		oz	qt	oz	oz		oz	qt	qt	oz		oz
Class I,	15	120	7½			15	240	30				
Class II,	52	364	26			52	728	78				
Class III,	1	6	3½	96		1	96		½			
Class IV,	40	200	20			40	400	40				160
Class V,	1	4	½			1	7	1				4
Class VI,	11	33	5½			11		11		66		44
Class VII,	22		11		88	22			11	132		
Totals,	148	727	74	96	88	148	1483	160	11½	198		208
Articles to be taken from store for each meal,		45½	74	96	5½		92½	10	11½	12¼		13¼

Form (C.)

Daily Diet Book for Healthy Inmates,

Tuesday 6th day of May

1851.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Rmeal oz	milk qt	Rbread oz	Wbread oz	No. in Class.	Rbread oz	Wbread oz	milk qt	Wbread oz	No. in Class.	Rbread oz
Class I,	15	120	7½			16	250	32				
Class II,	52	364	26			52	728	78				
Class III,	6 1	6	3 ½	96		6 1	96 12		½			
Class IV,	40	200	20			39	390	39				156
Class V,	1	4	½			1	7	1				4
Class VI,	11	33	5½			10		10		60		40
Class VII,	22		11		88	23			11½	138		
Totals,	148	727	74	96	88	148	1489	160	12	198		200
Articles to be taken from store for each meal, -		45½	74	96	5½		93	10	12	12½		12½

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday, 7th day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk lb	Meat oz	Wheat lb	No. in Class.	Meal oz	Soup lb	Milk lb	Wheat lb	No. in Class.	Meal oz
Class I, -	16	128	8			16	256	32				
Class II, -	52	364	26			53	742	75				
Class III, -	6 1	6	3 $\frac{1}{2}$	96		6 1	76 12		$\frac{1}{2}$			
Class IV, -	39	195	19 $\frac{1}{2}$			39	390	39				156
Class V, -	1	4	$\frac{1}{2}$			1	7	1				4
Class VI, -	10	30	5			10	0			60		40
Class VII, -	23		11 $\frac{1}{2}$		72	23			11 $\frac{1}{2}$	138		
Totals, -	148	727	74	96	92	149	1503	157	12	198		200
Articles to be taken from store for each meal,		45 $\frac{1}{2}$	74		5 $\frac{3}{4}$		94	60	12	12 $\frac{1}{2}$		12 $\frac{1}{2}$

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday* 8 day of *May*

185 *6.*

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Wheat of	Wheat of	No. in Class.	Meal of	Soup of	Milk of	Wheat of	No. in Class.	Wheat of
Class I,	16	128	8			17	272	34				
Class II,	53	371	25½			49	686	74				
	6		3	95		5	96					
Class III,	1	6	½			1	12		½			
Class IV,	39	195	19½			39	390	39				156
Class V,	1	4	½			1	7	1				4
Class VI,	10	30	5			10		10		00		40
Class VII,	23		11½		92	22			11	132		
Totals,	149	734	74½		92	145	1453	158	1½	192		200
Articles to be taken from store for each meal, -		46	74½	6	53½		91½	93½	1½	12		12½

Form (C.)

Daily Diet Book for Healthy Inmates, Friday, 9 day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal oz	Milk qt	Meal oz	Meal oz	No. in Class.	Meal oz	Bread lb	Milk qt	Meal oz	No. in Class.	Meal oz
Class I, - -	17	136	8½			17	272	34				
Class II, - -	49	343	24½			49	686	73				
Class III, - -	6 1	6	3 ½	96		6 1	90 12		½			
Class IV, - -	39	195	19½			39	390	39				156
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	22		11			22			11	132		
Totals, -	145	714	72½	96	88	145	1463	157	11½	192		200
Articles to be taken from store for each meal,		44½	72½	6	5½		9½	93q	11½	12		12½

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 10 day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal oz	Milk qt	Wheat oz	No. in Class.	Meal oz	Wheat oz	Milk qt	No. in Class.	Wheat oz
Class I,	17	136	8½		17	272	34			
Class II,	49	343	24½		51	700	75			
Class III,	6	6	3	96	6	96		½		
Class IV,	39	195	19½		39	390	39			156
Class V,	1	4	½		1	7	1			4
Class VI,	10	30	5		10		10		60	40
Class VII,	22		11	88	22			11	132	
Totals,	145	714	72½	88	146	1477	159	11½	192	200

Articles to be taken from store for each meal, -

Galway County Council Archives

44½ 79½ 6 5½ 92 10 11½ 12 12½

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 11th day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Meal of	milk lb	bread oz	wheat oz	No. in Class.	bread oz	corn lb	milk lb	wheat oz	No. in Class.	bread oz	
Class I,	17	136	8½		17	272	34					
Class II,	50	350	25		50	700	75					
Class III,	6	6	3	96	6	96						
Class IV,	39	195	19½		39	390	39				156	
Class V,	1	4	½		1	7	1				4	
Class VI,	10	30	5		10	10			60		40	
Class VII,	22		11		22			11	132			
Totals,	146	721	73	96	146	1477	159	11½	192		200	
Articles to be taken from store for each meal,		45	73	6	5½		92	10	1½	12		12½

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Mindon*, 12 day of *May* 185*6*.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Meal oz	Milk pts	Meat oz	Wheat oz		No. in Class.	Meal oz	Wheat pts	Milk pts	Wheat oz		No. in Class.	Meat oz
Class I, - -	17	136	8½			17	272	34					
Class II, - -	50	350	25			49	486	74					
Class III, - -	6	6	3	96		6	96						
Class III, - -	1		½			1	12		½				
Class IV, - -	39	195	19½			39	390	39					156
Class V, - -	1	4	½			1	7	1					4
Class VI, - -	10	30	5			10		10		60			40
Class VII, - -	22		11		88	22			11	132			
Totals, - -	146	721	73	96	88	145	1463	158	11½	192			200
Articles to be taken from store for each meal, -		45	73	6	5½		91½	9¾	11½	12			12½

Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* 13 day of *May* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Bread of	Bread of	No. in Class.	Bread of	Soup of	Milk of	Bread of	No. in Class.	Bread of
Class I, - -	17	13 6	8 ½			18	28 8	3 4				
Class II, - -	49	3 4 3	2 4 ½			49	48 0	7 4				
Class III, - -	6 1	6	3 ½	9 6		1	1 2		½			
Class IV, - -	39	19 5	19 ½			39	39 0	3 9				15 6
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	10	3 0	5			10		10		6 0		4 0
Class VII, - -	22		11		8 8	22			11	13 2		
Totals, - -	145	7 14	72 ½	9 6	88	146	147 9	66 0	11 ½	192		200
Articles to be taken from store for each meal,		44 ½	72 ½	6	5 ½		92 ½	10	11 ½	12		12 ½

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 14 day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Wheat of	Wheat of	No. in Class.	Wheat of	Wheat of	Milk of	Wheat of	No. in Class.	Wheat of
		oz	pt	oz	oz		oz	pt	pt	oz		oz
Class I,	18	144	9			19	304	38				
Class II,	49	343	24½			50	700	75				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	39	195	19½			39	390	39				156
Class V,	1	4	½			1	7	1				4
Class VI,	10	30	5			10		10		60		40
Class VII,	22		11		88	23			11½	138		
Totals,	146	722	73	96	88	149	1509	163	12	198		200
Articles to be taken from store for each meal, -		45	73	16	5½		94	107½	12	12½		12½

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday*, 15th day of *May* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	milk of	Meat of	Wheat of	No. in Class.	Meat of	Soup of	Milk of	Wheat of	No. in Class.	Meat of
Class I, - -	19	152	9½			20	320	40				
Class II, - -	50	350	25			50	700	75				
Class III, - -	6	26	3	96		6	46		½			
Class IV, - -	39	195	19½			39	390	39				156
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	10	30	5			11		11		68		44
Class VII, - -	23		11½		92	23			11½	138		92
Totals, -	149	737	74½	96	92	151	1525	166	12	204		204
Articles to be taken from store for each meal, -		46	74½	6	52		95	10¼	12	13½		13½

Form (C.)

Daily Diet Book for Healthy Inmates *Friday 16 day of March*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	W Bread oz	W Bread oz	No. in Class.	W Bread oz	Soup pts	Milk pts	W Bread oz	No. in Class.	W Bread oz
Class I, -	20	160	10			20	200	40				
Class II, -	50	350	25			49	680	74				
Class III, -	6 1	6	3 ½	9	6	6	96			½		
Class IV, -	39	195	19½			39	390	39				156
Class V, -	1	4	½			1	7	1				4
Class VI, -	11	33	5½			11		11		66		44
Class VII, -	23		11½		92	23			11½	138		
Totals, -	151	748	75½	96	92	150	1511	165	12	204		204
Articles to be taken from store for each meal, -		47		6	5¼		94	10¼	12	12¼		12¼

Form (C.)

Daily Diet Book for Healthy Inmates,

Saturday, day of May

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread of	Milk pts	R. Bread of	W. Bread of	No. in Class.	Bread of	Soup pts	Milk pts	W. Bread of	No. in Class.	R. Bread of
Class I, - -	20	160	10			20	320	40				
Class II, - -	49	343	24½			49	686	73				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12			½		
Class IV, - -	39	195	19½			38	380	38				152
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	23		11½		92	23			11½	138		
Totals, -	151	741	75	96	92	149	1501	163	12	204		200
Articles to be taken from store for each meal, -		464	75	6	5½		94	10¼	72	12¾		12½

Form (C.)

Daily Diet Book for Healthy Inmates Sunday 18th day of May

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Meal of	Milk pts	Bread of	WBread of		No. in Class.	Bread of	Soup pts	Milk pts	WBread of		No. in Class.	Bread of
Class I, - -	20	1 60	10			21	3 3 4	4 2					
Class II, - -	49	3 4 3	2 4 1/2			49	6 8 6	7 4					
Class III, - -	6		3		9 6	1	9 6						
Class III, - -	1	6	1/2			1	1 2		1/2				
Class IV, - -	3 8	1 9 0	1 9			3 7	3 7 0	3 7					1 2 8
Class V, - -	1	4	1/2			1	7	1					4
Class VI, - -	11	3 3	5 1/2			11		11		6 6			4 4
Class VII, - -	2 3		11 1/2		9 2	2 3			11 1/2	1 3 8			
Totals, - -	149	7 3 6	7 4 1/2		9 6	149	15 0 7	1 6 5	1 2	2 0 4			1 9 6
Articles to be taken from store for each meal, - -		4 6	6		5 1/2		9 4	10 1/2	1 2	1 2 3/4			1 2 1/4

Form (C.)

Daily Diet Book for Healthy Inmates, Monday, 19 day of March 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	W Bread of	M Bread of	No. in Class.	W Bread of	Soup pts	Milk pts	M Bread of	No. in Class.	W Bread of
Class I, - -	21	168	10½			18	288	36				
Class II, - -	49	343	24½			48	672	72				
	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	37	185	18½			37	370	37				148
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	23		11½		92	22			11	132		
Totals, -	149	739	74½	96	92	144	1445	157	11½	198		196
Articles to be taken from store for each meal, -		46	74½	96	92		90¼	9½	11½	12½		12¼

Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday 20th day of March* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Meal of	Milk pts	Bread of	Bread of		No. in Class.	Bread of	Soup of	Milk pts	Bread of		No. in Class.	Bread of
Class I, - -	18	144	9			18	288	36					
Class II, - -	48	336	24			47	652	70					
Class III, - -	6	6	3	96		6	96						
	1		$\frac{1}{2}$			1	12		$\frac{1}{2}$				
Class IV, - -	37	185	18 $\frac{1}{2}$			37	370	37					148
Class V, - -	1	4	$\frac{1}{2}$			1	7	1					4
Class VI, - -	11	33	5 $\frac{1}{2}$			11		11		66			44
Class VII, - -	22		11		88	21			10 $\frac{1}{2}$	126			
Totals, - -	144	708	72	96	88	142	1425	155	11	192			196
Articles to be taken from store for each meal, -		4414	74	6	5 $\frac{1}{2}$		88	9 $\frac{1}{2}$	11	12			12 $\frac{1}{4}$

Form (C.)

Daily Diet Book for Healthy Inmates, *Monday*, 21 day of *men* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread of	Milk pts	Bread of	Milk of	No. in Class.	Bread of	Soup pts	Milk pts	Bread of	No. in Class.	Bread of
Class I, - -	18	144	9			17	272	34				
Class II, - -	47	329	23½			46	644	69				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12	½	½			
Class IV, - -	37	185	18½			40	400	40				160
Class V, - -	1	4	½			2	14	2				8
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	142	701	71	96	84	144	1438	156	11	192		212
Articles to be taken from store for each meal, -		44	71	96	5¼		90	93½	11	12		13¼

Form (C.)

Daily Diet Book for Healthy Inmates

Thursday 22 day of May

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	Bread of	W Bread of	No. in Class.	Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	Bread of
Class I, - -	17	136	8½			17	272	34				
Class II, - -	46	322	23			46	644	69				
Class III, - -	6 1	6	3 ½	96		6 1	96 12			½		
Class IV, - -	40	200	20			40	400	40				160
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	144	705	72	96	84	144	1438	156	11	192		212
Articles to be taken from store for each meal, - -		44	72	6	5¼		90	9¼	11	12		13¼

Form (C.)

Daily Diet Book for Healthy Inmates, Friday, 23 day of May

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Wheat of	Milk pts	Bread of	W Bread of	No. in Class.	Bread of	Soups pts	Milk pts	W Bread of	No. in Class.	Bread of
Class I, - -	17	136	8½			17	272	34				
Class II, - -	46	322	23			46	544	64				
Class III, - -	6 1	6	3½	96		6 1	96 12		½			
Class IV, - -	40	200	20			40	400	40				160
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	11	33	5½			11	.	11		66		44
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	144	705	72	96	84	144	1438	156	11	192		212
Articles to be taken from store for each meal, -		44	72		5¼		90	93¼	11	12		13¼

Form (C.)

Daily Diet Book for Healthy Inmates *Satenden*, 24 day of *May*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal of	Milk pts	R Bread of	W Bread of	No. in Class.	R. Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	R Bread of
Class I, - -	17	13 6	8 1/2			17	27 2	3 4				
Class II, - -	46	3 2 2	2 3			46	6 4 4	6 4				
Class III, - -	1	6	2	9 6		6	9 6					
Class IV, - -	40	2 0 0	2 0			40	4 0 0	4 0				1 6 0
Class V, - -	2	8	1			2	1 4	2				8
Class VI, - -	11	3 3	5 1/2			11		11		6 6		4 4
Class VII, - -	21		10 1/2			21			10 1/2	12 6		
Totals, - -	144	7 0 5	72	9 6	8 1/4	144	14 3 8	15 6	11	19 2		2 1 2
Articles to be taken from store for each meal, - -		44	72	6	5 1/4		90	9 3/4	11	12		13 1/4

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 25 day of Jan 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	Bread of	W Bread of	No. in Class.	Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	Bread of
Class I, - -	17	136	8½			17	272	54				
Class II, - -	46	322	23			46	644	69				
	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	40	200	20			40	400	40				160
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	21		10½		84	21			10	120		
Totals, -	144	705	72	96	84	143	1438	156	10½	186		212
Articles to be taken from store for each meal, -		44	72		5¼							

Form (C.)

Daily Diet Book for Healthy Inmates

Monday ^{26th} day of *May*

185 *6*

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	R Bread of	W Bread of	No. in Class.	R Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	R Bread of
Class I, - -	17	136	8½			17	272	34				
Class II, - -	46	322	23			46	644	69				
Class III, - -	1	6	½			1	12		½			
Class IV, - -	40	200	20			40	400	40				160
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	11	33	5½			11		11		66		44
Class VII, - -	20		10		80	20			10	120		
Totals, - -	143	705	71½		80	143	1438	156	10½	186		212

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Tuesday 27th day of *May* 1856.

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meat oz.	Milk pts	R Bread oz	W Bread oz	No. in Class.	R Bread oz	Soup pts	Milk pts	W Bread oz	No. in Class.	R Bread oz
Class I, - -	17	136	8½			17	272	34				
Class II, - -	46	322	23			46	616	66				
Class III, - -	6	6	5½	96		6	90					
Class IV, - -	1	6	½			1	12		½			
Class V, - -	40	200	20			40	400	40				160
Class VI, - -	2	8	8	X		2	14	2				8
Class VII, - -	11	33	5½			10		10		60		40
Class VII, - -	20		10		80	20			10	120		
Totals, - -	143	705	71½	96	80	140	1410	152	10½	180		208

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 28th day of May 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

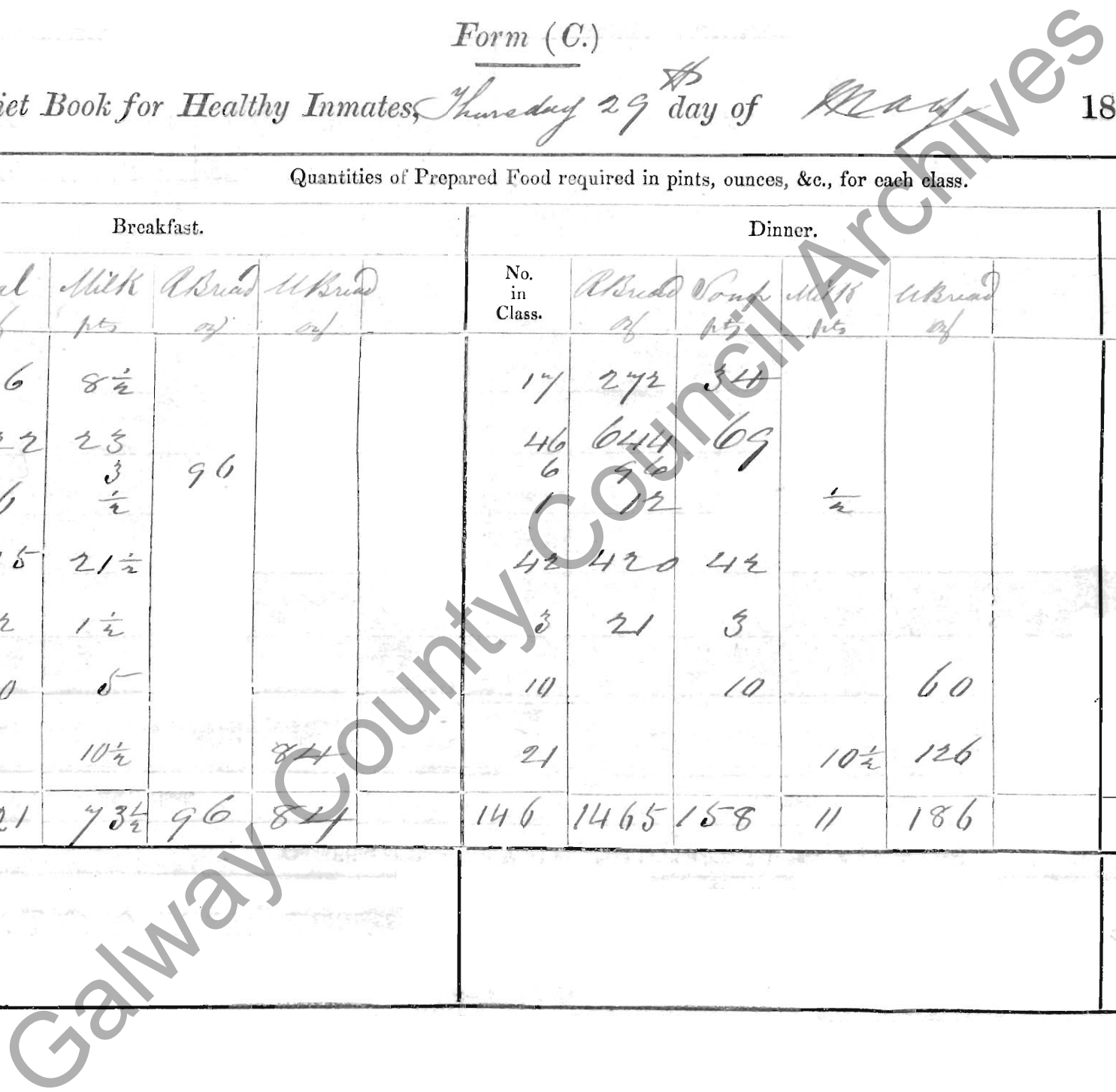
	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	R Bread of	W Bread of	No. in Class.	R Bread of	Soup of	Milk of	W Bread of	No. in Class.	R Bread of
Class I,	17	136	8½			17	272	34				
Class II,	44	308	22			44	644	69				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	40	200	20			43	430	43				172
Class V,	2	8	1			3	21	3				12
Class VI,	10	30	5			10		10		60		40
Class VII,	20		10		80	21		10	10½	126		
Totals,	140	688	70	96	80	147	1475	159	11	186		224

Articles to be taken from store for each meal, -

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday 29th* day of *May* 185*6*.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Bread of	Milk pts	Bread of	Wbread of	No. in Class.	Bread of	Soup pts	Milk pts	Wbread of	No. in Class.	Bread of	
Class I, - -	17	136	8½		17	272	54					
Class II, - -	46	322	23		46	644	69					
Class III, - -	6		3	96	6	46						
Class III, - -	1	6	½		1	12		½				
Class IV, - -	43	215	21½		42	420	42				168	
Class V, - -	3	12	1½		3	21	3				12	
Class VI, - -	10	30	5		10		10		60		40	
Class VII, - -	21		10½		21			10½	126			
Totals, - -	147	721	73½	96	146	1465	158	11	186		320	
Articles to be taken from store for each meal,												



Form (C.)

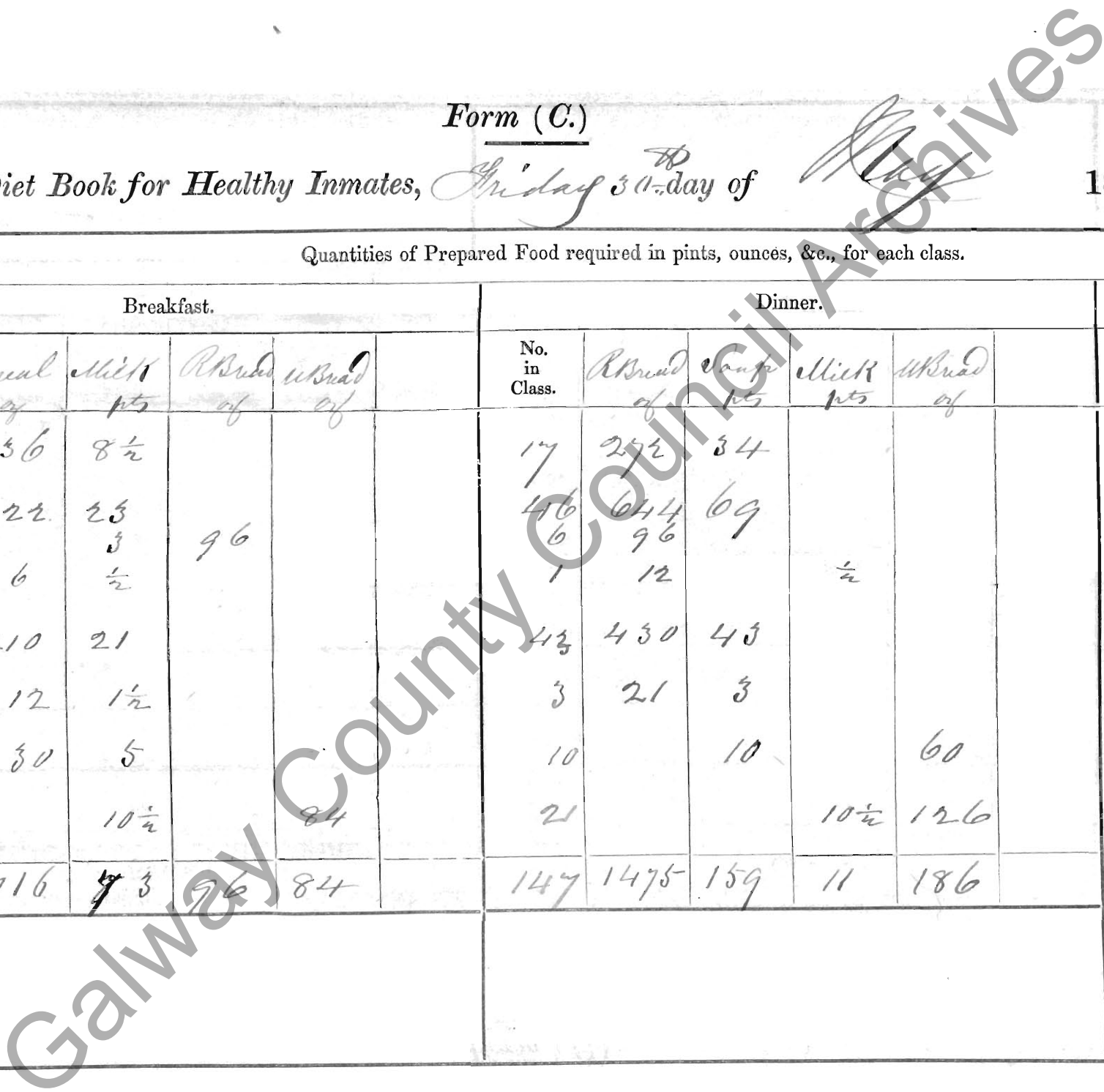
Daily Diet Book for Healthy Inmates, *Friday* ³⁰ ~~31~~ day of *May*

185 *6*.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	Bread of	W Bread of	No. in Class.	Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	Bread of
Class I,	17	156	8 1/2			17	272	34				
Class II,	46	322	23			46	644	69				
	6		3	96		6	96					
Class III,	1	6	1/2			1	12		1/2			
Class IV,	42	210	21			42	430	43				172
Class V,	3	12	1 1/2			3	21	3				12
Class VI,	10	30	5			10		10		60		40
Class VII,	21		10 1/2		84	21			10 1/2	126		
Totals,	146	716	73	96	84	147	1475	159	11	186		224

Articles to be taken from store for each meal, -



Form (C.)

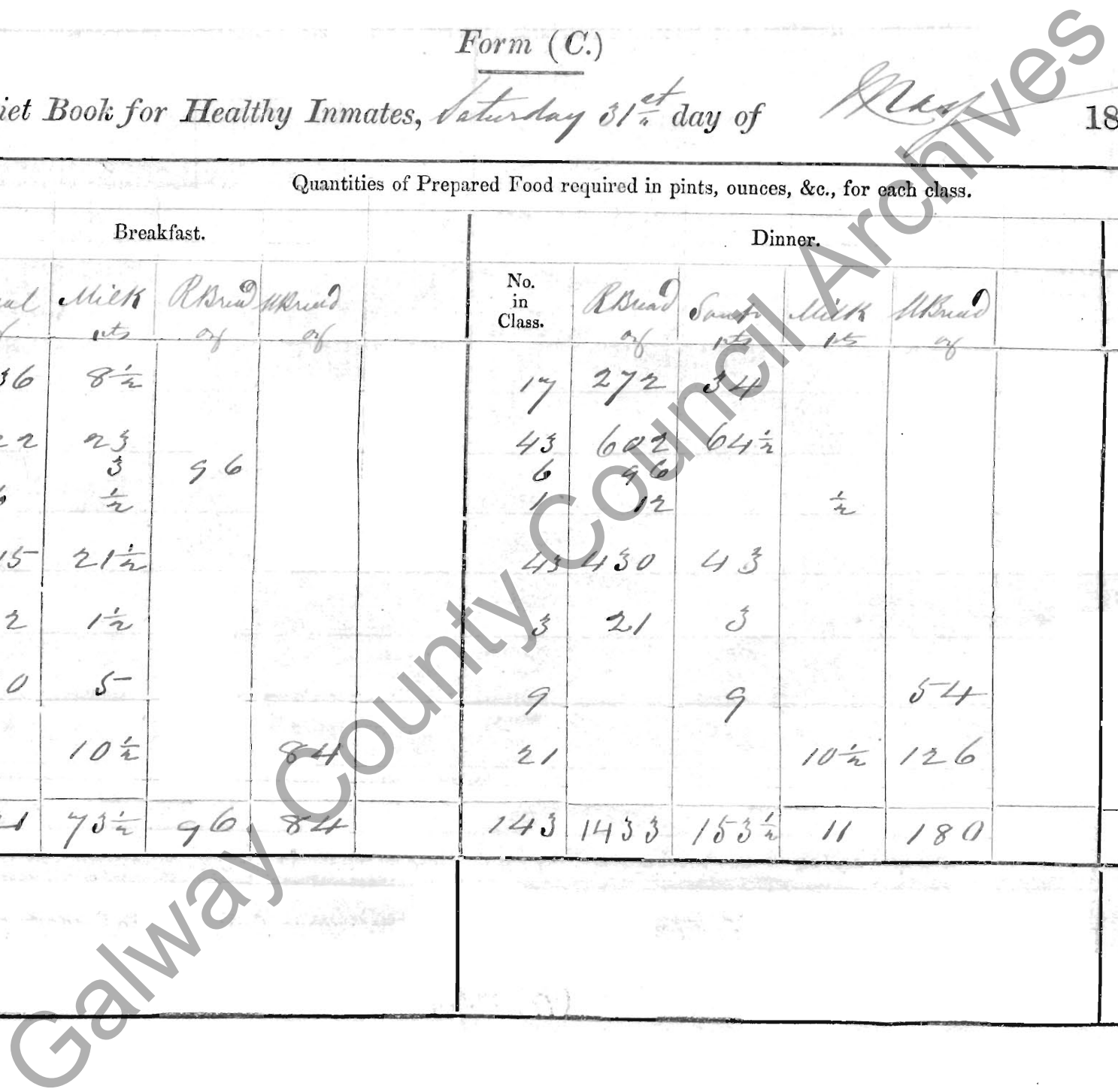
Daily Diet Book for Healthy Inmates, Saturday 31st day of

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread of	Milk pts	Bread of	Bread of	No. in Class.	Bread of	Sauces pts	Milk pts	Bread of	No. in Class.	Bread of
Class I, - -	17	136	8½			17	272	54				
Class II, - -	46	322	23			43	602	64½				
	6		3	96		6	46					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	43	215	21½			43	430	43				172
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	10	30	5-			9		9		54		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	147	721	73½	96	84	143	1433	153½	11	180		220

Articles to be taken from store for each meal,



Form (C.)

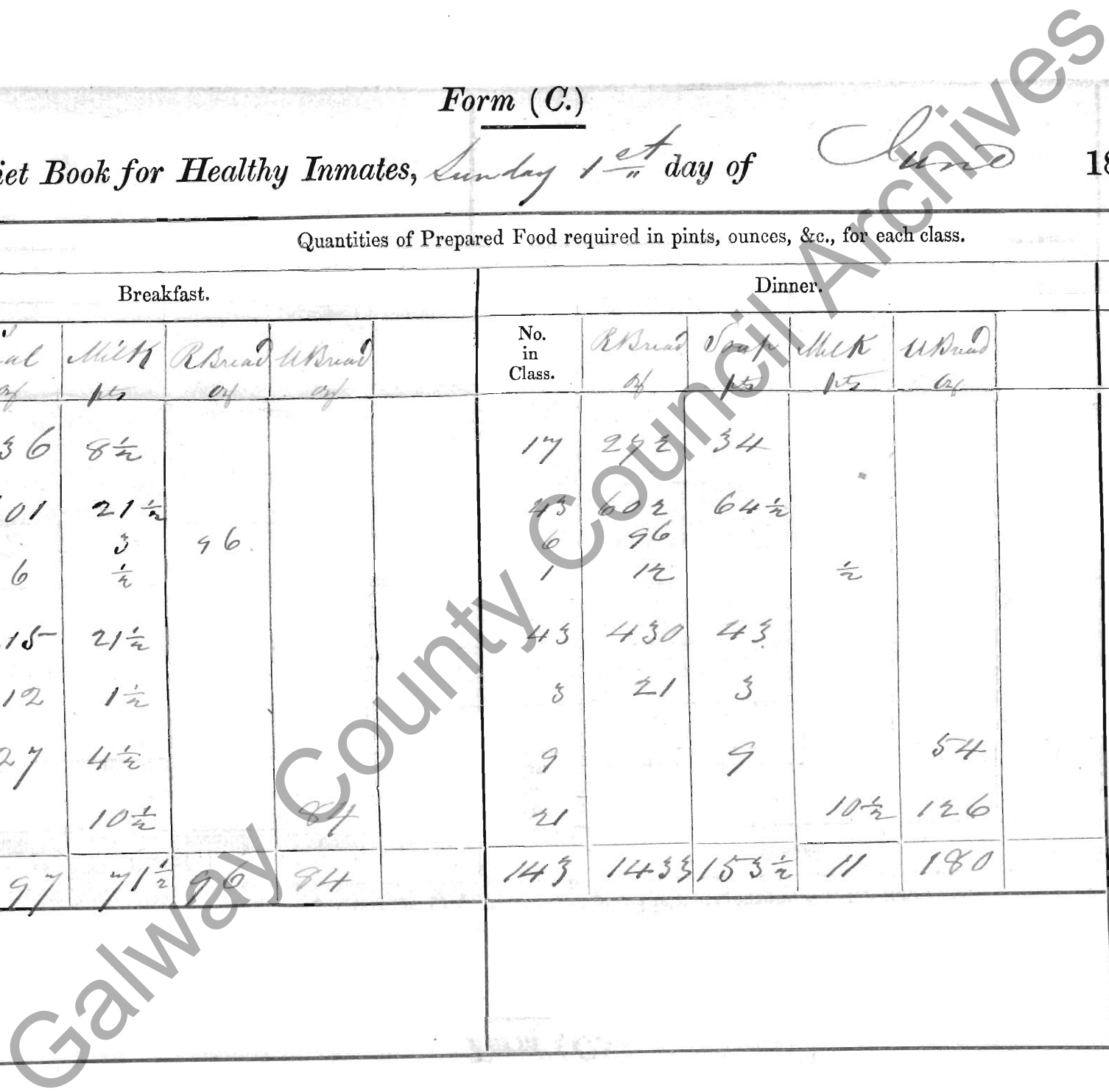
Daily Diet Book for Healthy Inmates, Sunday 1st day of *June*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	R Bread of	W Bread of	No. in Class.	R Bread of	Soup of	Milk of	W Bread of	No. in Class.	R Bread
Class I,	17	136	8½			17	242	34				
Class II,	43	301	21½			43	602	64½				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	43	215	21½			43	430	43				172
Class V,	3	12	1½			3	21	3				12
Class VI,	9	27	4½			9		9		54		36
Class VII,	21		10½		84	21			10½	126		
Totals,	143	697	71½	96	94	143	1433	153½	11	180		220

Articles to be taken from store for each meal, -



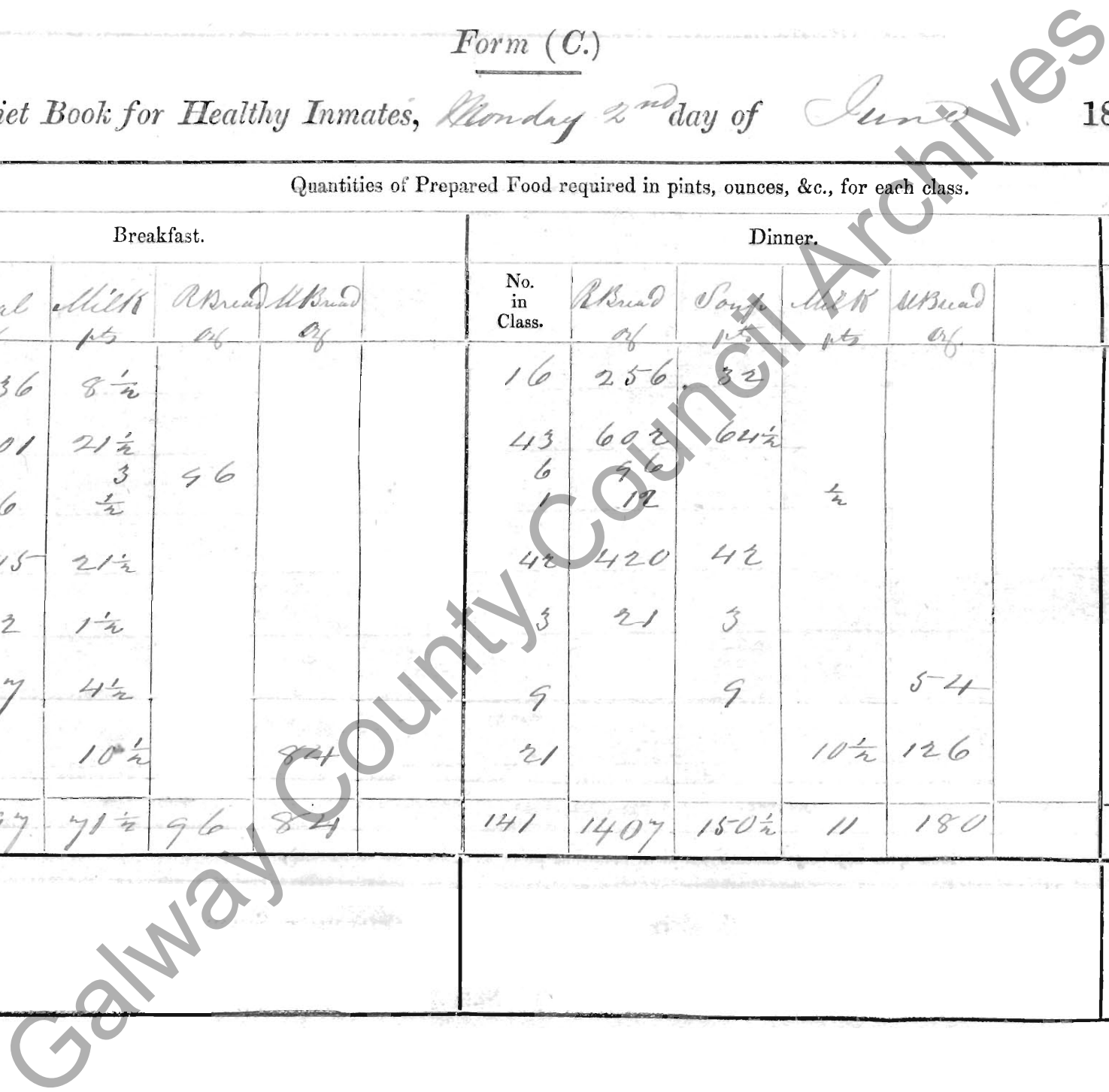
Form (C.)

Daily Diet Book for Healthy Inmates, Monday 2nd day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Bread of	M Bread of	No. in Class.	Bread of	Soup of	Milk of	M Bread of	No. in Class.	Bread of
Class I, - -	17	136	8½			16	256	32				
Class II, - -	43	301	21½			43	602	64½				
	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	43	215	21½			43	420	42				168
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	9	27	4½			9		9		54		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	143	697	71½	96	84	141	1407	150½	11	180		216

Articles to be taken from store for each meal,



Form (C.)

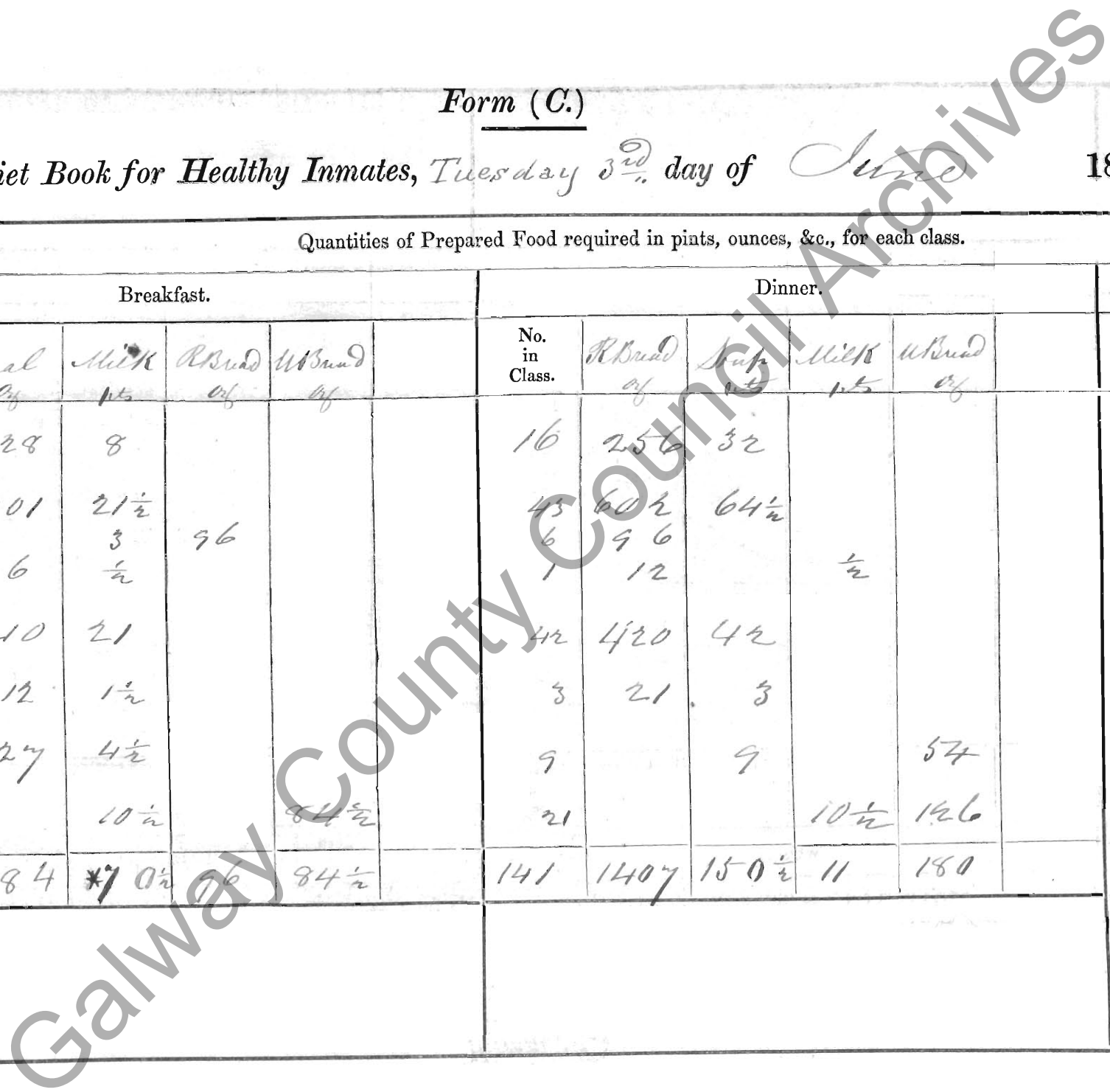
Daily Diet Book for Healthy Inmates, Tuesday 3rd day of June

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread of	Milk lbs	R Bread of	W Bread of	No. in Class.	R Bread of	Sup of	Milk lbs	W Bread of	No. in Class.	R Bread of
Class I,	16	128	8			16	256	32				
Class II,	43	301	21½			43	602	64½				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	42	210	21			42	420	42				168
Class V,	3	12	1½			3	21	3				12
Class VI,	9	27	4½			9		9		54		36
Class VII,	21		10½		84½	21			10½	126		
Totals,	141	684	*70½		84½	141	1407	150½	11	180		216

Articles to be taken from store for each meal, -



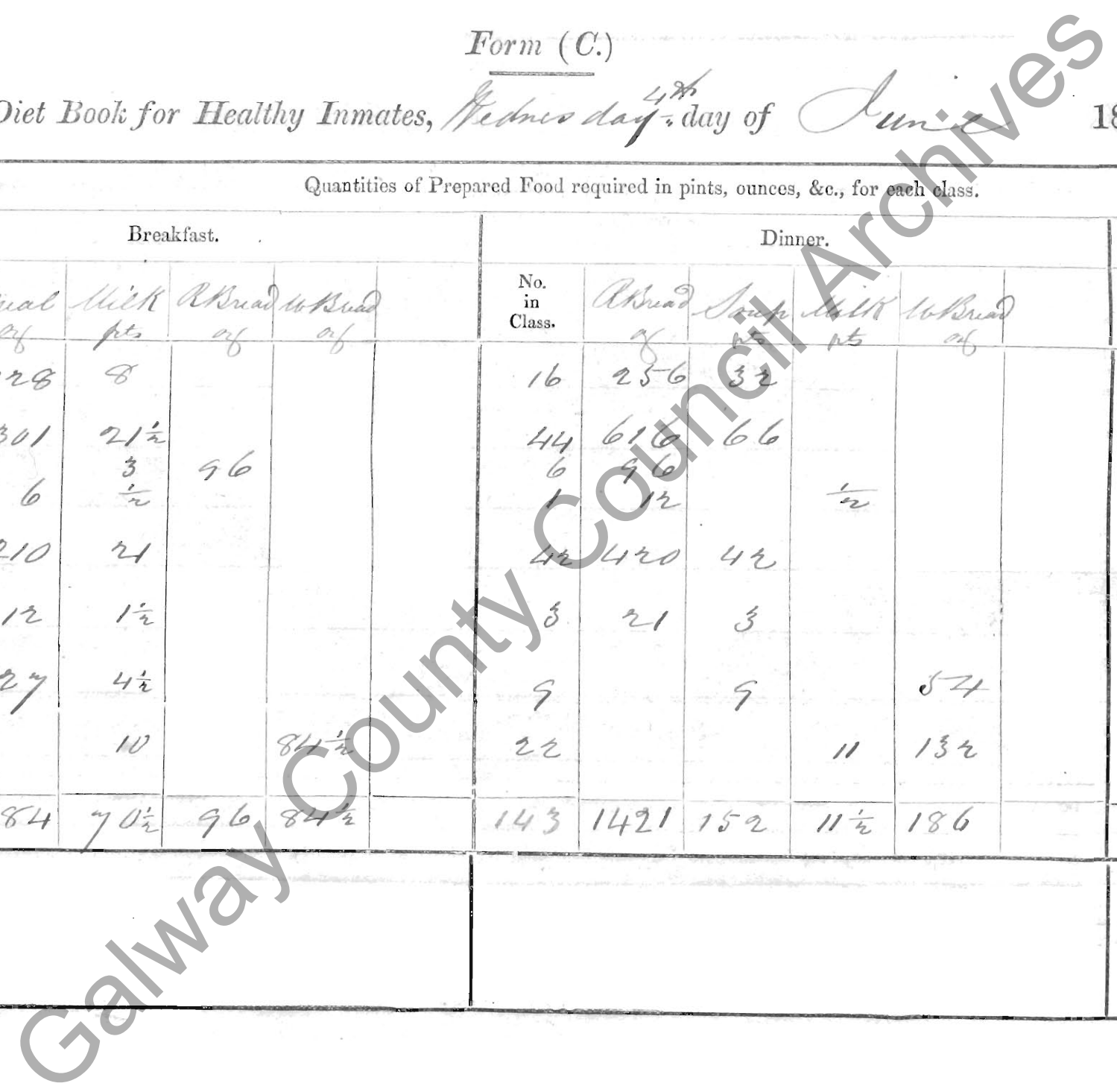
Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday ^{4th} day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal of	Milk pts	Bread of	No. in Class.	Bread of	Soup pts	Milk pts	Bread of	No. in Class.	Bread of
Class I, -	16	128	8		16	256	32				
Class II, -	43	301	21½		44	616	66				
	6		3	96	6	96					
Class III, -	1	6	½		1	12		½			
Class IV, -	42	210	21		42	420	42				168
Class V, -	3	12	1½		3	21	3				12
Class VI, -	9	27	4½		9		9		54		36
Class VII, -	21		10	84½	22			11	132		
Totals, -	141	684	70½	96	143	1421	152	11½	186		216

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 5th day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.					Supper.		
No. in Class.	Meal of	Milk pts	R B read of	W B read of		No. in Class.	R B read of	Soup pts	Milk pts	W B read of		No. in Class.	R B read of
Class I,	16	128	8			16	256	32					
Class II,	44	308	22			45	30	67½					
Class III,	6		3	96		6	*96						
Class III,	1	6	½			1	12		½				
Class IV,	42	210	21			42	420	42					168
Class V,	3	12	1½			3	21	3					12
Class VI,	9	27	4½			9		9		54			36
Class VII,	22		11		88	22			11	132			
Totals,	143	691	71½	96	88	144	1438	153½	11½	186			216
Articles to be taken from store for each meal, -													

Form (C.)

Daily Diet Book for Healthy Inmates, *Friday 6th* day of *June* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	Bread of	W-Bread of	No. in Class.	Bread of	Coup lbs	Milk pts	W-Bread of	No. in Class.	Bread of
Class I, - -	16	128	8			16	256	32				
Class II, - -	45	315	22½			44	616	66				
Class III, - -	6 1	6	3 ½	96		6 1	96		½			
Class IV, - -	42	210	21			42	420	42				168
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	9	27	4½			9		9		52		36
Class VII, - -	22		11		88	22			11	132		
Totals, -	144	698	72	96	88	143	1421	152	11½	186		216

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 7th day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk of	Bread of	W Bread of	No. in Class.	Meal of	Sup of	Milk of	W Bread of	No. in Class.	Bread of
Class I,	16	128	8			16	256	32				
Class II,	44	308	22			44	616	66				
Class III,	6	6	3	96		6	96		50			
Class IV,	1	6	1/2			1	12		1/2			
Class V,	42	210	21			40	400	40				160
Class VI,	3	12	1 1/2			3	21	3				12
Class VII,	9	27	4 1/2			9	9	9		84		36
Class VII,	22		11		88	22		11	11	132		
Totals,	143	691	71 1/2		88	141	1401	150	11 1/2	186		208
Articles to be taken from store for each meal, -												

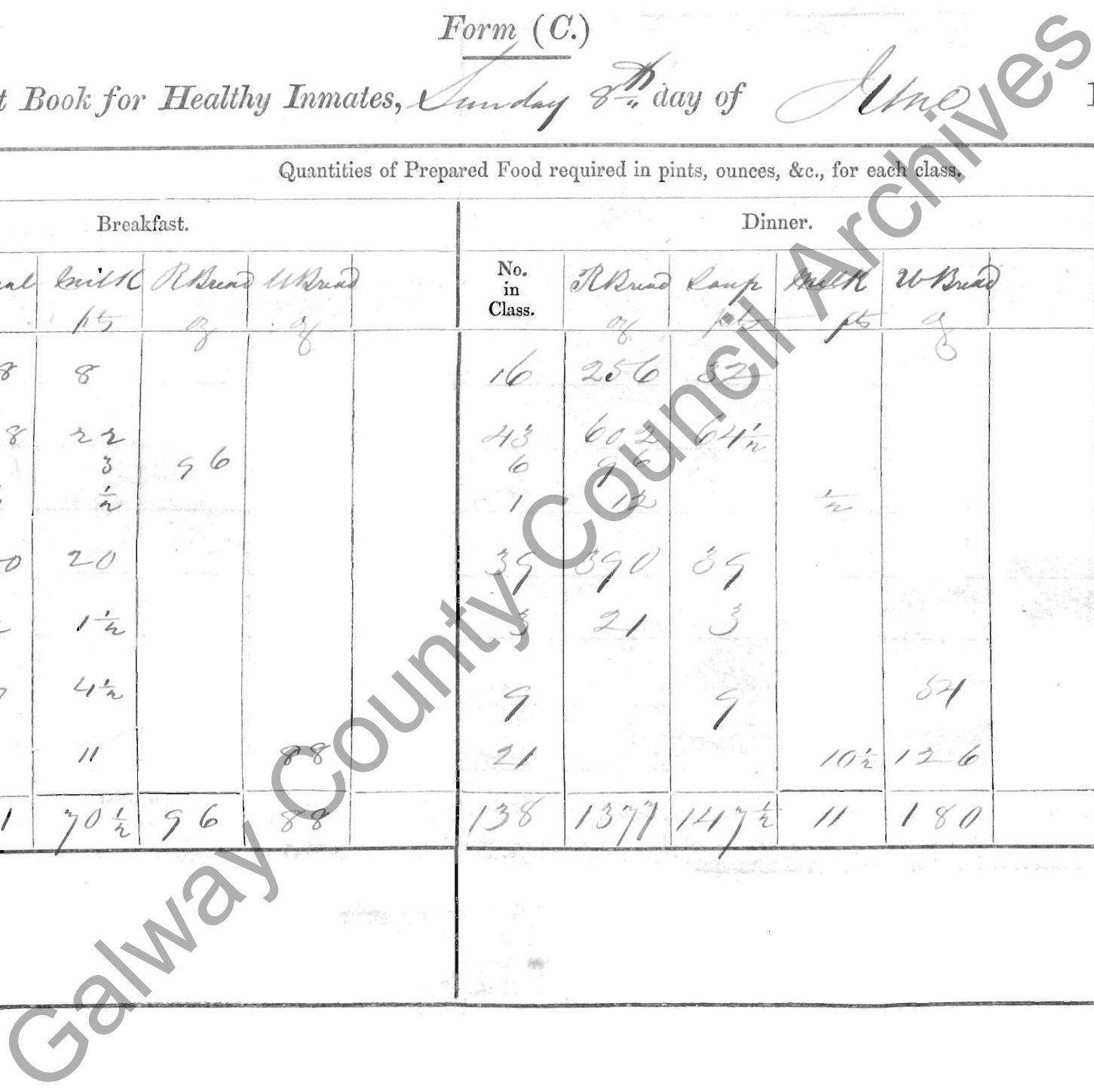
Galway County Council Archives

Daily Diet Book for Healthy Inmates, Sunday 8th day of *June* 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Butt of	R Bread of	W Bread of	No. in Class.	R Bread of	Soup of	Butt of	W Bread of	No. in Class.	R Bread of
Class I, -	16	128	8			16	256	52				
Class II, -	44	308	22			43	602	64 1/2				
	6		3	96		6	96					
Class III, -	1	6	1/2			1	12		1/2			
Class IV, -	40	200	20			39	590	39				156
Class V, -	3	12	1 1/2			3	21	3				12
Class VI, -	9	27	4 1/2			9		9		54		36
Class VII, -	22		11		88	21			10 1/2	126		
Totals, -	141	681	70 1/2	96	88	138	1377	147 1/2	11	180		204

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates Monday 7th day of *June*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	R Bread of	W Bread of	No. in Class.	R Bread of	Soup of	Milk of	W Bread of	No. in Class.	R Bread
Class I, - -	16	128	8			16	250	32				
Class II, - -	43	301	21½			43	682	64½				
Class III, - -	6	6	8	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	39	195	19½			39	390	39				156
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	9	27	4½			9		9		571		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	138	669	69		84	138	1377	147½	11	180		204

Articles to be taken from store for each meal, -

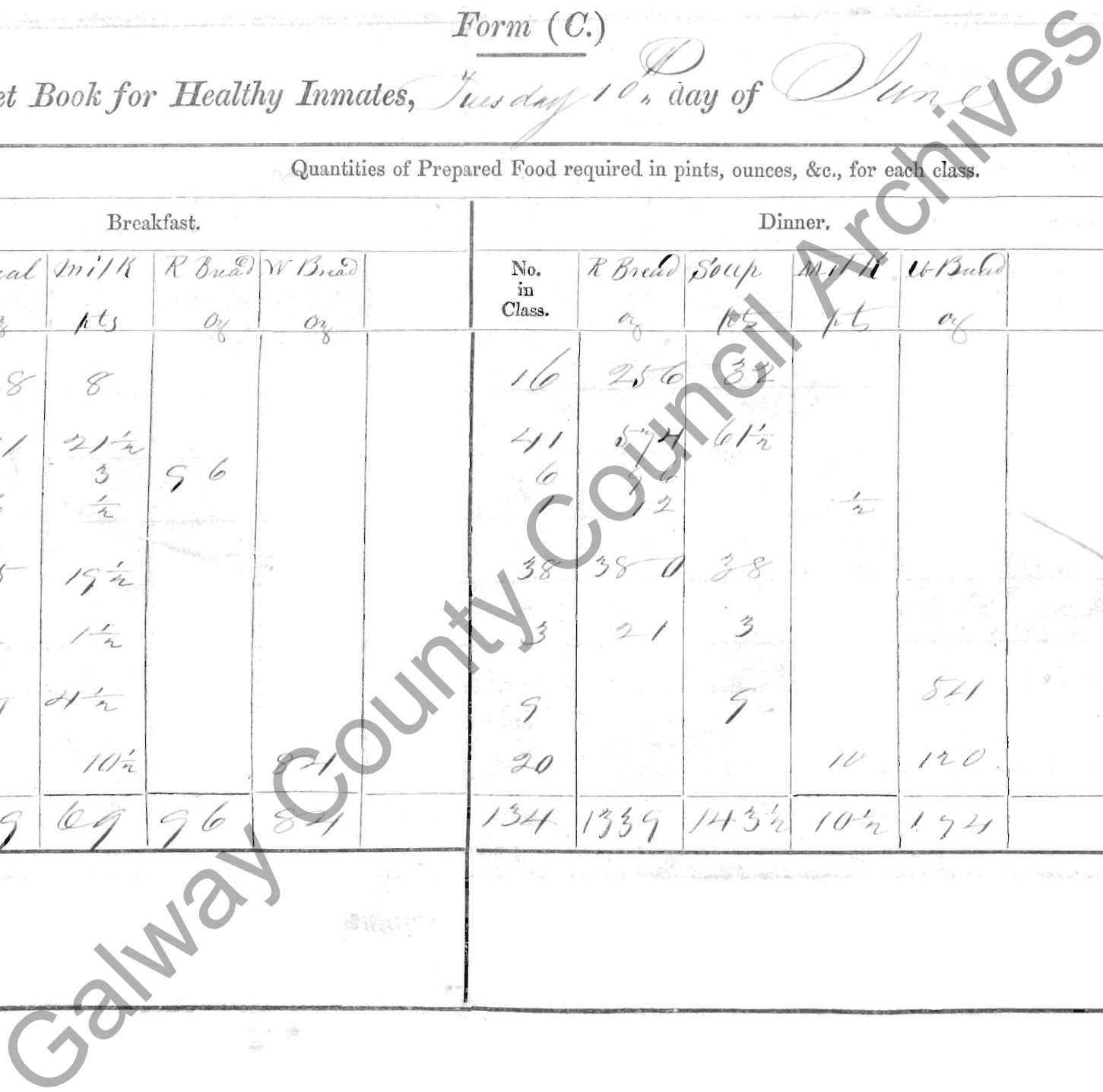
Galway County Council Archives

Daily Diet Book for Healthy Inmates, Tuesday 10th day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal oz	Milk pts	R Bread oz	W Bread oz	No. in Class.	R Bread oz	Soup pts	Milk pts	W Bread oz	No. in Class.	R Bread oz
Class I, - -	16	128	8			16	256	34				
Class II, - -	43	301	21½			41	574	61½				
Class III, - -	6 1	6	3 ½	96		6	12		½			
Class IV, - -	39	195	19½			38	380	38				152
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	9	27	4½			9		9		521		36
Class VII, - -	21		10½		84	20			10	120		
Totals. -	138	669	69	96	84	134	1339	143½	10½	174		200

Articles to be taken from store for each meal, -



Form (C.)

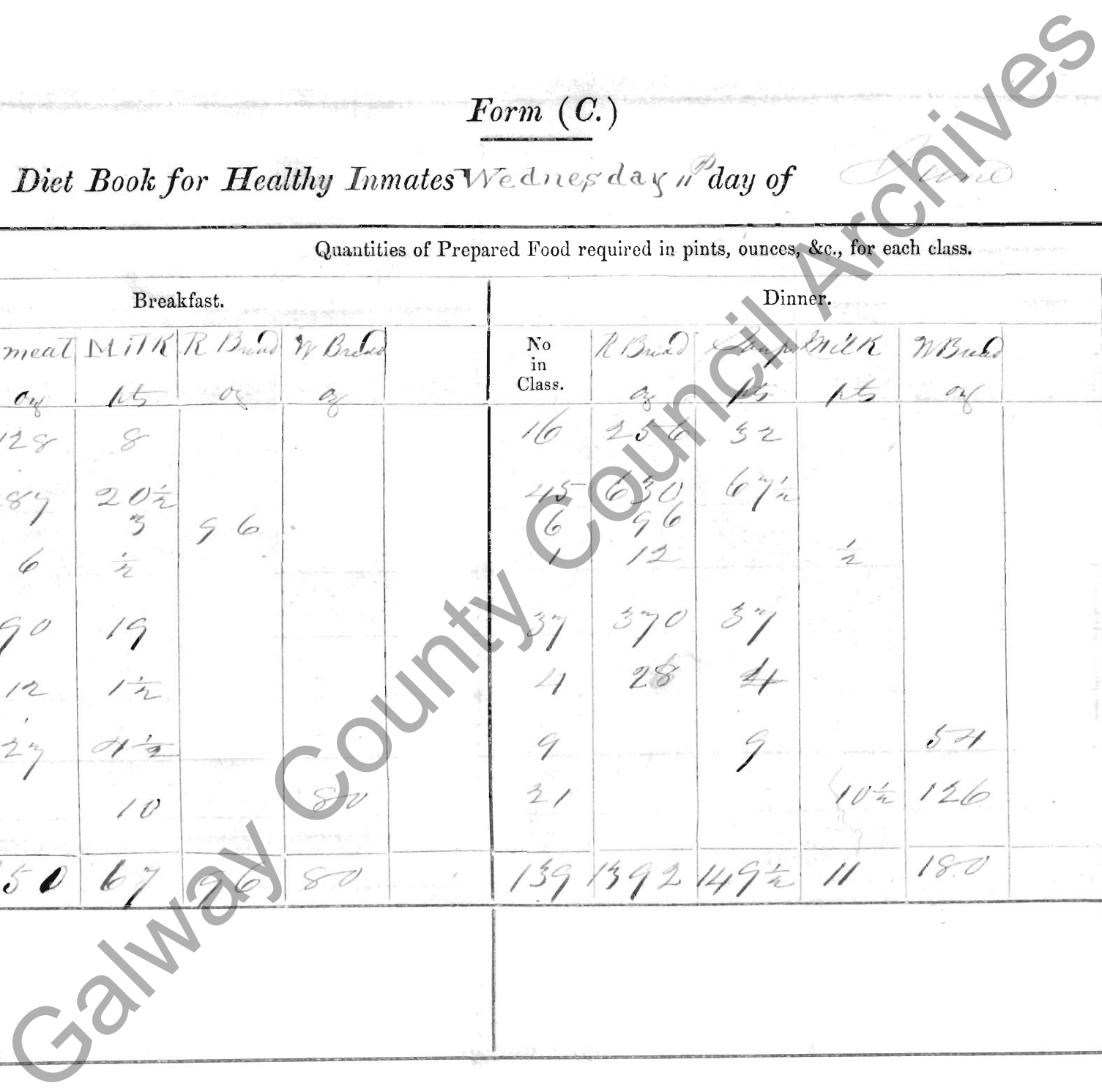
Daily Diet Book for Healthy Inmates Wednesday ¹¹ day of *June*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meat oz	Milk pts	R Bread oz	W Bread oz	No. in Class.	R Bread oz	Soup pts	Milk pts	W Bread oz	No. in Class.	R Bread oz
Class I, - -	16	128	8			16	254	32				
Class II, - -	41	287	20½			45	630	67½				
Class III, - -	6	6	3	96		6	96		½			
Class IV, - -	1	6	½			1	12					
Class V, - -	38	190	19			37	370	37				148
Class VI, - -	3	12	1½			4	28	4				16
Class VII, - -	9	27	4½			9		9		54		36
Totals, - -	20		10		80	21			10½	126		
Totals, - -	134	650	67	96	80	139	1392	149½	11	180		200

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 12th day of

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meat oz	Milk pts	R Bread oz	W Bread oz	No. in Class.	R Bread oz	Soup pts	Milk pts	W Bread oz	No. in Class.	R Bread oz
Class I, - -	16	128	8			15	240					
Class II, - -	115	315	25½			43	607	64½				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	37	185	18½			36	660	86				144
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	9	27	4½			8		8		48		32
Class VII, - -	21		10½		87	21			10½	126		
Totals, - -	139	677	69½	96	87	134	1338	142½	11	174		192
Articles to be taken from store for each meal, -												

Galway County Council Archives

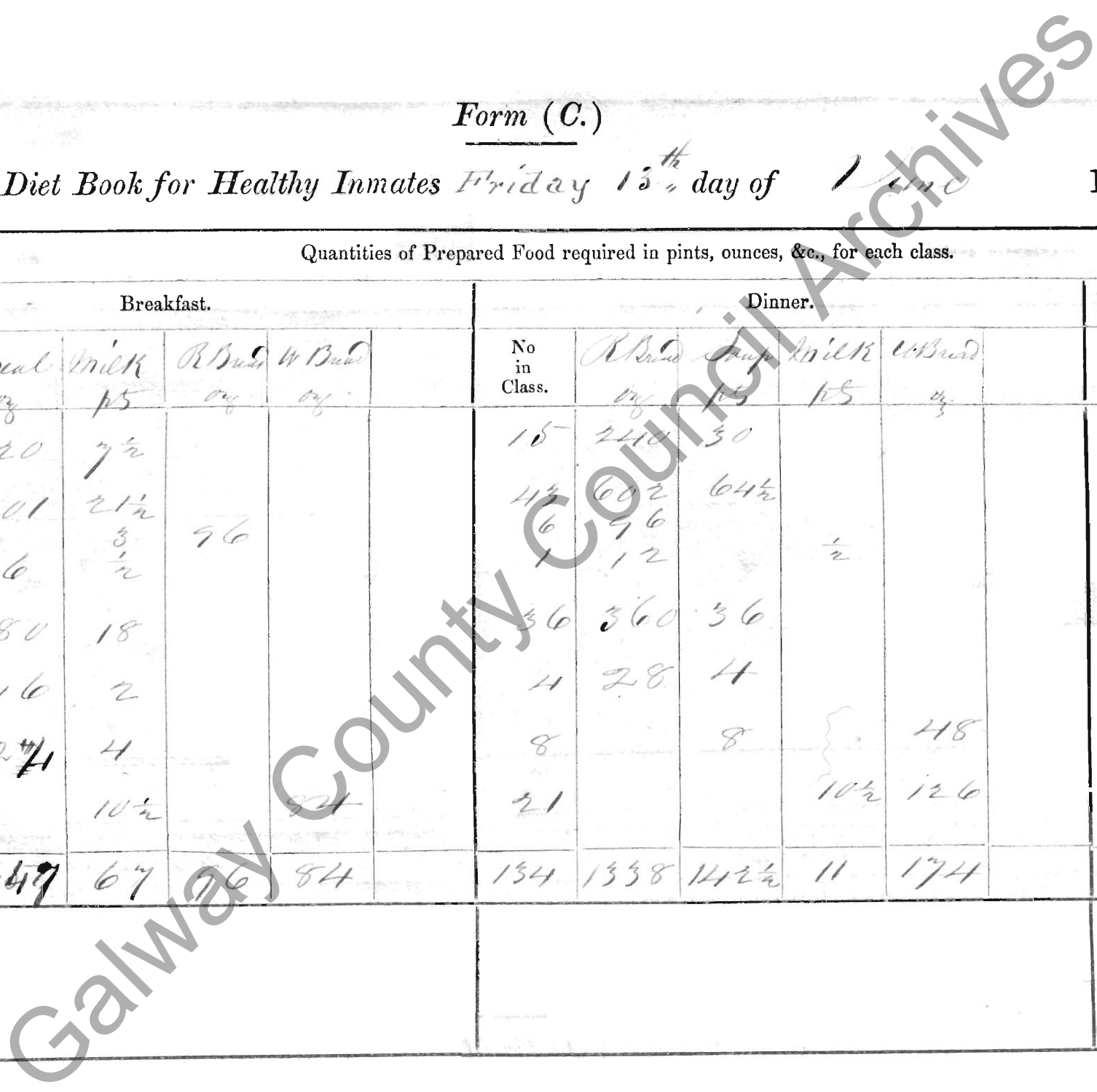
Form (C.)

Daily Diet Book for Healthy Inmates Friday 15th day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pt	R Buns oz	W Buns oz	No. in Class.	R Buns oz	Soup pt	Milk pt	W Bread oz	No. in Class.	R Buns oz
Class I,	15	120	7½			15	240	30				
Class II,	43	301	21½			43	602	64½				
Class III,	6	6	3½	96		6	96		½			
Class IV,	1	6	½			1	12					
Class V,	36	180	18			36	360	36				144
Class VI,	4	16	2			4	28	4				16
Class VII,	8	24	4			8		8		48		32
Totals,	21		10½		84	21			10½	126		
Totals,	134	649	67	96	84	134	1338	142½	11	174		192

Articles to be taken from store for each meal,



Form (C.)

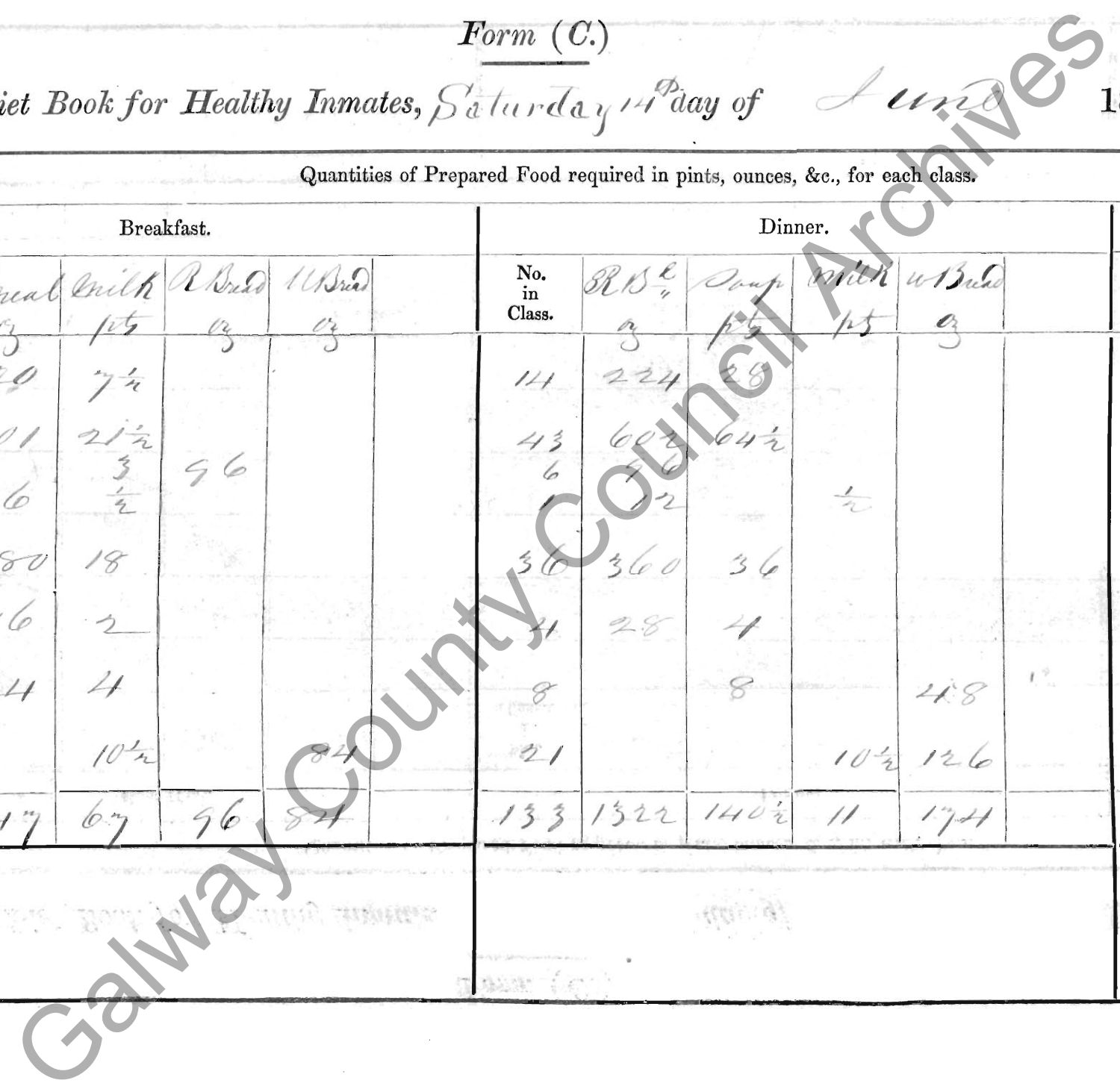
Daily Diet Book for Healthy Inmates, Saturday 14th day of

June 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal oz	Milk pts	R Bred oz	W Bred oz	No. in Class.	R Bred oz	Soup pts	Milk pts	W Bred oz	No. in Class.	R Bred oz
Class I, - -	15	120	7½			14	224	28				
Class II, - -	43	301	21½			43	604	64½				
Class III, - -	6		3	96		6	40					
Class III, - -	1	6	½						½			
Class IV, - -	36	180	18			36	360	36				1114
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	8	24	4			8		8		218		52
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	134	647	67	96	84	133	1322	140½	11	174		192

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

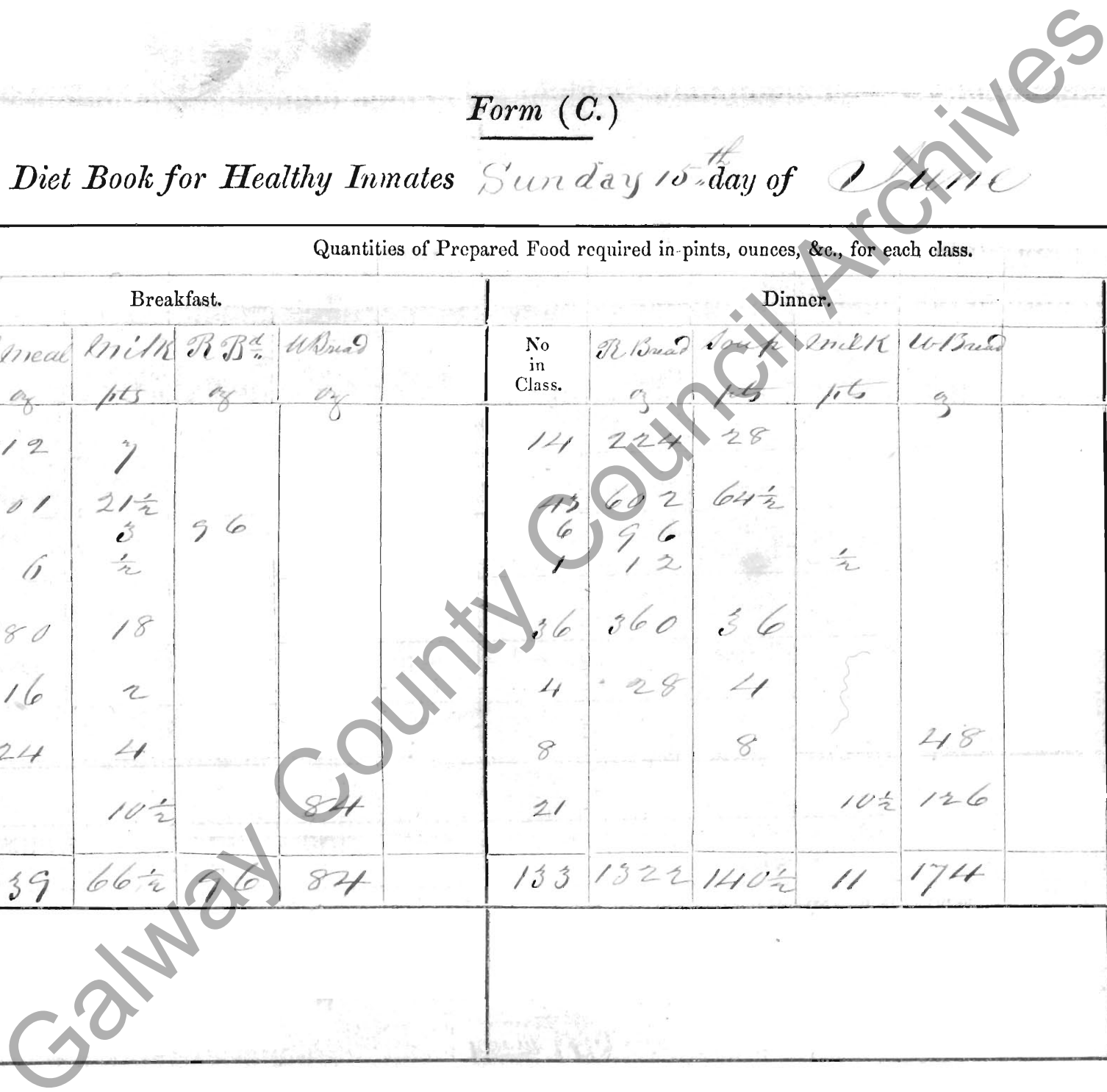
Sunday 15th day of June

1856

Quantities of Prepared Food required in-pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal of	Milk pts	R B ^d of	W Bread of	No in Class.	R Bread of	Soup pts	Milk pts	W Bread of	No. in Class.	R B ^d of
Class I, - -	14	112	7			14	224	28				
Class II, - -	43	301	21½	96		43	602	64½				
Class III, - -	6		3			6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	36	180	18			36	360	36				144
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	133	639	66½	96	84	133	1322	140½	11	174		192

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates,

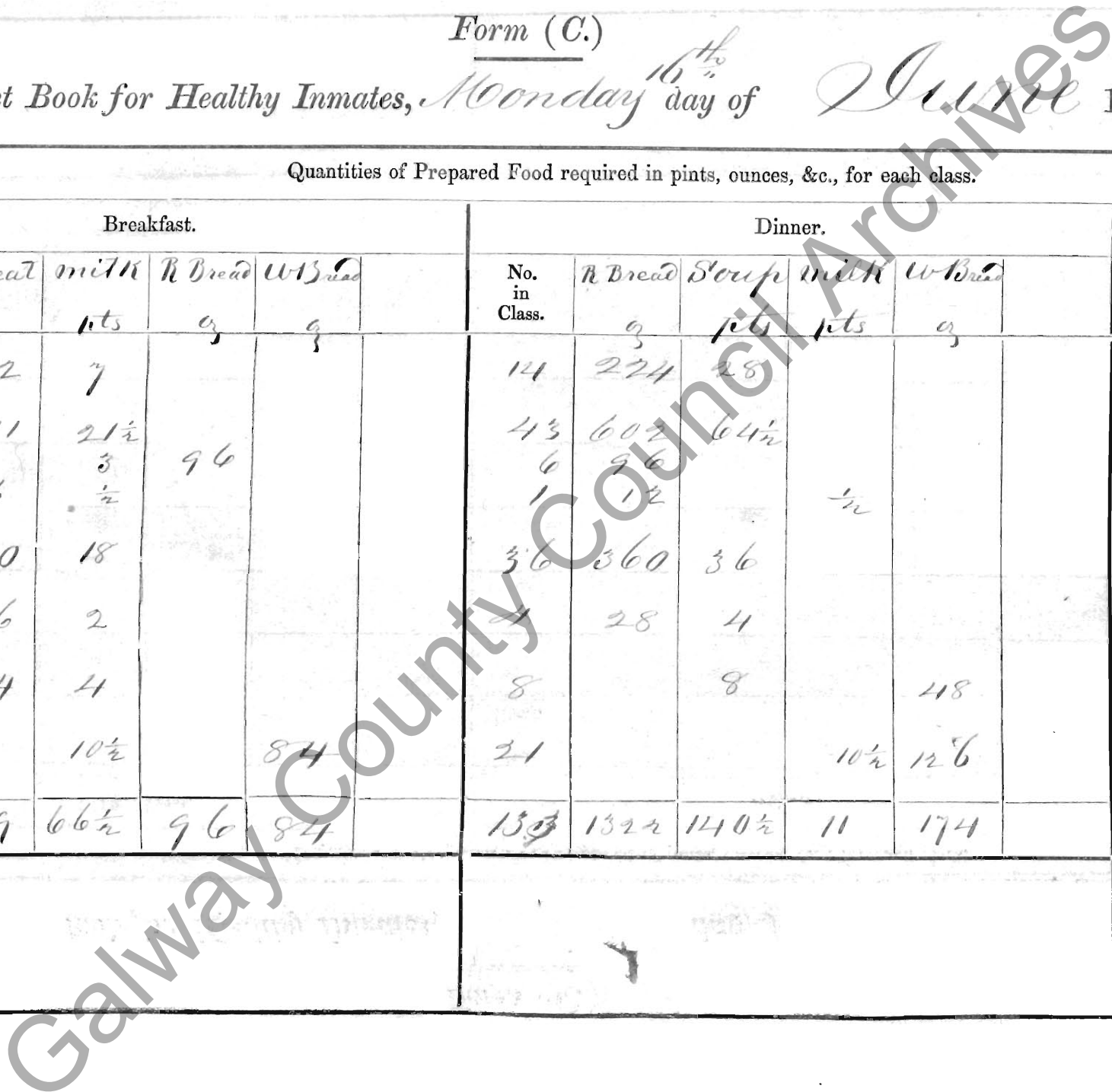
Monday ^{16th} day of

June 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	meat oz	milk pts	R Bread oz	W Bread oz	No. in Class.	R Bread oz	Soup pts	milk pts	W Bread oz	No. in Class.	R Bread oz
Class I,	14	112	7			14	224	28				3
Class II,	43	301	21½			43	602	64½				
Class III,	6		3	96		6	96					
Class IV,	1	6	½			1	12		½			
Class V,	36	180	18			36	360	36				144
Class VI,	4	16	2			4	28	4				16
Class VII,	8	24	4			8		8		48		32
Class VIII,	21		10½		84	21			10½	126		
Totals,	133	639	66½	96	84	133	1322	140½	11	174		192

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Tuesday ^{17th} day of

June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

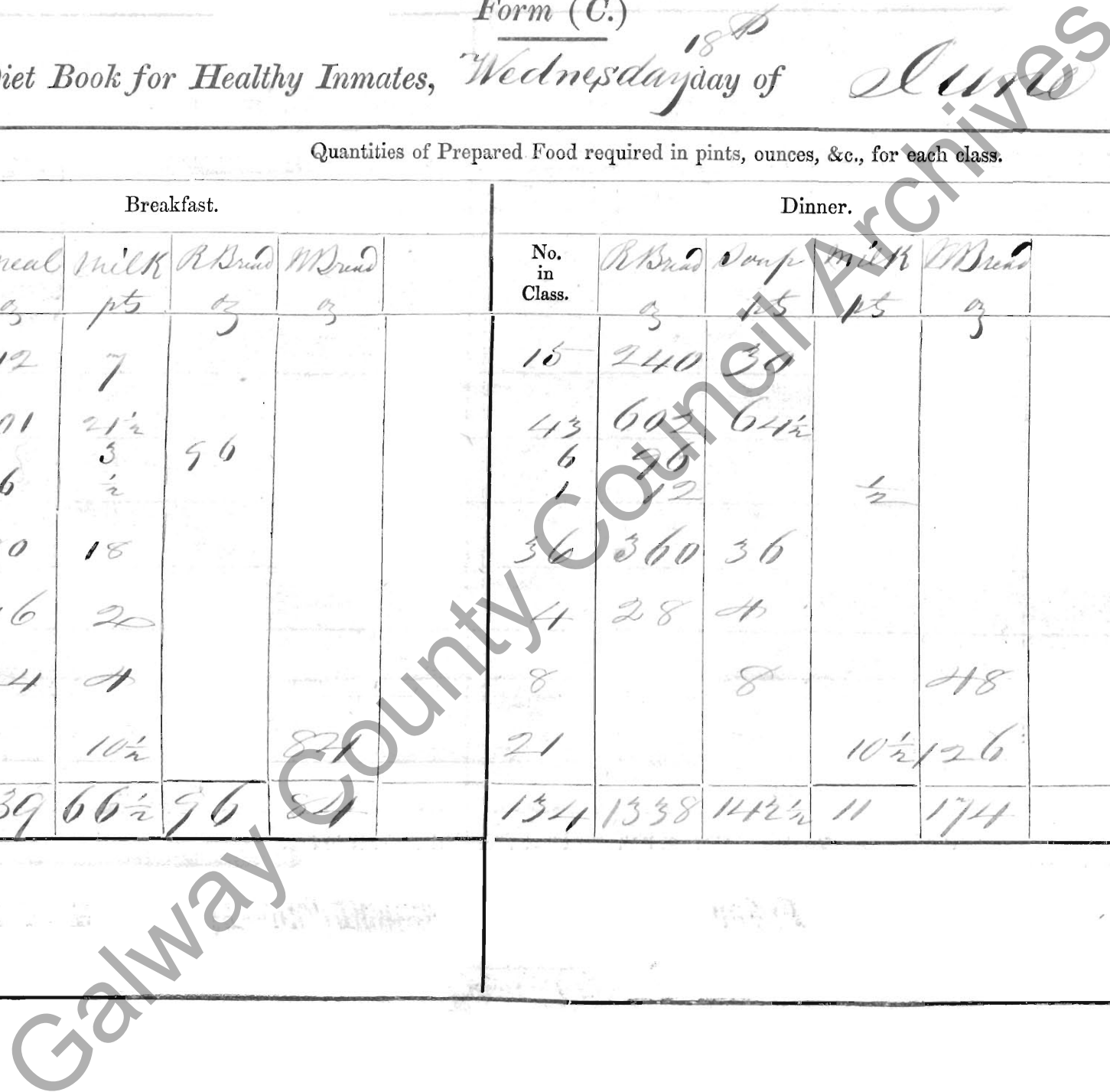
	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	M Bread	No. in Class.	R.B. ²	Soup	Milk	M Bread	No. in Class.	R.B. ²
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	121	112	7			114	224	28				
Class II, - -	43	301	2 1/2			43	602	64 1/2				
	6		8	96		6	96					
Class III, - -	1	8	1/2			1	12		1/2			
Class IV, - -	36	180	18			36	360	36				144
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	21		10 1/2		84	21			10 1/2	126		
Totals, - -	133	639	66 1/2	96	84	133	1322	140 1/2	11	174		192

Articles to be taken from store for each meal, -

Galway County Council Archives

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R B ^d
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	14	112	7			15	240	30				
Class II, - -	43	301	21½			43	607	64½				
Class III, - -	6		3	96		6	46					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	36	180	18			36	360	36				144
Class V, - -	4	16	20			4	28	40				16
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	133	639	66½	96	84	134	1338	142½	11	174		192
Articles to be taken from store for each meal, -												



Form (C.)

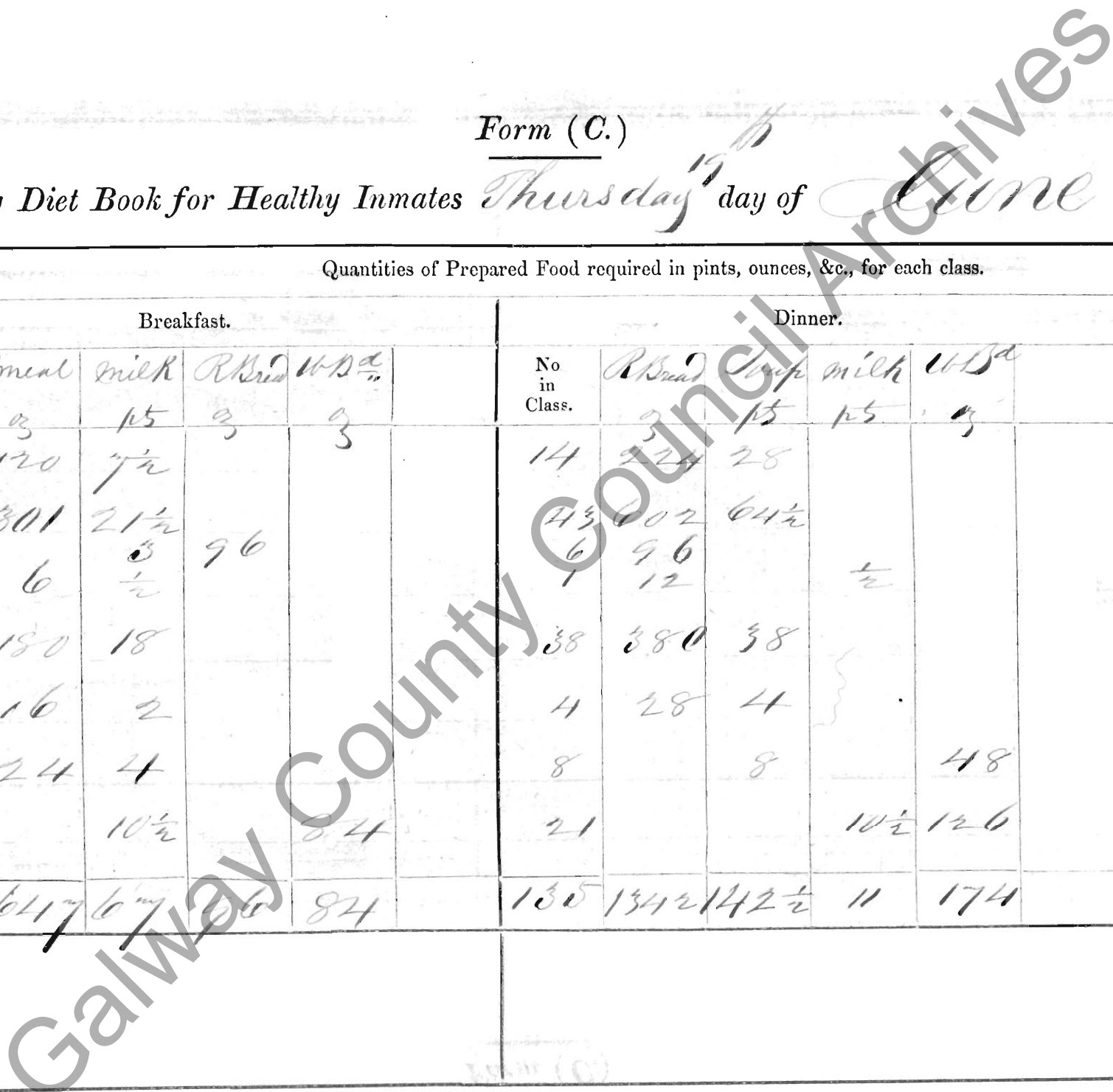
Daily Diet Book for Healthy Inmates

Thursday^{19th} day of June 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal	Milk	R B C	No. in Class.	R B C	Milk	W B C	No. in Class.	R B C
Class I,	15	120	7 1/2	3	14	224	28	3		3
Class II,	43	301	21 1/2	96	43	302	64 1/2			
Class III,	6	6	3 1/2		6	96		1/2		
Class IV,	1		1/2		1	12				
Class V,	36	180	18		38	380	38			152
Class VI,	4	16	2		4	28	4			16
Class VII,	8	24	4		8		8	48		32
Class VII,	21		10 1/2	84	21			10 1/2	126	
Totals,	134	647	67 1/2	84	135	1342	142 1/2	11	174	200

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Friday 20 day of June 1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W. Bread	No. in Class.	W. Bread	Soup	Milk	W. Bread	No. in Class.	W. Bread
Class I, - -	111	112	7	3	3	14	224	28	15	9		3
Class II, - -	213	301	2 1/2			43	604	44 1/2				
Class III, - -	6	6	3	96		6	96					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	38	190	19			38	380	38				152
Class V, - -	21	16	2			4	28	4				16
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	21		10 1/2		82	21			10 1/2	126		
Totals, -	135	649	67 1/2	96	82	135	1342	142 1/2	11	174		200
Articles to be taken from store for each meal,												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 21st day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	Milk	No. in Class.	Bread	Soup	Milk	Milk	No. in Class.	R B ^c
		oz	pt	oz	oz		oz	pt	pt	oz		oz
Class I,	14	112	7			14	224	28				
Class II,	43	301	21½			43	402	64½				
	6		3	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	38	190	19			38	380	38				152
Class V,	4	16	2			4	21	3				12
Class VI,	8	24	4			8		8		48		32
Class VII,	21		10½		84	21			10½	126		
Totals,	135	649	67½	96	84	134	1335	141½	11	174		196
Articles to be taken from store for each meal, -												

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 22nd day of *June* 185 *6*

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R. Bread	W. Bread	No. in Class.	R. Bread	Soup	Milk	W. Bread	No. in Class.	B/S
Class I,	14	112	7			14	224	28				3
Class II,	43	301	21½			43	607	64½				
Class III,	6	6	3	96		6	76					
Class IV,	38	190	19			38	380	38				102
Class V,	3	12	1½			3	21	3				12
Class VI,	8	24	4			8		8		48		32
Class VII,	21		10½		84	21			10½	126		
Totals,	134	645	67	96	84	134	1335	141½	11	174		196
Articles to be taken from store for each meal,												

Form (C.)

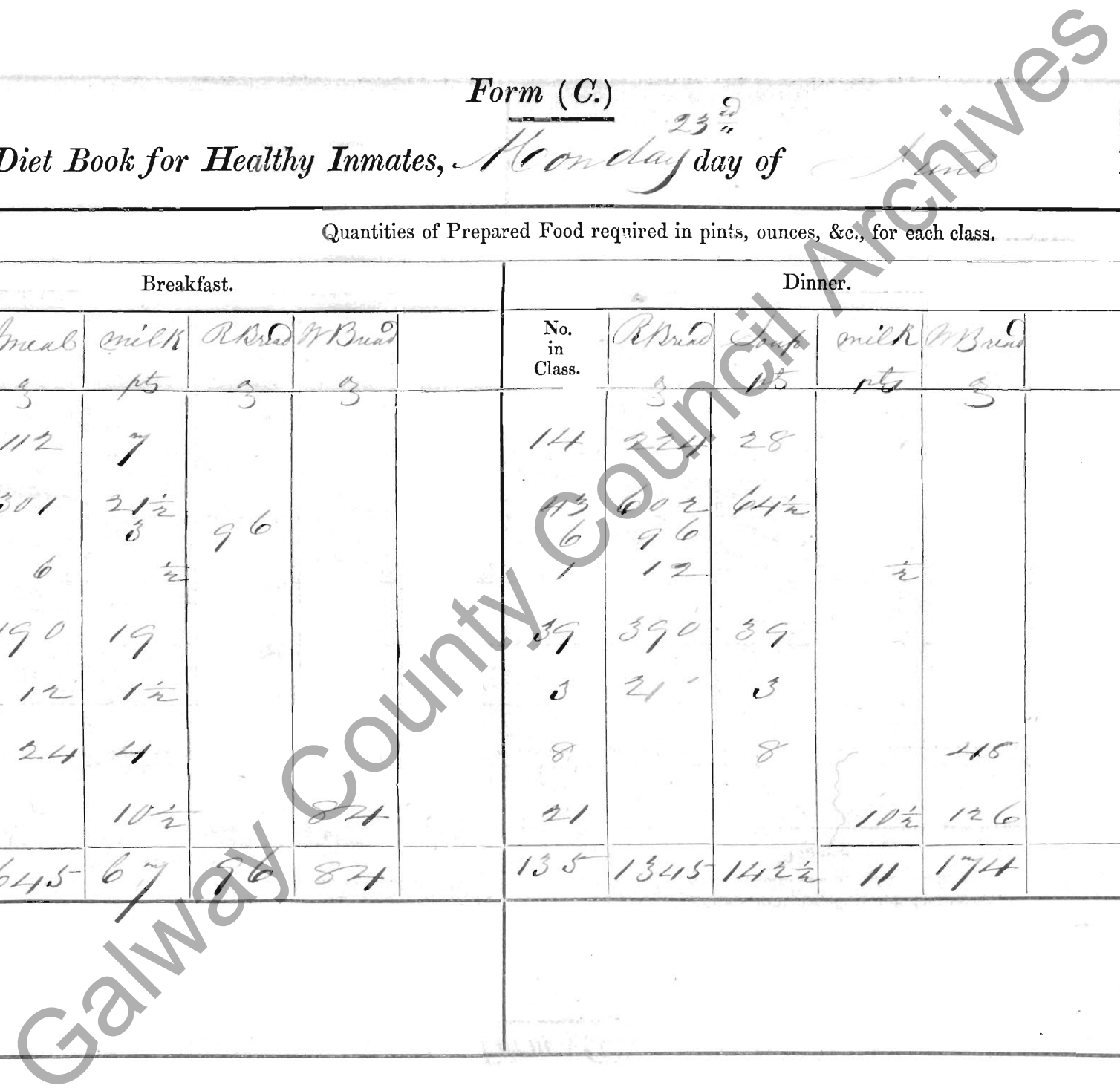
Daily Diet Book for Healthy Inmates, *Monday* day of *1856*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	milk	R Bread	W Bread	No. in Class.	R Bread	Soup	milk	W Bread	No. in Class.	R Bread
Class I,	14	112	7	3	3	14	224	28		3		
Class II,	43	301	21½			43	602	64½				
Class III,	6	6	3	96		6	96					
Class IV,	1	6	½			1	12		½			
Class V,	38	190	19			39	390	39				156
Class VI,	3	12	1½			3	21	3				12
Class VII,	8	24	4			8		8		48		32
Class VII,	21		10½		84	21			10½	126		
Totals,	134	645	67	96	84	135	1345	142½	11	174		980

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, Tuesday 24th day of

1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	R Bread	M Bread	No. in Class.	R Bread	Soup	Bread	M Bread	No. in Class.	R Bread
Class I, - -	14	112	7			14	224	28				3
Class II, - -	43	301	21½			43	602	41½				
Class III, - -	6		3	96		6	96					
Class III, - -	1	4	½			1	12		½			
Class IV, - -	39	195	19½			39	390	39				156
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	8	24	4			8		8		218		32
Class VII, - -	21		10½		821	20			10	120		
Totals, - -	135	680	67½	96	84	134	1345	112½	10½	168		200

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 25th day of June

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	W ^h Bread	W ^h Bread	No. in Class.	W ^h Bread	Soup	Milk	W ^h Bread	No. in Class.	W ^h Bread
Class I,	111	112	7	2	3	13	208	26		3		
Class II,	43	302	2 1/2			47	616	66				
Class III,	6		8	96		6	96					
Class III,	1	6	1/2			1	12		1/2			
Class IV,	39	195	19 1/2			40	400	40				160
Class V,	3	12	1 1/2			2	14	2				8
Class VI,	8	24	4			8		8		48		32
Class VII,	20		10		80	20			10	120		
Totals,	134	650	67	96	80	134	1346	142	10 1/2	168		200

Articles to be taken from store for each meal, -

Form (C.)

Daily Diet Book for Healthy Inmates; Thursday 26th day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Meal	milk	R Bread	W Bread	No. in Class.	R Bread	Soup	milk	W Bread	No. in Class.	R Bread	
	oz	pts	oz	oz		oz	pts	pts	oz		oz	
Class I, - -	13	104	6½		13	208	26					
Class II, - -	44	308	22		43	602	64½					
Class III, - -	6	6	3	96	6	46						
Class III, - -	1	6	½		1	12		½				
Class IV, - -	40	200	20		39	390	39					106
Class V, - -	2	8	1		2	14	2					8
Class VI, - -	8	24	4		8		8		48			32
Class VII, - -	20		10		20			10	120			
Totals, -	184	650	67	96	132	1322	139½	10½	168			196
Articles to be taken from store for each meal,												

Galway County Council Archives

Form (C.)

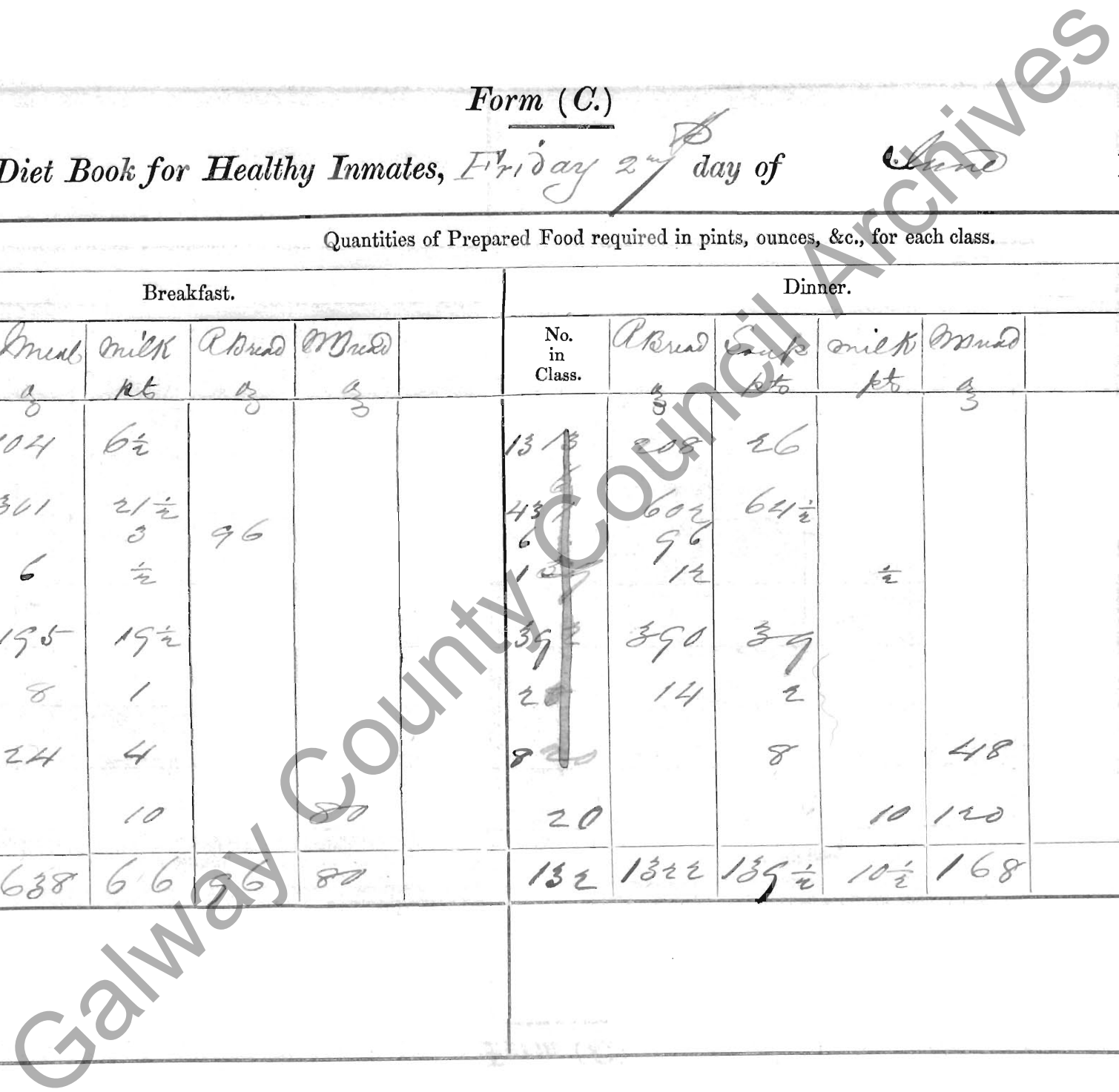
Daily Diet Book for Healthy Inmates, *Friday 2nd* day of *June* 185*6*.

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meat	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	18	104	6½			13	208	26				
Class II,	43	301	21½			43	602	64½				
Class III,	1	6	½			1	12		½			
Class IV,	39	195	19½			39	390	39				156
Class V,	2	8	1	96		2	14	2				8
Class VI,	8	24	4			8		8		48		32
Class VII,	20		10		80	20			10	120		
Totals,	132	638	66	96	80	132	1322	139½	10½	168		196

Articles to be taken from store for each meal, -

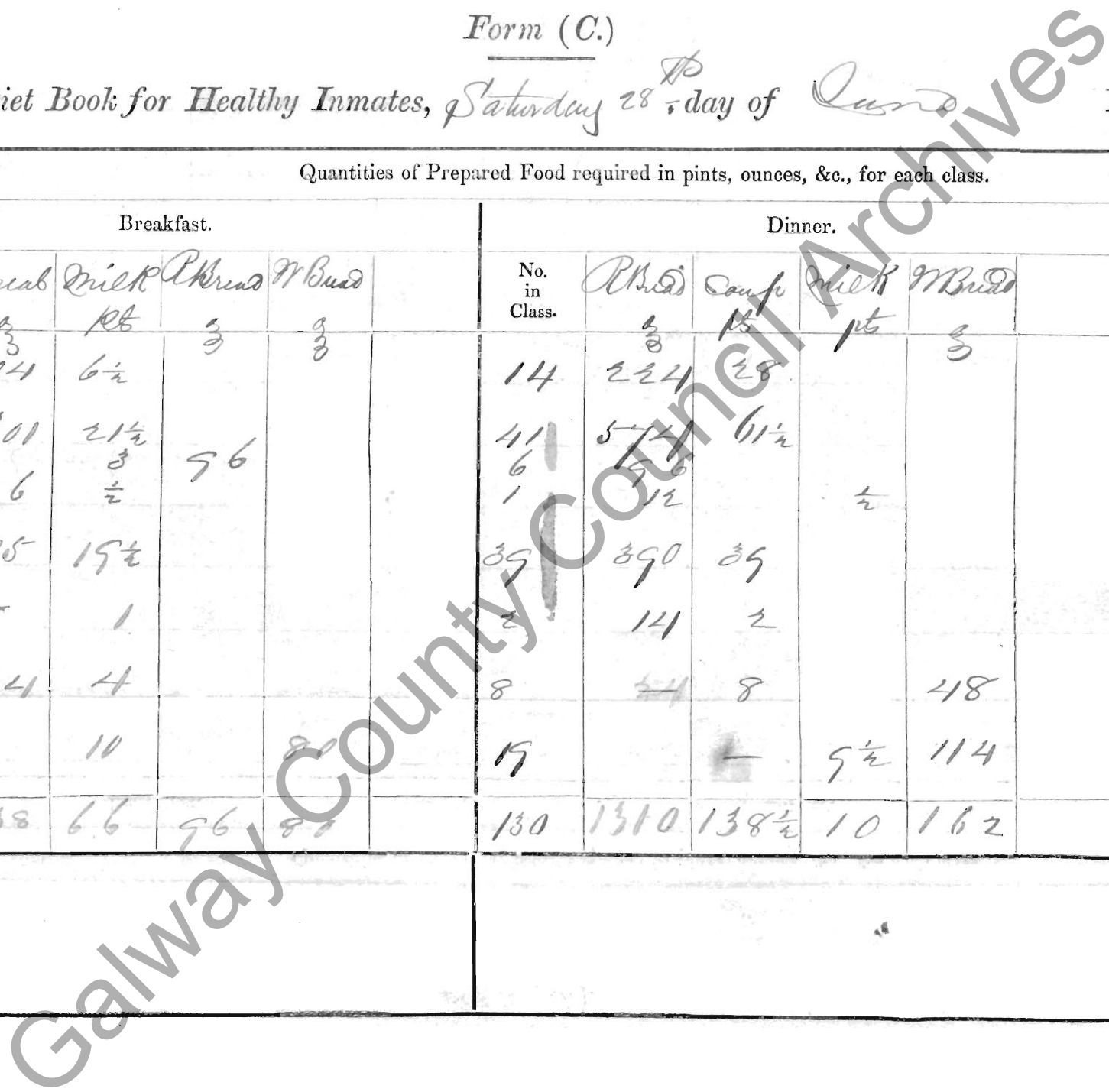


Daily Diet Book for Healthy Inmates, ¹⁰Saturday 28th day of *June* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Bread	Soup	Milk	Milk	No. in Class.	Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I,	13	104	6½	3	14	224	28		3		3
Class II,	43	301	21½		41	544	61½				
Class III,	6	6	3	56	6	56					
Class IV,	1	6	½		1	12		½			
Class V,	39	195	19½		39	390	39				156
Class VI,	2	8	1		2	14	2				8
Class VII,	8	24	4		8	24	8		48		32
Class VII,	20		10		19			5½	114		
Totals,	132	638	66	96	130	1310	138½	10	162		156

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 29th day of

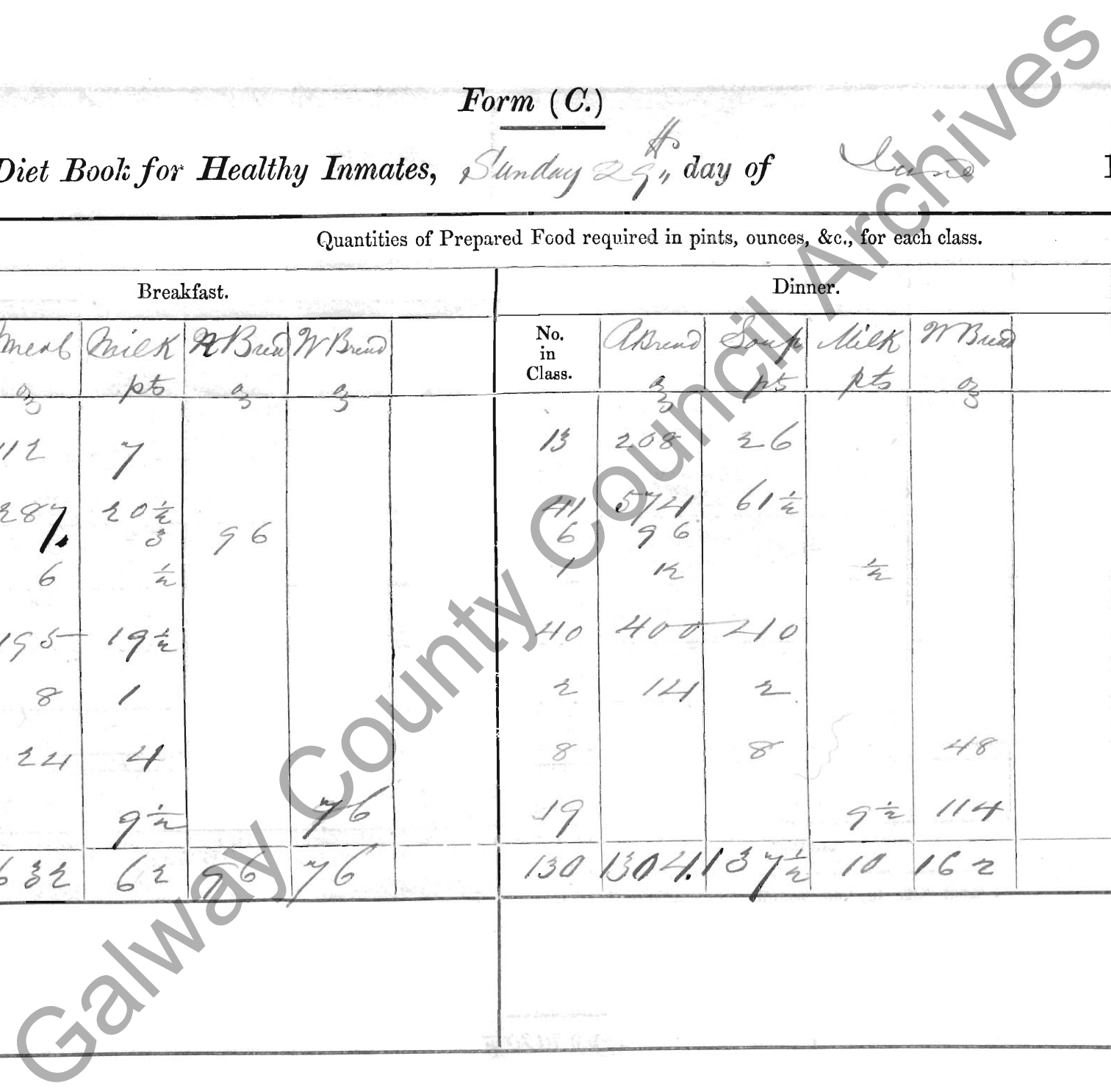
June

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meat	Quick	W Bread	No. in Class.	W Bread	Soup	Milk	W Bread	No. in Class.	W Bread
		oz	pts	oz	oz	oz	pts	pts	oz		oz
Class I, -	14	112	7		13	208	26				3
Class II, -	41	287	20½		41	574	61½				
	6	7	3	96	6	96					
Class III, -	1	6	½		1	12		½			
Class IV, -	39	195	19½		40	400	210				160
Class V, -	2	8	1		2	14	2				8
Class VI, -	8	24	4		8		8		48		32
Class VII, -	19		9½		19			9½	114		
Totals, -	130	632	62	96	130	1304	137½	10	162		200

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, Monday 30 day of June 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meat	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I,	13	104	6½	3	¾	13	208	26				3
Class II,	11	284	20½			11	544	61½				
Class III,	6	6	¾	96		6	96					
Class IV,	1	6	½			1	12		½			
Class V,	40	200	20			58	380	38				182
Class VI,	2	8	1			2	14	2				8
Class VII,	8	24	4			8		8		48		82
Class VII,	19		9½		76	19			9½	114		
Totals,	131	629	65	96	76	128	1284	135½	10	162		192

Articles to be taken from store for each meal,

Form (C.)

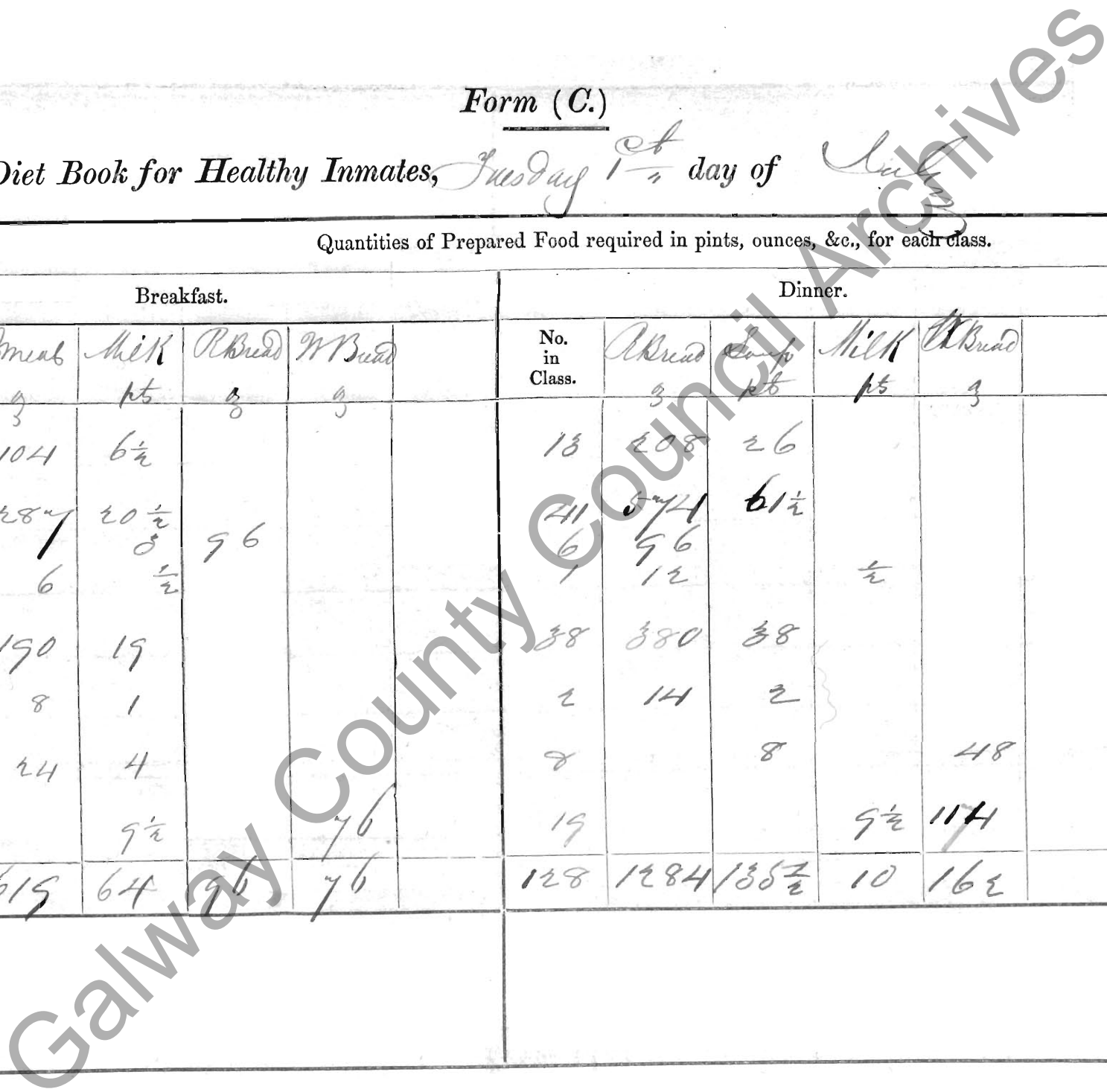
Daily Diet Book for Healthy Inmates, *Tuesday* ^{1st} day of *July*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Cmeal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	R Bread	No. in Class.	R Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	13	104	6½			13	208	26				
Class II,	41	287	20½			41	574	61½				
Class III,	6		8	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	38	190	19			38	380	38				15½
Class V,	2	8	1			2	14	2				8
Class VI,	8	24	4			8		8		48		3½
Class VII,	19		9½		76	19			9½	114		
Totals,	128	619	64	96	76	128	1284	135½	10	162		192

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 2nd day of

Subj^{ts} 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R Buns	W Buns	No. in Class.	R Buns	Soup	Milk	W Buns	No. in Class.	R Buns
		g	pt	g	g		g	pt	pt	g		g
Class I, - -	13	104	6½			14	224	28				
Class II, - -	41	287	20½			41	544	61½				
Class III, - -	6		8	96		6	96					
Class IV, - -	1	6	½			1	12		½			
Class V, - -	38	190	19			38	380	38				152
Class VI, - -	2	8	1			2	14	2				8
Class VII, - -	8	24	4			8		8		48		32
Class VII, - -	19		9½		76	19			9½	114		
Totals, - -	128	619	64	96	76	129	1300	137½	10	162		192

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates *Thursday 3rd* day of *July*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	WBread	No. in Class.	Bread	Soup	Milk	WBread	No. in Class.	Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	14	112	7			14	224	28				
Class II, - -	41	287	20 1/2			41	574	61 1/2				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	38	190	19			38	380	38				162
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	19		9 1/2		76	19			9 1/2	114		
Totals, - -	129	627	64 1/2	96	76	129	1300	137 1/2	10	162		192

Articles to be taken from store for each meal, -

Form (C.)

Daily Diet Book for Healthy Inmates,

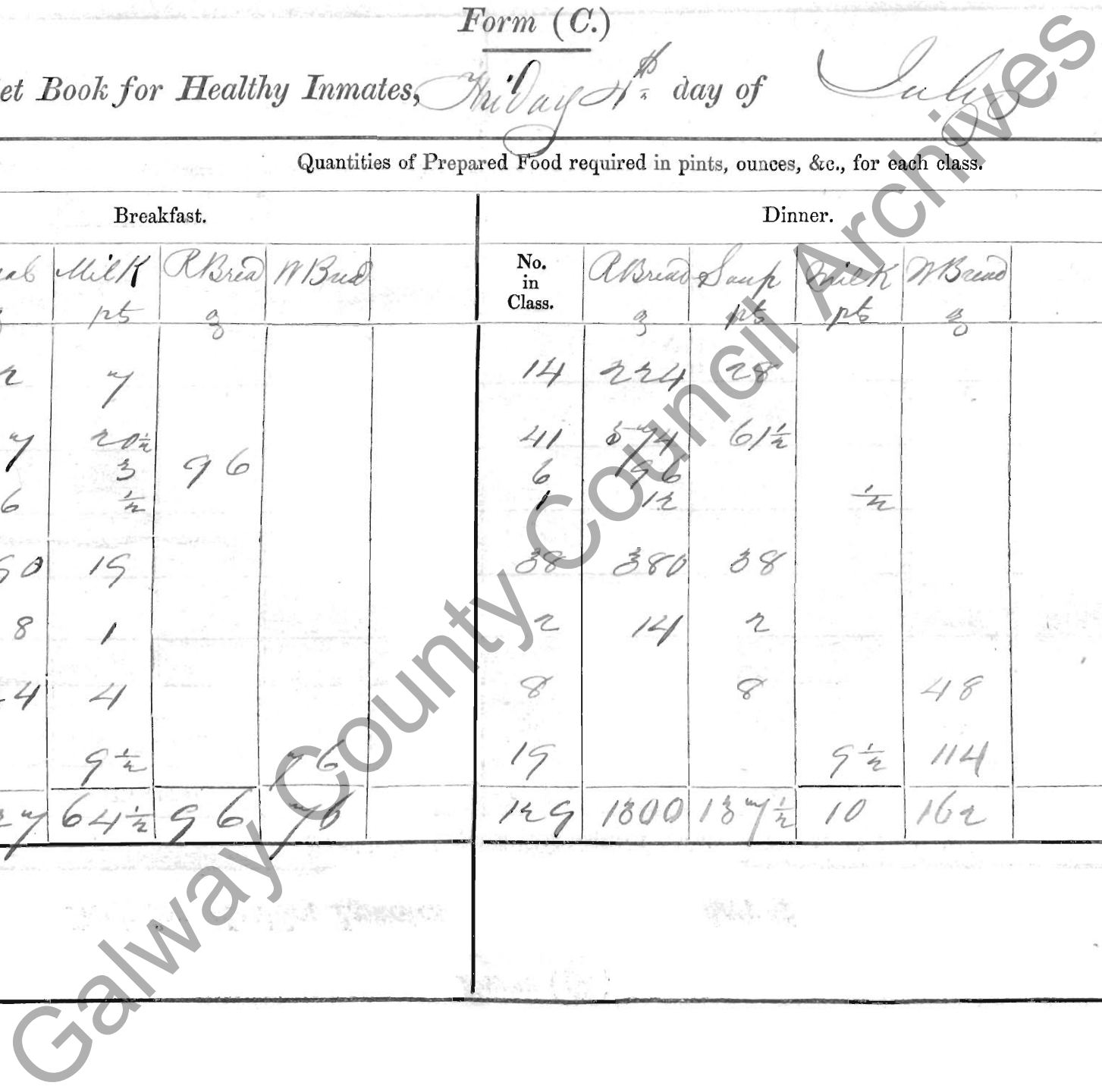
Friday, 1st day of

July 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meat g	Milk pts	R Bred g	W Bred	No. in Class.	R Bred g	Soup pts	Milk pts	W Bred	No. in Class.	R Bred g
Class I, - -	14	112	7			14	224	28				
Class II, - -	41	287	20½			41	594	6½				
Class III, - -	6		3	96		6	196					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	38	190	19			38	380	38				152
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	19		9½			19			9½	114		
Totals, - -	129	627	64½	96	96	129	1800	137½	10	162		192

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Saturday 5th* day of *July* 185*6*.

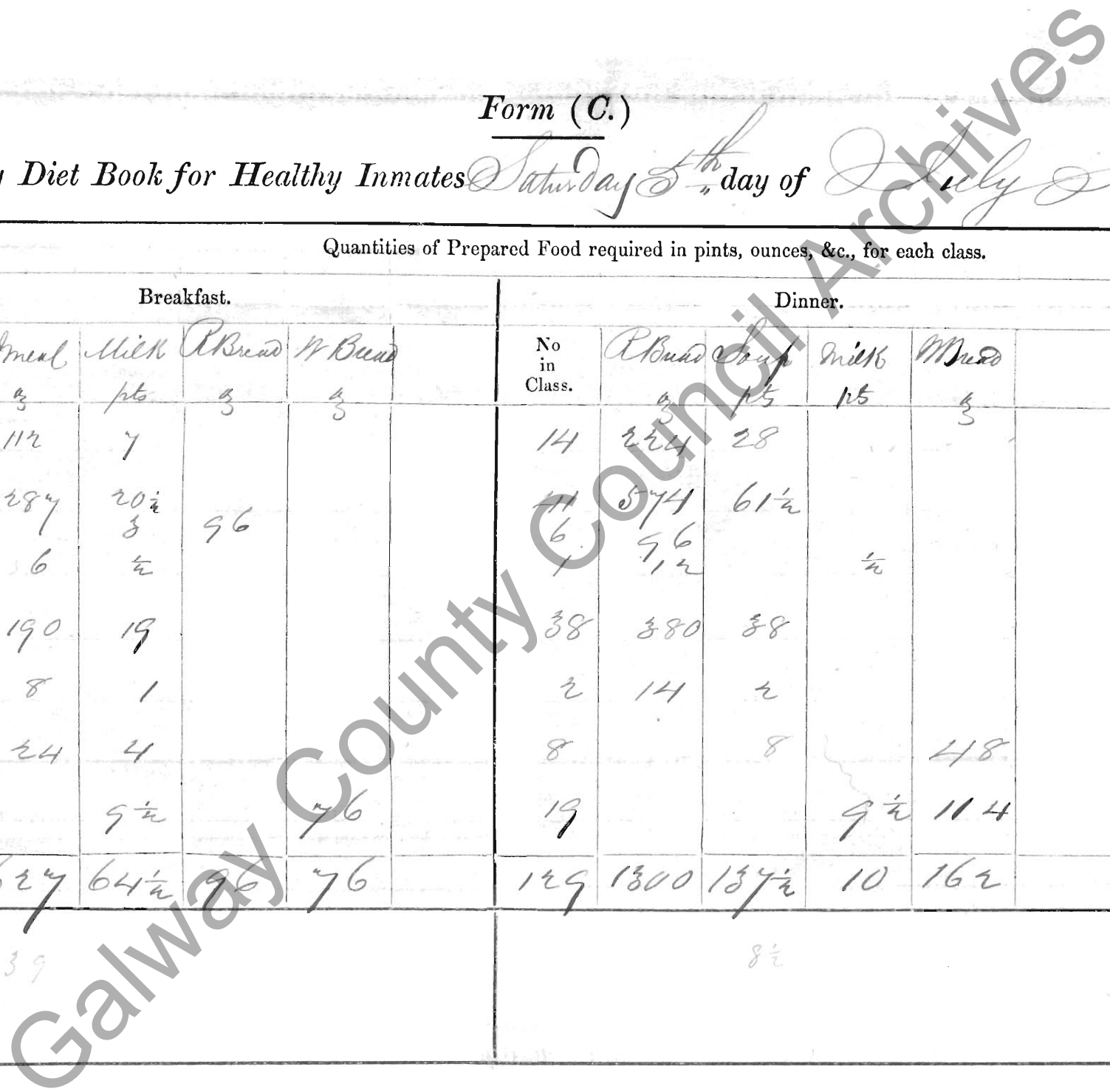
Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	14	112	7			14	224	28				3
Class II, - -	41	284	20½			41	574	61½				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	1½		½			
Class IV, - -	38	190	19			38	380	38				152
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	19		9½		76	19			9½	114		
Totals, - -	129	624	64½	96	76	129	1300	137½	10	162		192

Articles to be taken from store for each meal,

39

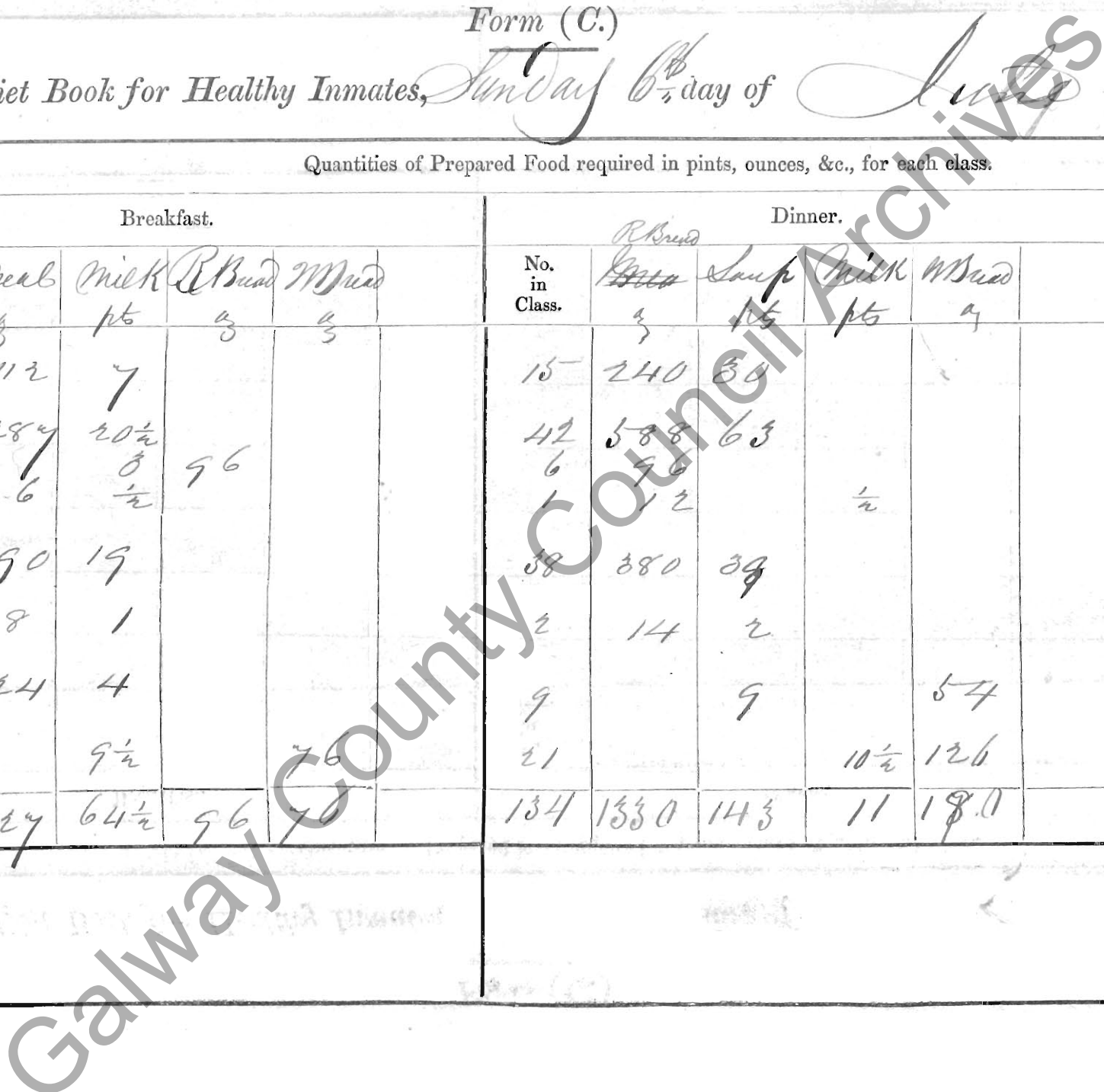
8½



Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	Mixed	No. in Class.	Bread Soup	Milk	Bread		No. in Class.	Bread
		lbs	pts	oz	oz		oz	pts	oz			oz
Class I, - -	14	112	7			15	240	30				3
Class II, - -	41	284	20½			42	588	63				
Class III, - -	6	6	8	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	38	190	19			38	380	39				152
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	8	24	4			9		9		54		36
Class VII, - -	19		9½		76	21		10½	126			
Totals, - -	129	624	64½	96	76	134	1330	143	11	180		196

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates.

Monday 7th day of

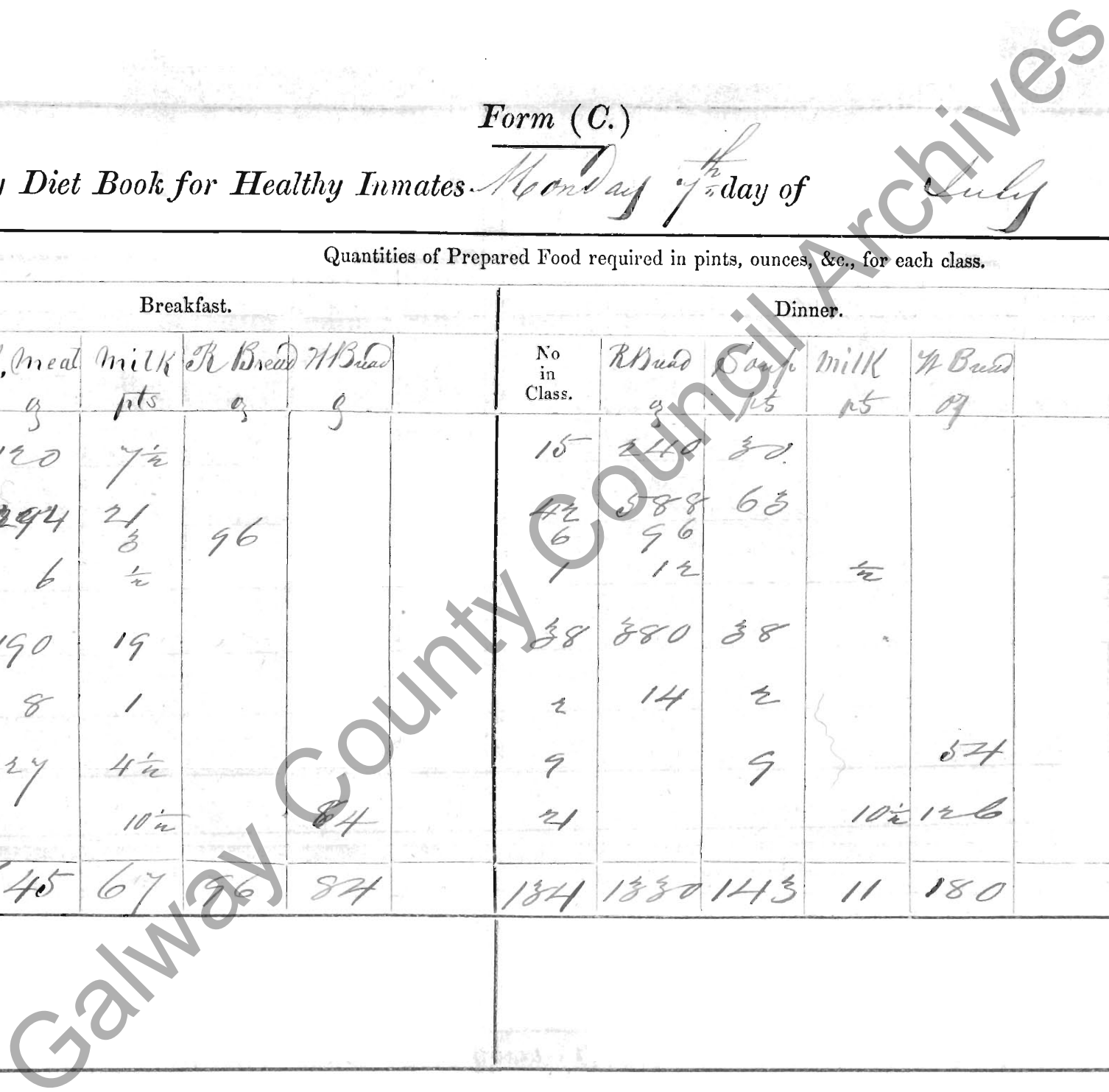
July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal g	Milk pts	R Bread oz	W Bread g	No. in Class.	R Bread g	Soup pts	Milk pts	W Bread oz	No. in Class.	R B C g
Class I, - -	15	120	7½			15	240	30				3
Class II, - -	42	294	21	96		42	588	63				
Class III, - -	6	6	½			6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	38	190	19			38	380	38				152
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	9	27	4½			9		9		54		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	134	645	67	96	84	134	1330	143	11	180		196

Articles to be taken from store for each meal,



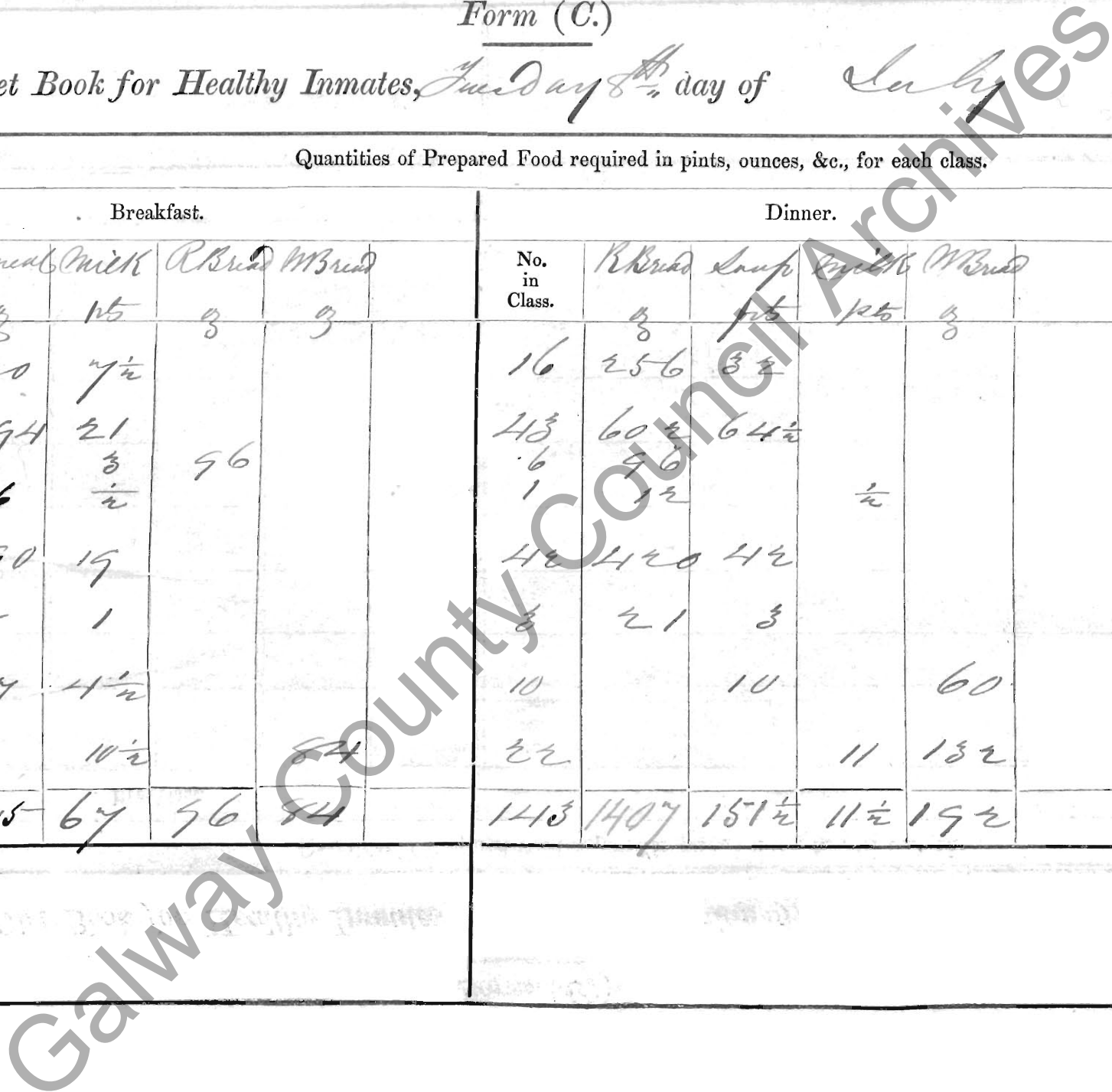
Form (C.)

Daily Diet Book for Healthy Inmates, *Tuesday 8th* day of *July* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal	Milk	R Bread	M Bread	No. in Class.	R Bread	Soup	Milk	M Bread	No. in Class.	R Bread
Class I, - -	15	120	7½	3	3	16	256	3½				
Class II, - -	42	294	21			43	604	64½				
Class III, - -	6		3	96		6	46					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	38	190	19			48	420	42				168
Class V, - -	2	8	1			8	21	3				12
Class VI, - -	9	27	4½			10		10		60		40
Class VII, - -	21		10½		84	22			11	132		
Totals, -	134	645	67	96	84	143	1407	151½	11½	192		220

Articles to be taken from store for each meal, -

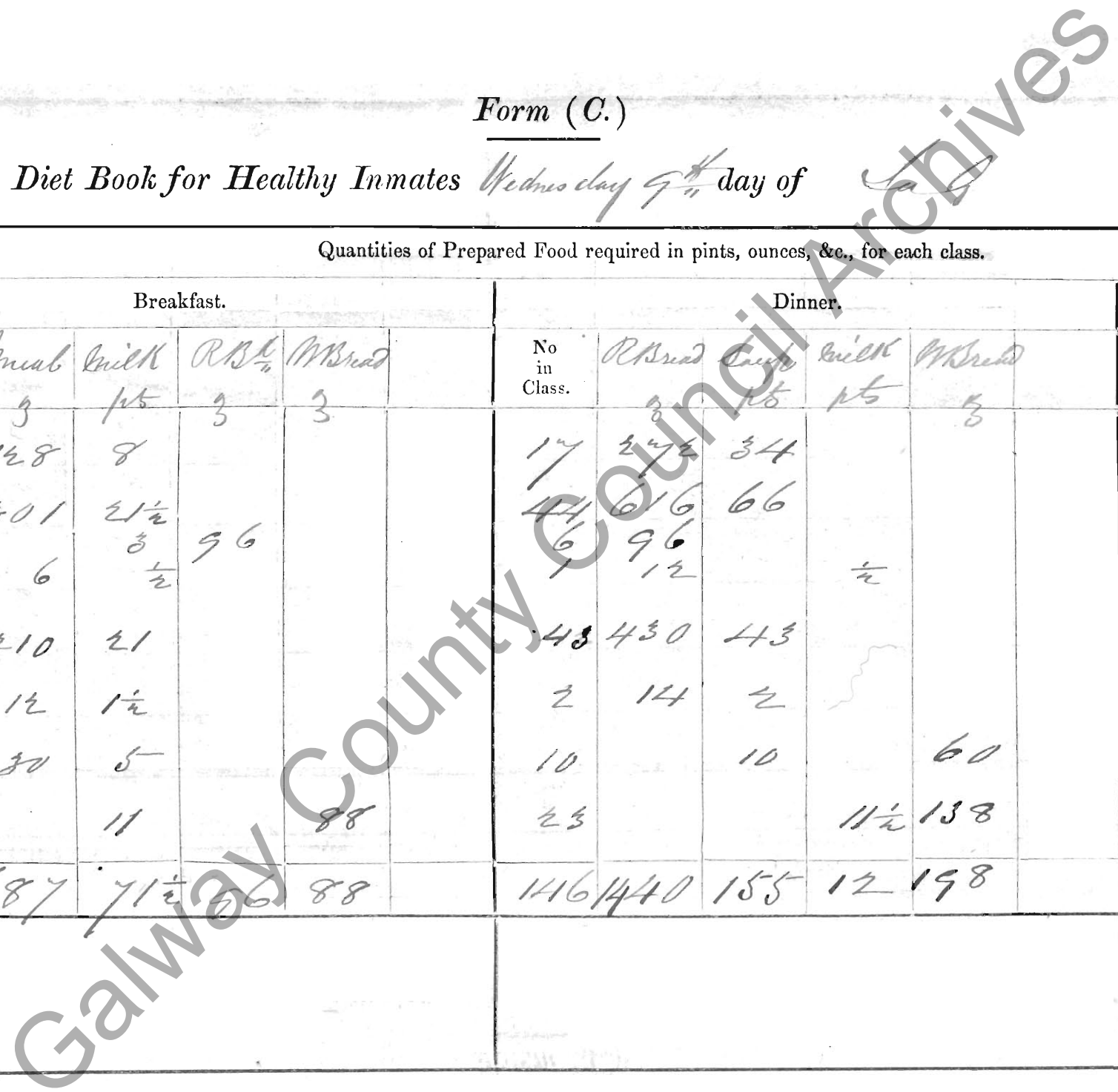


Form (C.)

Daily Diet Book for Healthy Inmates *Wednesday 9th day of* *Jan* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.												
Breakfast.					Dinner.					Supper.		
No. in Class.	Meal	Milk	R B $\frac{1}{2}$	M Bread	No. in Class.	R Bread	Cust	Milk	M Bread	No. in Class.	R Bread	
	3	15	3	3		3	15		3		3	
Class I,	16	128	8		17	246	34					
Class II,	43	301	21 $\frac{1}{2}$		44	616	66					
	6		3	96	6	96						
Class III,	1	6	$\frac{1}{2}$		1	12		$\frac{1}{2}$				
Class IV,	42	210	21		43	430	43				17 $\frac{1}{2}$	
Class V,	3	12	1 $\frac{1}{2}$		2	14	2				8	
Class VI,	10	30	5		10		10		60		40	
Class VII,	22		11	88	23			11 $\frac{1}{2}$	138			
Totals,	143	687	71 $\frac{1}{2}$	88	146	1440	155	12	198		220	

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

Thursday 10th day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Cereal	Milk	R Bread	WBread	No. in Class.	R B ₂	Soup	Milk	WBread	No. in Class.	R Bread
Class I, - -	17	136	8½			16	256	35				
Class II, - -	44	308	22			41	571	61½				
Class III, - -	6		3	96		6	146					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	43	215	21½			41	410	41				164
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	10	80	5			9		9		524		36
Class VII, - -	23		11½		92	23			11½	138		
Totals, - -	146	703	73	96	92	139	1362	145½	12	192		208
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

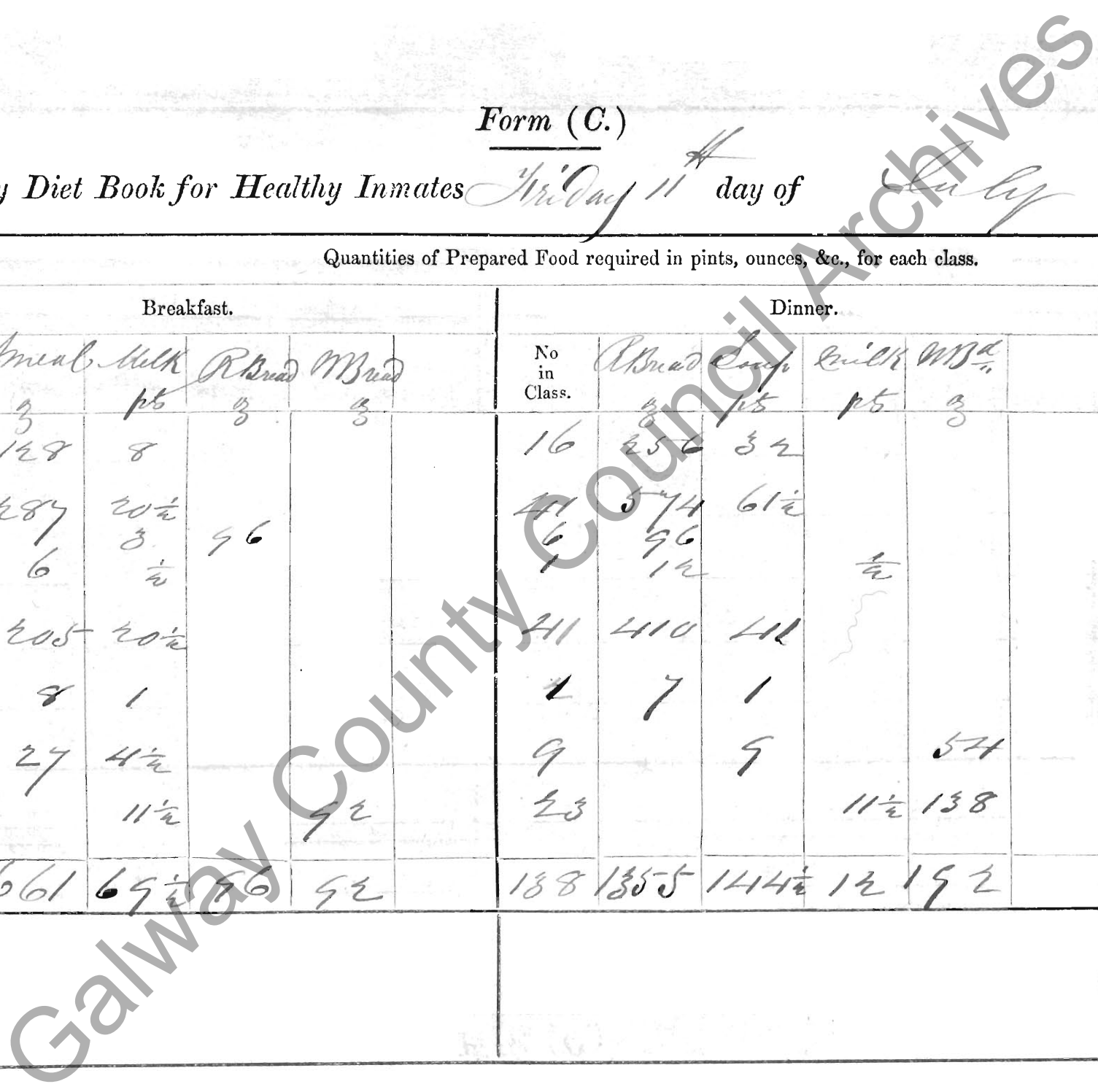
Tuesday 11th day of *July*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Quilt	W Bread	No. in Class.	R Bread
Class I,	16	128	8	3	3	16	256	32		3		
Class II,	41	287	20½			41	574	61½				
Class III,	6	6	3	96		6	96					
Class IV,	1	6	½			1	12		½			
Class V,	41	205	20½			41	410	41				164
Class VI,	2	8	1			2	7	1				4
Class VII,	9	27	4½			9	9			54		36
Class VIII,	23		11½		92	23			11½	138		
Totals,	139	661	69½	96	92	138	1355	144½	12	192		204

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, *Saturday* ^{12th} day of

July 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	Milk	Soup	Milk	Milk		No. in Class.	Bread
Class I, - -	16	128	8	3	3	32	15	3			3
Class II, - -	41	287	20 1/2		40	60	60				
Class III, - -	6	6	8	96	6	96					
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	41	205	20 1/2		41	410	41				164
Class V, - -	1	4	1/2		1	7	1				4
Class VI, - -	9	27	4 1/2		9	9			54		36
Class VII, - -	23		11 1/2		22			11	132		
Totals, - -	138	657	69	96	92	136	1341	143	11 1/2	186	204
Articles to be taken from store for each meal, -	41				9						

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Sunday 13th day of

July

1856

Quantities of Prepared Food required in pints, ounces, &c., for each class.

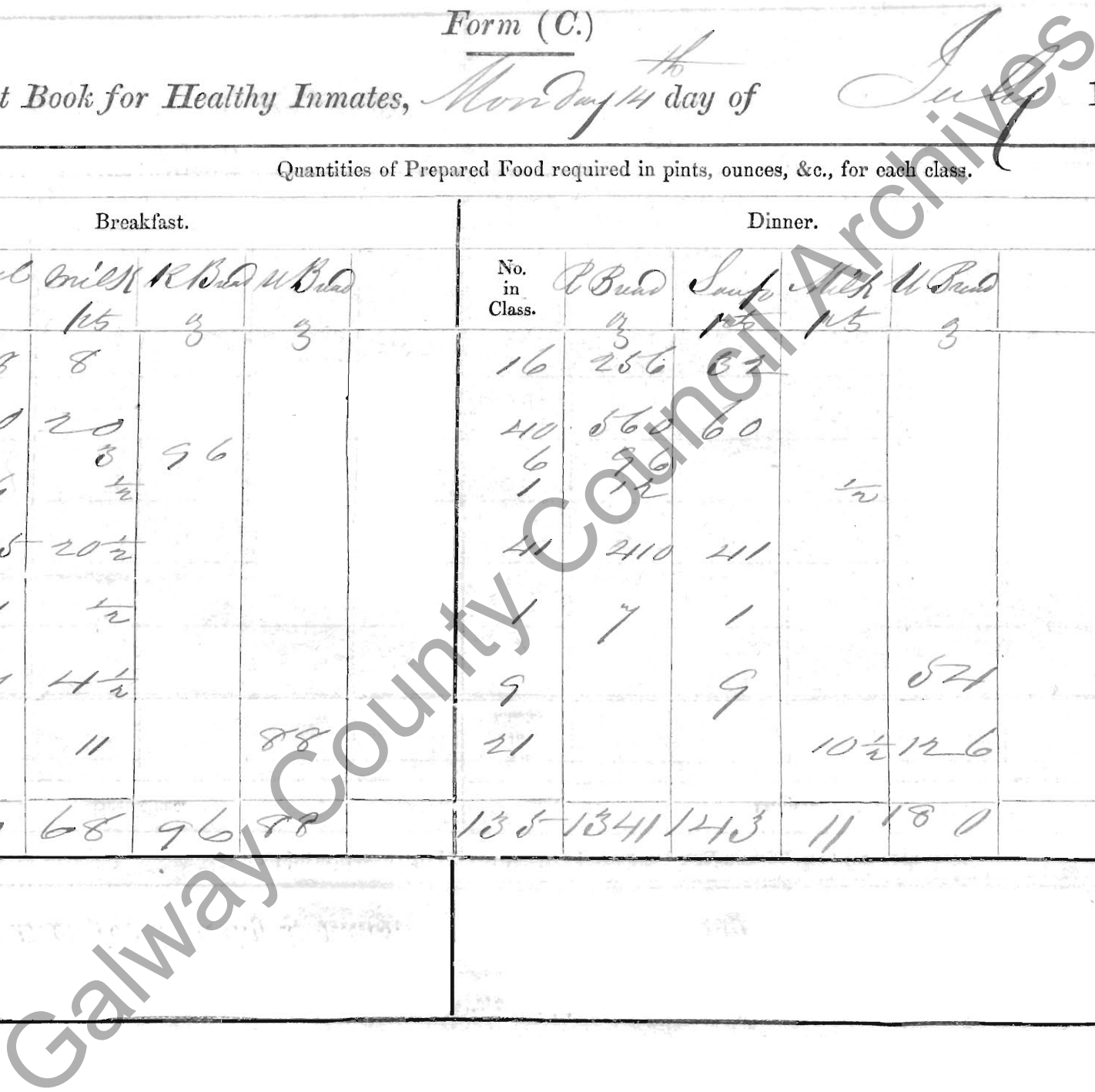
	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	RBA	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	RBA
Class I, - -	16	128	8		3	16	256	32		3		3
Class II, - -	40	280	20			40	560	60				
Class III, - -	6	6	$\frac{1}{2}$	96		6	96		$\frac{1}{2}$			
Class IV, - -	41	205	20 $\frac{1}{2}$			41	2110	41				164
Class V, - -	1	4	$\frac{1}{2}$			1	4	1				4
Class VI, - -	9	27	4 $\frac{1}{2}$			9		9		54		36
Class VII, - -	22		11		88	22			11	132		
Totals, - -	136	650	68	96	88	136	1341	143	11 $\frac{1}{2}$	186		294

Articles to be taken from store for each meal,

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Round Bread	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
Class I,	16	128	8	3	3	16	256	32	15	3		3
Class II,	40	280	20			40	560	60				
Class III,	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class IV,	41	205	20 $\frac{1}{2}$			41	240	41				164
Class V,	1	4	$\frac{1}{2}$			1	7	1				4
Class VI,	9	27	4 $\frac{1}{2}$			9		9		54		36
Class VII,	22		11		88	21			10 $\frac{1}{2}$	126		
Totals,	136	650	68	96	88	135	1341	143	11	180		204

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

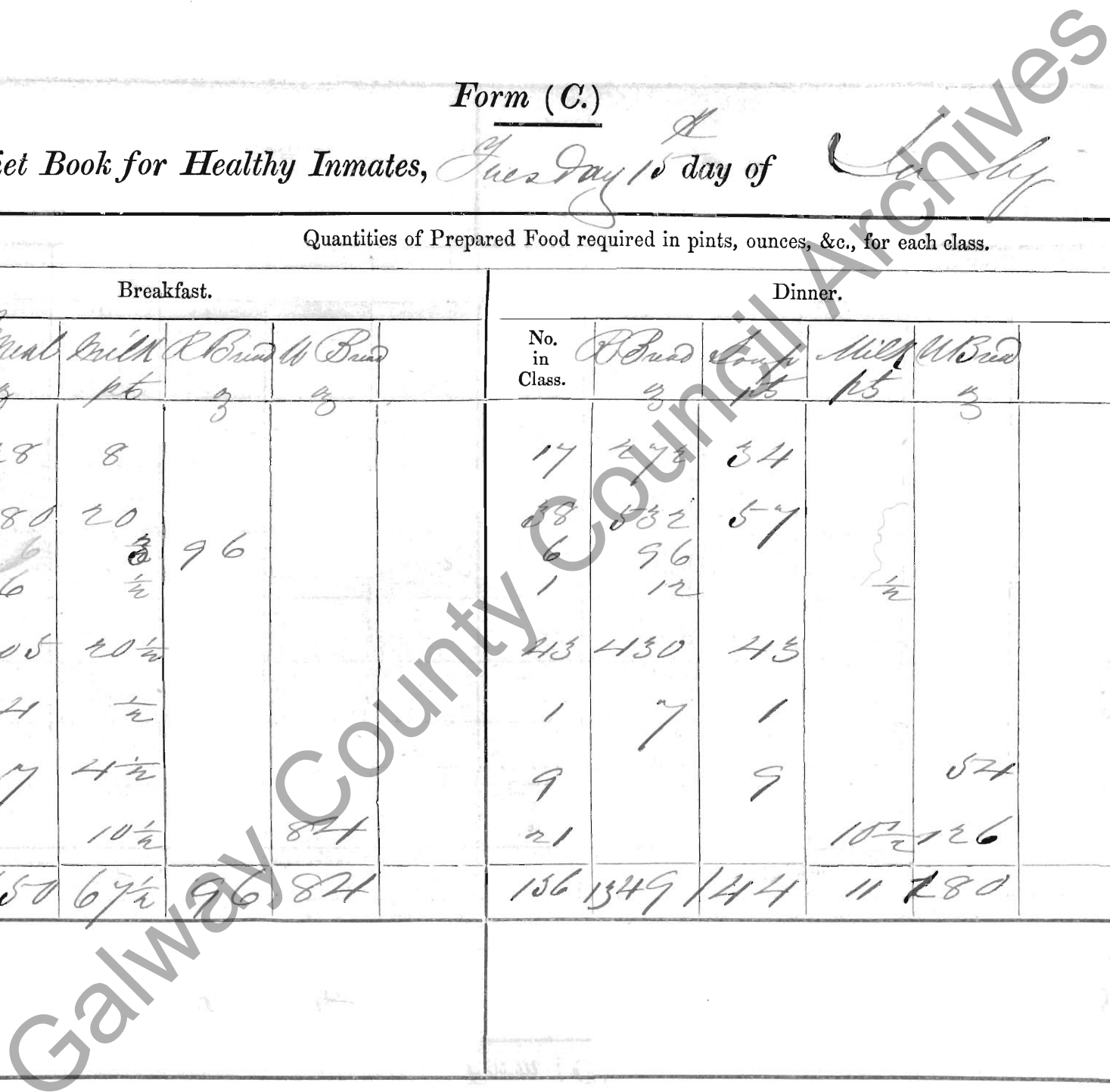
Tuesday 15 day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
		g	pts	g	g		g	pts	pts	g		g
Class I,	16	128	8			17	128	34				3
Class II,	20	280	20			28	280	57				
Class III,	6	6	3	96		6	6					
Class IV,	1	6	1/2			1	12		1/2			
Class V,	41	205	20 1/2			43	430	43				17 1/2
Class VI,	1	21	1/2			1	7	1				4
Class VII,	9	27	4 1/2			9		9		574		36
Class VII,	21		10 1/2		84	21			10 1/2	126		
Totals,	135	650	67 1/2	96	84	156	1349	144	11	280		212

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 16 day of

July 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I, - -	17	136	8 1/2	3	3	17	272	8 1/2	16	3		3
Class II, - -	38	266	19	3		38	532	57				
Class III, - -	6	6	1/2	96		1	12		1/2			
Class IV, - -	43	215	21 1/2			42	420	4 1/2				168
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	9	27	4 1/2			9		9		521		36
Class VII, - -	21		10 1/2		874	21			10 1/2	126		
Totals, - -	136	654	68	96	874	135	1339	143	11	18 1/2		358

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

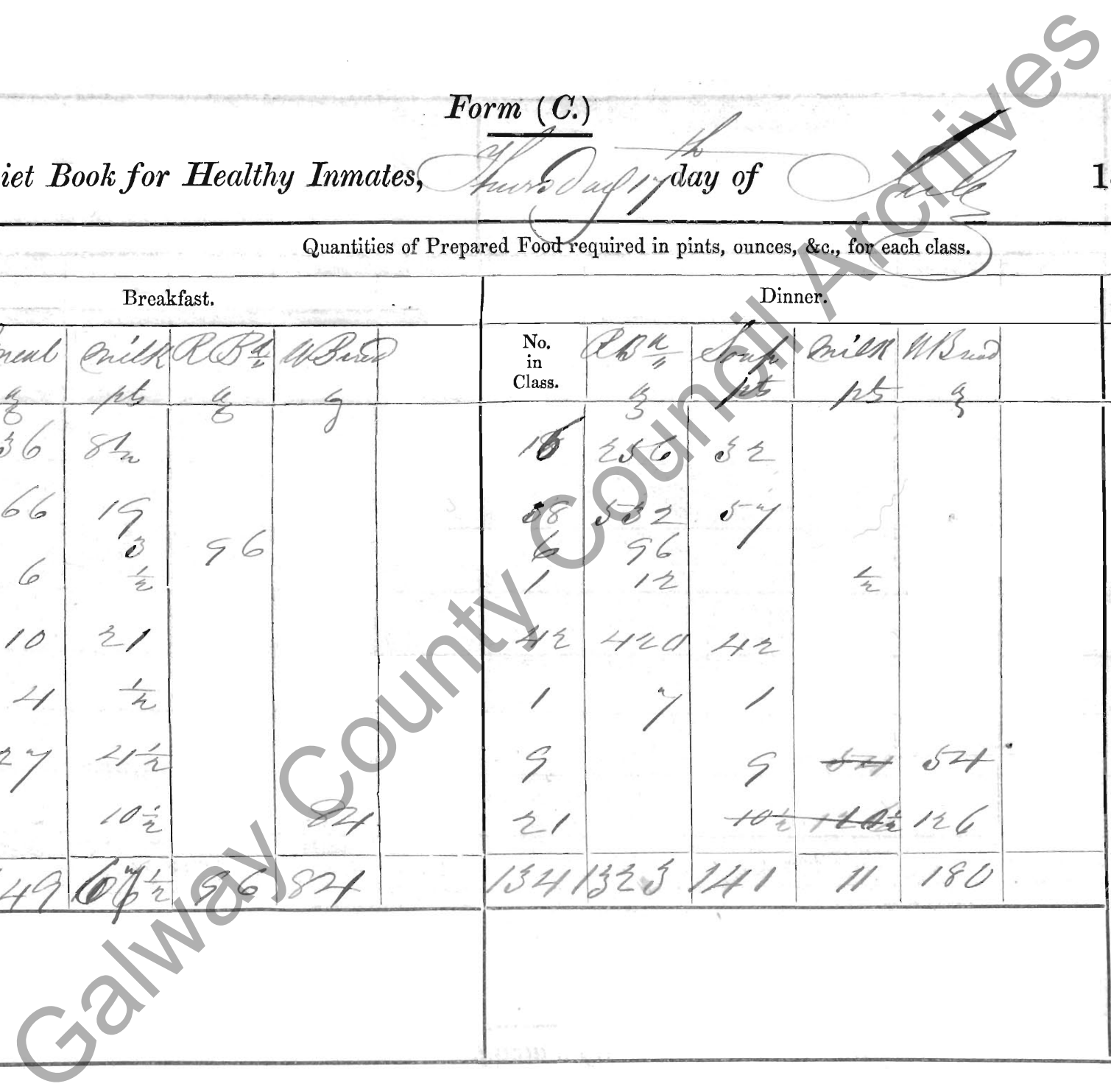
Thursday day of *17*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	R B $\frac{1}{2}$	W Bread	No. in Class.	R B $\frac{1}{2}$	Soup	Milk	W Bread	No. in Class.	R B $\frac{1}{2}$
Class I,	17	136	8 $\frac{1}{2}$	4	9	16	256	32				3
Class II,	38	266	19			58	532	54				
Class III,	6	6	$\frac{1}{2}$	96		6	96					
Class IV,	1					1	12		$\frac{1}{2}$			
Class V,	42	210	21			42	420	42				168
Class VI,	1	4	$\frac{1}{2}$			1	7	1				4
Class VII,	9	27	4 $\frac{1}{2}$			9		9	54	54		36
Class VIII,	21		10 $\frac{1}{2}$		84	21		10 $\frac{1}{2}$	126	126		
Totals,	135	649	67 $\frac{1}{2}$	96	84	134	1323	141	11	180		208

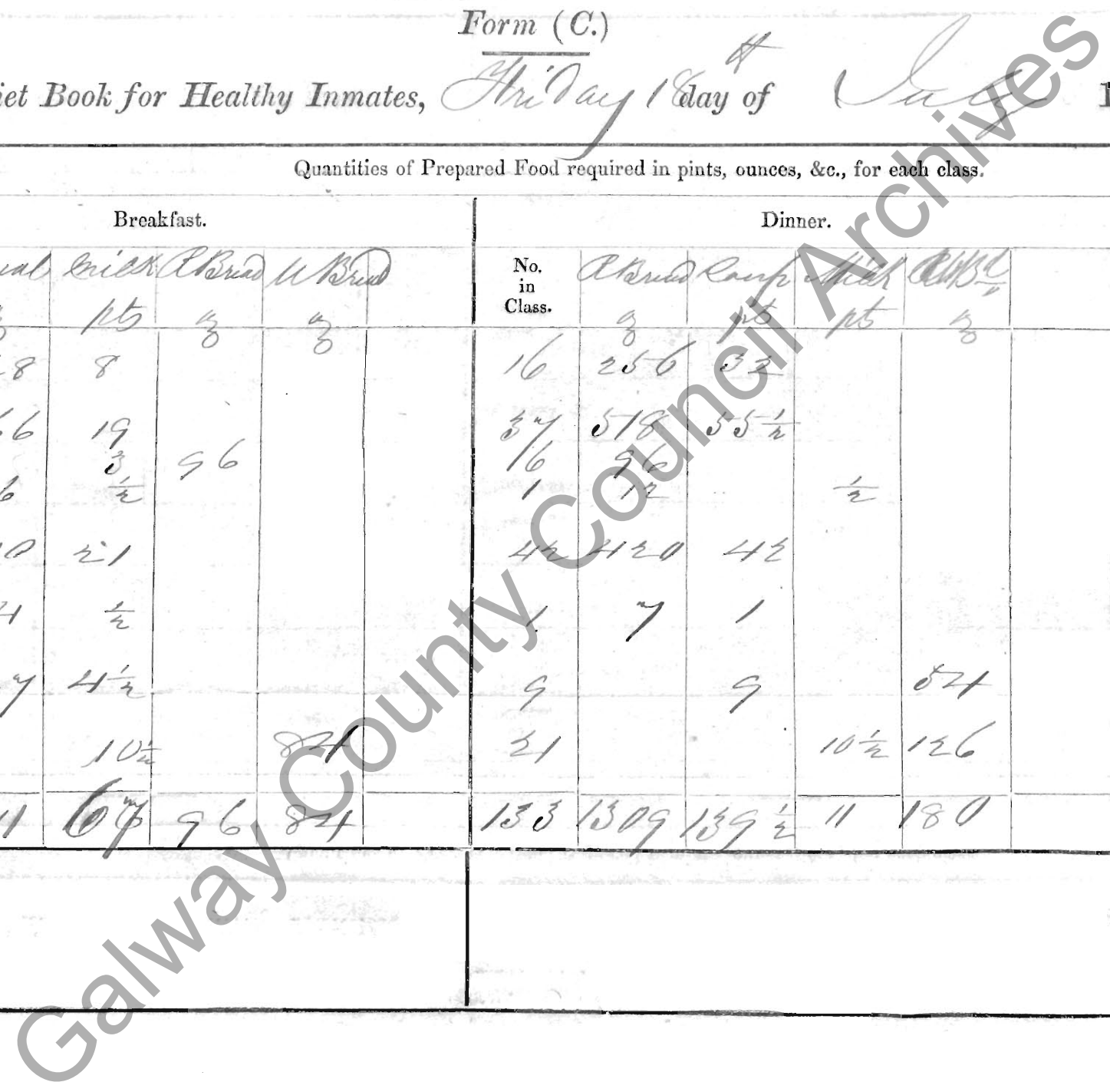
Articles to be taken from store for each meal, -



Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal	Milk	Bread	No. in Class.	Bread	Meat	Milk	No. in Class.	Bread
Class I,	16	128	8	$\frac{3}{8}$	16	256	$\frac{3}{8}$	$\frac{3}{8}$		3
Class II,	38	266	19		38	518	$5\frac{1}{2}$			
Class III,	6	6	$\frac{3}{2}$	96	16	96		$\frac{1}{2}$		
Class IV,	42	210	21		42	420	42			168
Class V,	1	4	$\frac{1}{2}$		1	7	1			4
Class VI,	9	27	$4\frac{1}{2}$		9	9		824		36
Class VII,	21		$10\frac{1}{2}$	824	21		$10\frac{1}{2}$	126		
Totals,	134	641	67	96	133	1309	$139\frac{1}{2}$	11	180	208

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 17th day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Milk	W Bread	No. in Class.	Port.
Class I,	16	128	8	3	3	17	272	34			
Class II,	37	259	18½			27	218	55½			
Class III,	16	6	3	96		6	96				
	1	6	½			1	12	½			
Class IV,	42	210	21			42	420	42			168
Class V,	1	4	½			1	7	1			4
Class VI,	9	27	4½			9	9		54		36
Class VII,	21		10½		84	21		10½	126		
Totals,	133	634	66½	96	84	134	1325	141½	11	180	208
Articles to be taken from store for each meal, -											

Form (C.)

Daily Diet Book for Healthy Inmates, th Sunday 20th day of July 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	W Bread	W Bread	No. in Class.	R Bread
Class I, - -	17	136	8½	3	3	16	256	32				3
Class II, - -	37	259	18½			37	588	50½				
Class III, - -	6	6	3½	96		1	12		½			
Class IV, - -	42	210	21			42	420	42				168
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	9	27	4½			9	9			524		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, -	134	642	67	96	84	133	1309	139½	11	180		208
Articles to be taken from store for each meal,												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Monday 21st day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

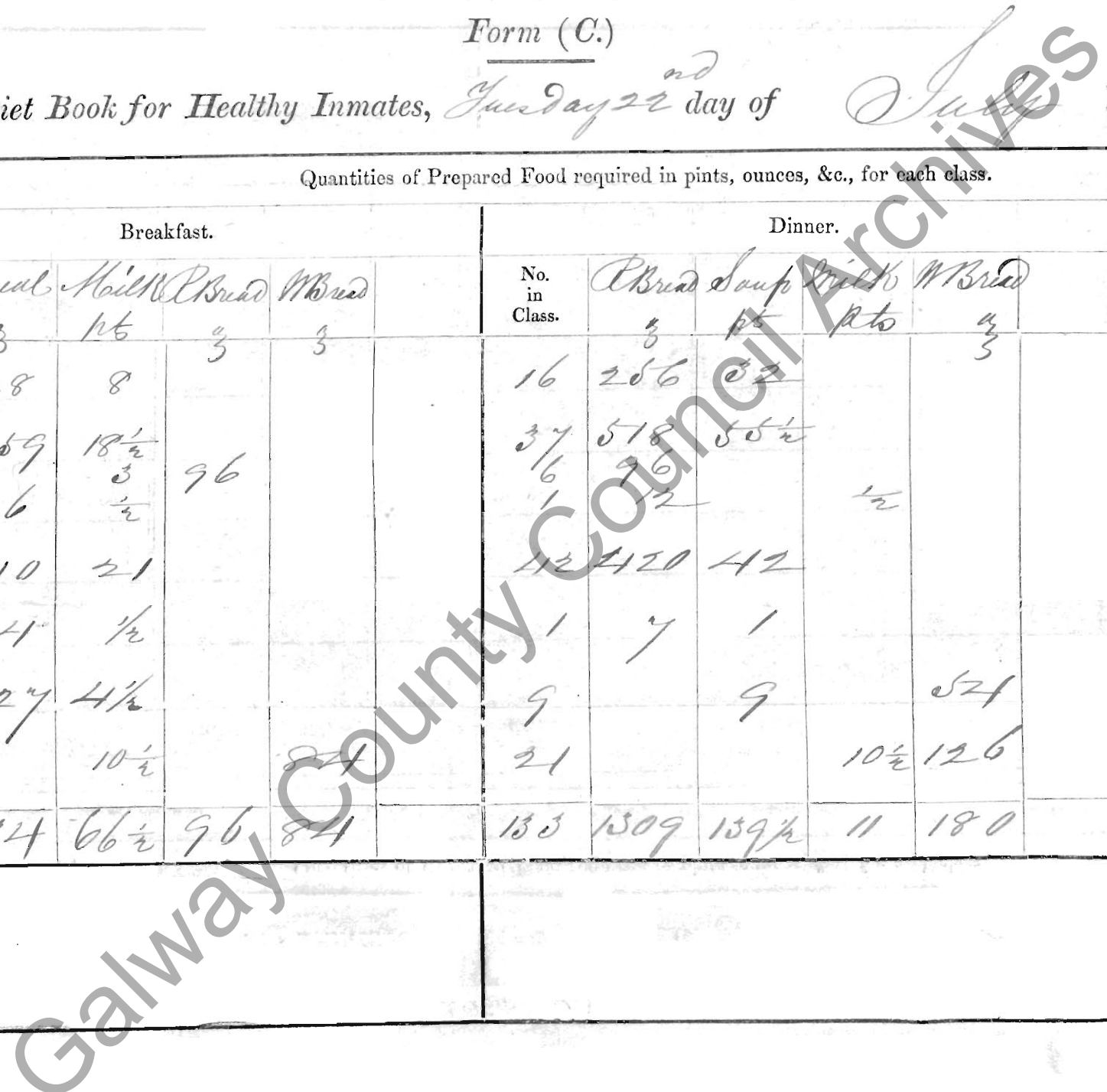
	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Portion
Class I,	16	128	8		16	256	32				
Class II,	57	259	18½		37	458	55½				
Class III,	1	6	½	96	1	12		½			
Class IV,	42	210	21		42	420	42				168
Class V,	1	4	½		1	7	1				4
Class VI,	9	27	4½		9		9		54		36
Class VII,	21		10½		21			10½	126		
Totals,	133	634	66½	96	133	1309	139½	11	180		208
Articles to be taken from store for each meal, -											

Daily Diet Book for Healthy Inmates, *Sunday*nd day of *July* 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	M Bread	No. in Class.	Bread	Soup	Milk	M Bread	No. in Class.	Bread
Class I, - -	16	128	8	3	3	16	256	32		3		3
Class II, - -	37	259	18½			37	518	55½				
Class III, - -	6	6	½	96		1	12		½			
Class IV, - -	42	210	21			42	420	42				168
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	9	27	4½			9		9		524		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	133	634	66½	96	84	133	1309	139½	11	180		208

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

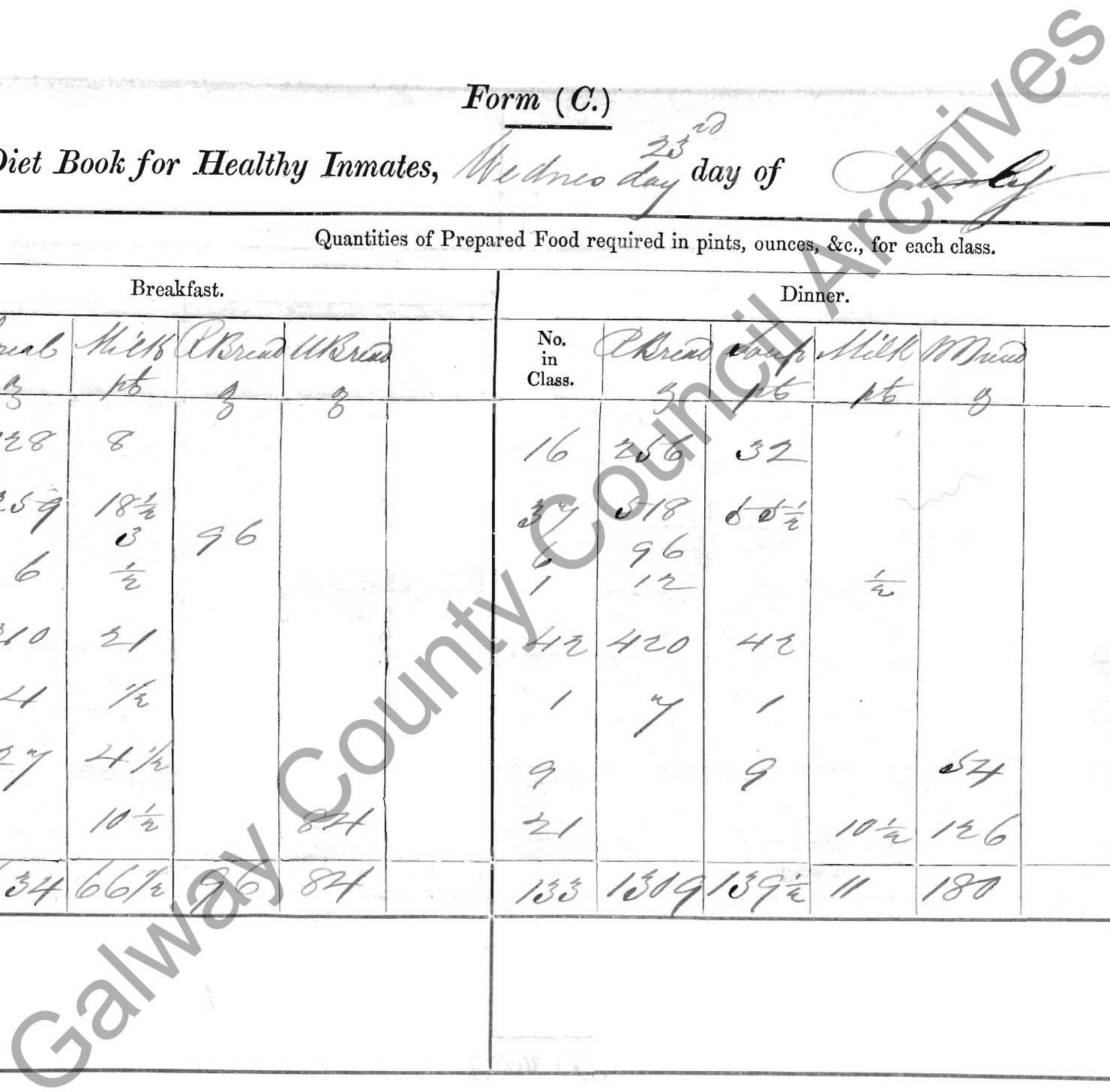
Wednesday ^{23rd} day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
		lb	pt	oz	oz		oz	pt	pt	oz		oz
Class I,	16	128	8			16	256	32				5
Class II,	37	259	18½			37	518	85½				
Class III,	1	6	½	96		1	96		½			
Class IV,	42	210	21			42	420	42				169
Class V,	1	4	½			1	4	1				4
Class VI,	9	27	4½			9	9			54		36
Class VII,	21		10½		84	21			10½	126		
Totals,	133	634	66½	96	84	133	1319	139½	11	180		208

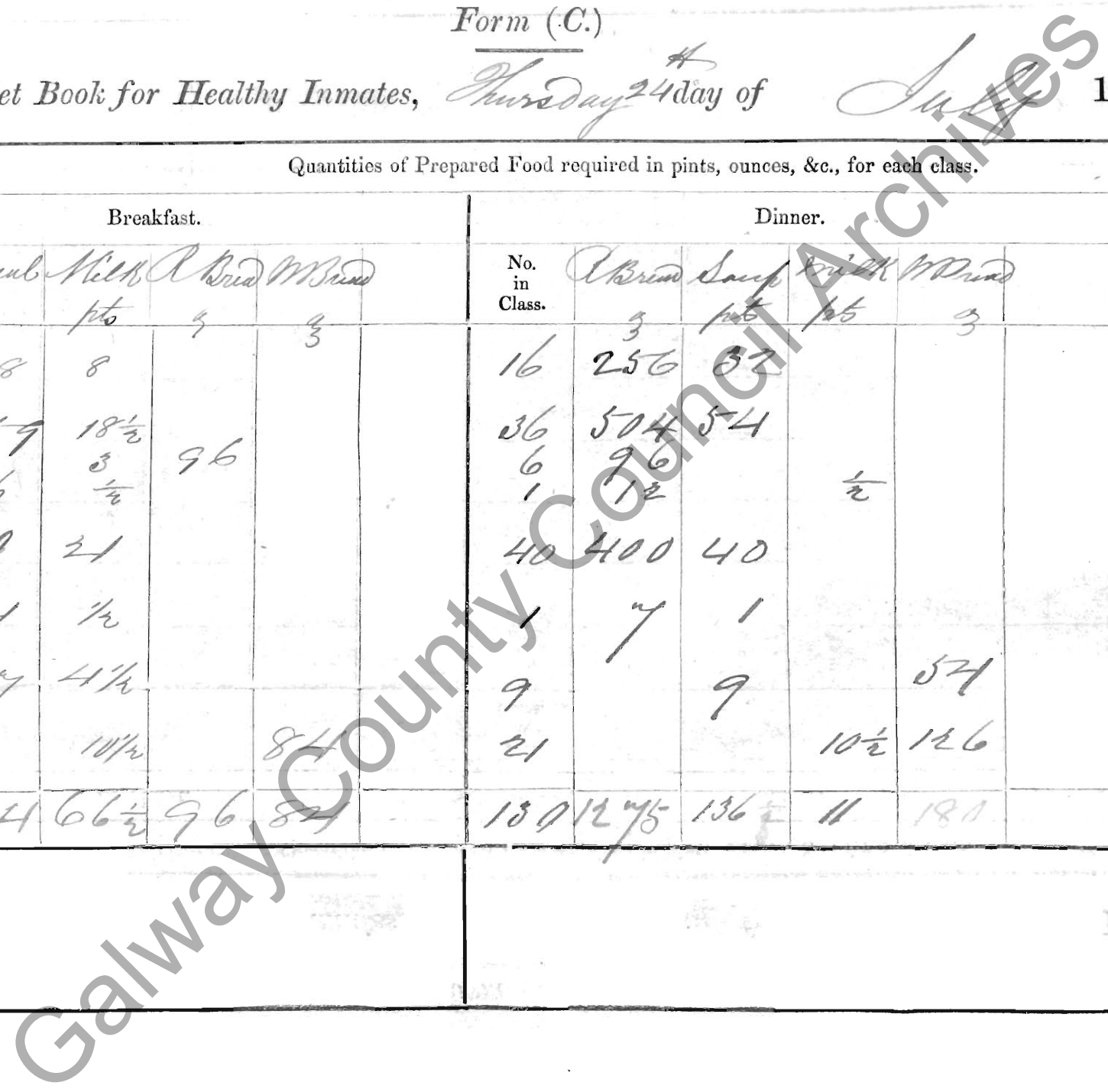
Articles to be taken from store for each meal, -



Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	Meat	No. in Class.	Bread	Soup	Milk	Meat	No. in Class.	Bread
Class I, - -	16	128	8	3	3	16	256	32				3
Class II, - -	37	259	18½			36	504	54				
Class III, - -	1	6	¾		96	6	96		½			
Class IV, - -	42	210	21			40	400	40				160
Class V, - -	1	4	½			1	7	1				4
Class VI, - -	9	27	4½			9		9		57		36
Class VII, - -	21		10½		84	21			10½	126		
Totals, - -	133	634	66½		96	84	189	127½	136	11	181	208

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

Friday 25th day of

July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
Class I,	16	128	8	3	16	256	32		3		3
Class II,	36	252	18		36	504	54				
Class III,	6	6	3	96	6	96					
Class IV,	1	6	1/2		1	12		1/2			
Class V,	40	200	20		40	400	40				160
Class VI,	1	4	1/2		1	4	1				4
Class VII,	9	27	4 1/2		9	9			54		36
Totals,	21		10 1/2	84	21			10 1/2	126		
Totals,	130	617	65	96	130	1275	136	11	180		200

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 26 day of

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.					Supper.	
	No. in Class.	Conical Milk	W Bread	W Bread	No. in Class.	W Bread	Soup	W Bread	W Bread	No. in Class.	W Bread
Class I, - -	16	128	8	3	16	256	52	3			3
Class II, - -	36	252	18		35	490	52½				
Class III, - -	6	6	3	96	6	196					
Class III, - -	1		½		1	12			½		
Class IV, - -	40	200	20		40	400	40				160
Class V, - -	1	4	½		1	4	1				4
Class VI, - -	9	27	4½		9		9		24		36
Class VII, - -	24		10½		19				9½	114	
Totals, - -	130	617	65	96	127	1261	134½	10	168		200
Articles to be taken from store for each meal, -											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

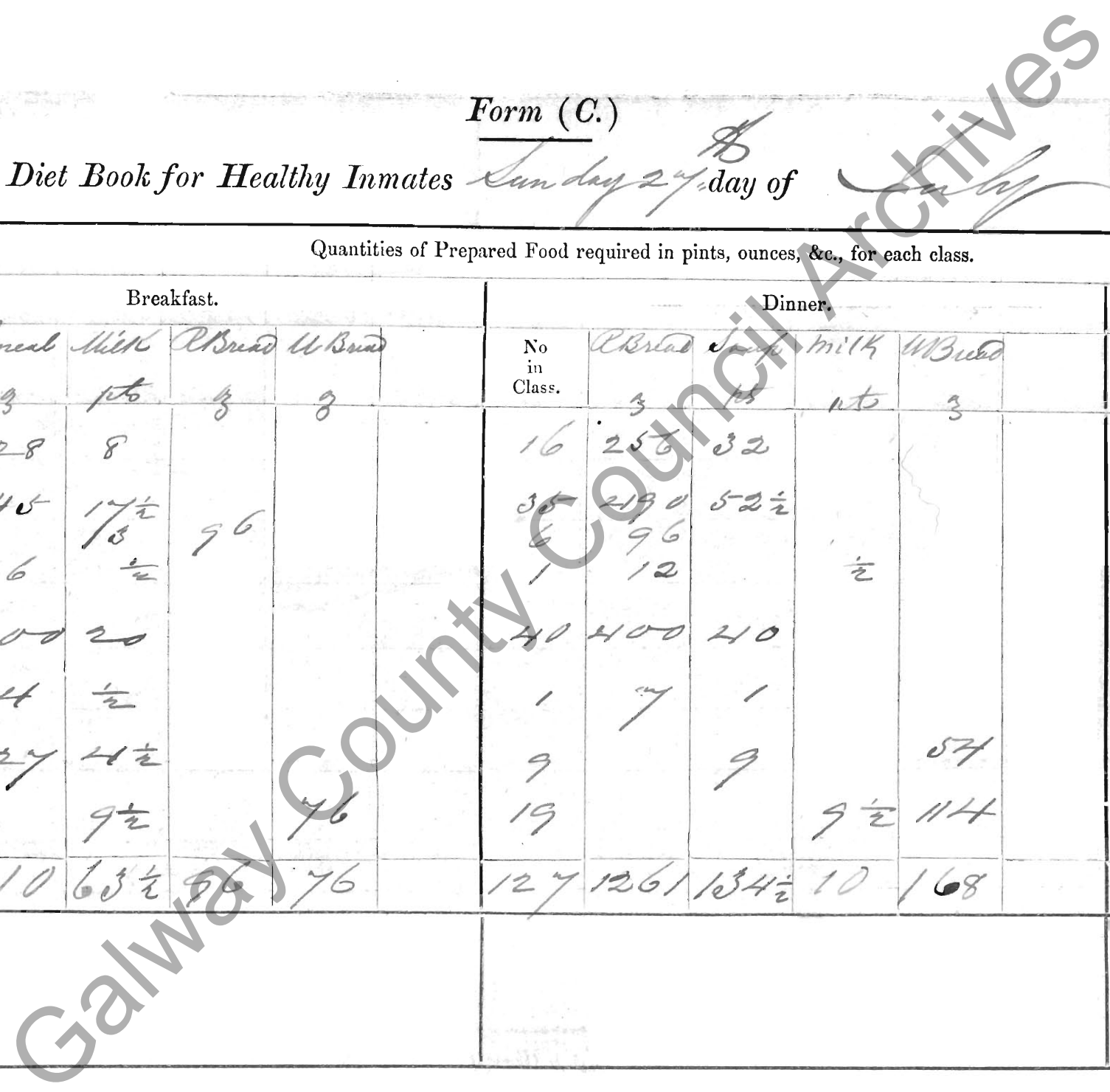
Sunday 27th day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	milk	W Bread	No. in Class.	Bread
Class I,	16	128	8	3	3	16	256	32		3		3
Class II,	35	245	17½			35	245	52½				
	6		1½	96		6	96					
Class III,	1	6	½			1	12		½			
Class IV,	40	200	20			40	400	40				160
Class V,	1	4	½			1	7	1				4
Class VI,	9	27	4½			9	9			54		36
Class VII,	19		9½		76	19			9½	114		
Totals,	127	610	63½	96	76	127	1261	134½	10	168		200

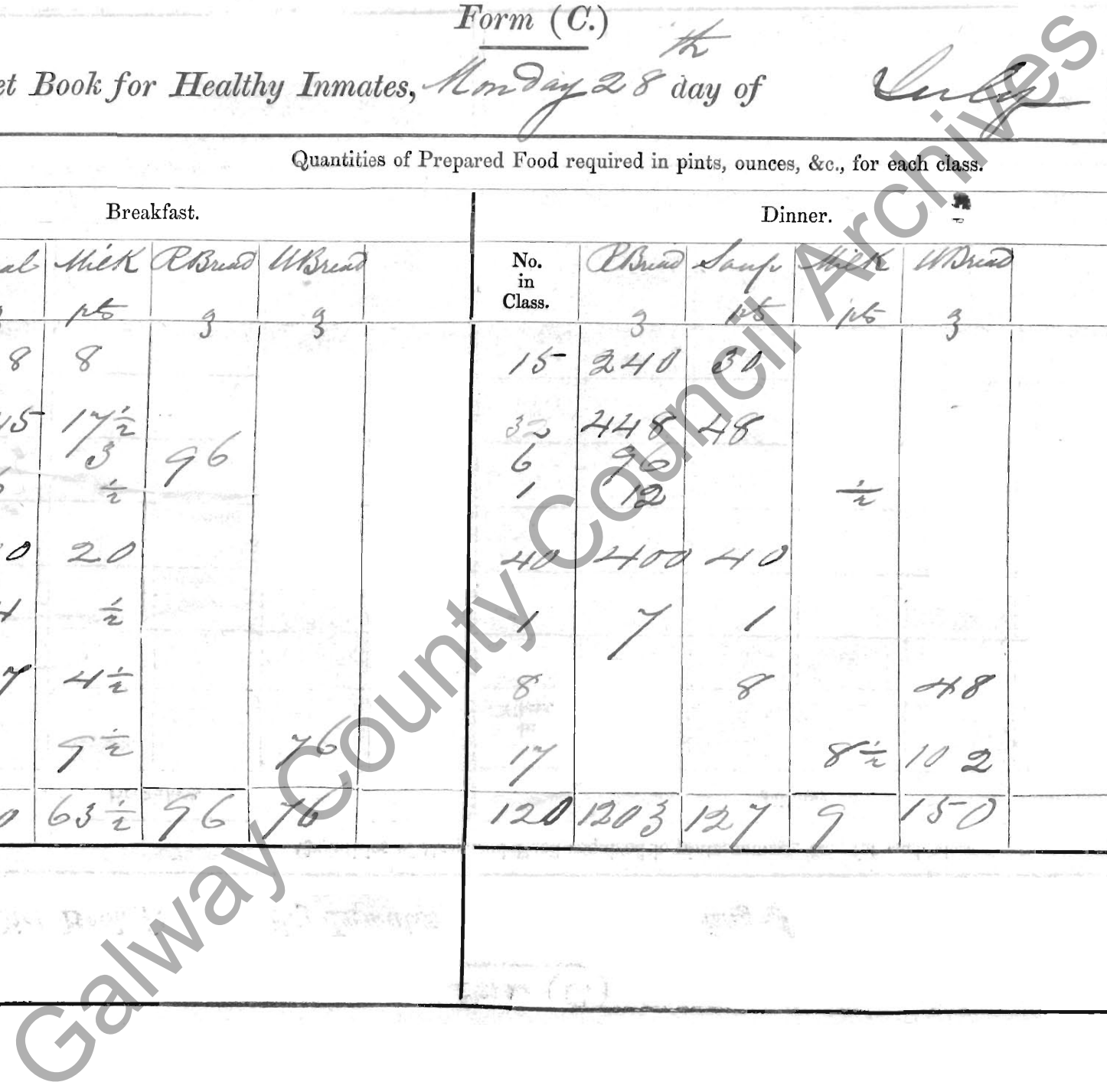
Articles to be taken from store for each meal,



Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
Class I, - -	16	3	15	3	3	15	3	15	15	3		3
Class II, - -	35	245	17½			35	248	48				
Class III, - -	6	6	3	96		6	96					
Class IV, - -	1	6	½			1	12		½			
Class V, - -	40	200	20			40	400	40				160
Class VI, - -	1	4	½			1	7	1				4
Class VII, - -	9	27	4½			8		8		48		32
Class VII, - -	19		9½		76	17			8½	102		
Totals, - -	127	610	63½	96	76	120	1203	127	9	150		196

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

the
Sunday 29 day of *July*

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	R. Bread	M. Bread	No. in Class.	R. Bread	Milk	M. Bread	No. in Class.	R. Bread
Class I,	15	120	7½	3	3	15	240	30			3
Class II,	32	224	16			32	448	48			
Class III,	6	6	3½	9	6	1	96				
Class IV,	1		½			1	12	½			
Class V,	240	200	20			29	390	39			156
Class VI,	1	4	±			1	7	1			4
Class VII,	8	24	4			8		8	48		32
Class VII,	17		8½			17		8½	102		
Totals,	120	578	60½	96	68	119	1193	126	9	150	192

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* ^{30th} day of *July* 185*6*.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Bread	Soup	Milk	Mead	No. in Class.	Bread
Class I, - -	15	120	7 1/2	3	15	240	30		3		3
Class II, - -	32	224	16		33	462	49 1/2				
Class III, - -	6	6	1/2	96	6	96					
Class IV, - -	39	195	19 1/2		39	590	39				156
Class V, - -	1	1	1/2		1						
Class VI, - -	8	24	4		8		8		48		32
Class VII, - -	17		8 1/2		17		8	8 1/2	102		
Totals, - -	119	575	59 1/2	96	119	1200	126 1/2	9	150		188
Articles to be taken from store for each meal, -											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Thursday 31st day of July

1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	Milk	No. in Class.	Bread	Milk	Milk	Bread	No. in Class.	Bread
Class I, - -	15	120	7½			15	240	30				3
Class II, - -	33	231	16½			33	462	47½				
Class III, - -	6	6	3	96		6	96					
Class IV, - -	1		½			1	12		½			
Class V, - -	39	195	19½			38	380	38				152
Class VI, - -	"	"	"			"	"	"				
Class VII, - -	8	24	4			8		8		48		32
Class VII, - -	17		8½			17			8½	102		
Totals, - -	119	546	59½	96	68	118	1190	125½	9	150		184

Articles to be taken from store for each meal,

