

Form (C.)

Daily Diet Book for Healthy Inmates, Friday 1st day of August 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meat	Milk	Bread	Mixed	No. in Class.	Bread	Soup	Milk	Mixed	No. in Class.	Bread
		3	1 ^{pt}	3	3		3	1 ^{pt}	1 ^{pt}	3		3
Class I,	15	120	7 ^{1/2}			14	224	28				
Class II,	33	231	16 ^{1/2}			33	462	49 ^{1/2}				
Class III,	6		5	96		6	76					
	1	6	1/2			1	12		1/2			
Class IV,	38	190	19			38	380	38				152
Class V,	"					"	"	"				
Class VI,	8	24	4			8		8		48		32
Class VII,	17		8 ^{1/2}		68	17			8 ^{1/2}	102		
Totals,	118	571	59	96	68	117	1174	123 ^{1/2}	9	151		184

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

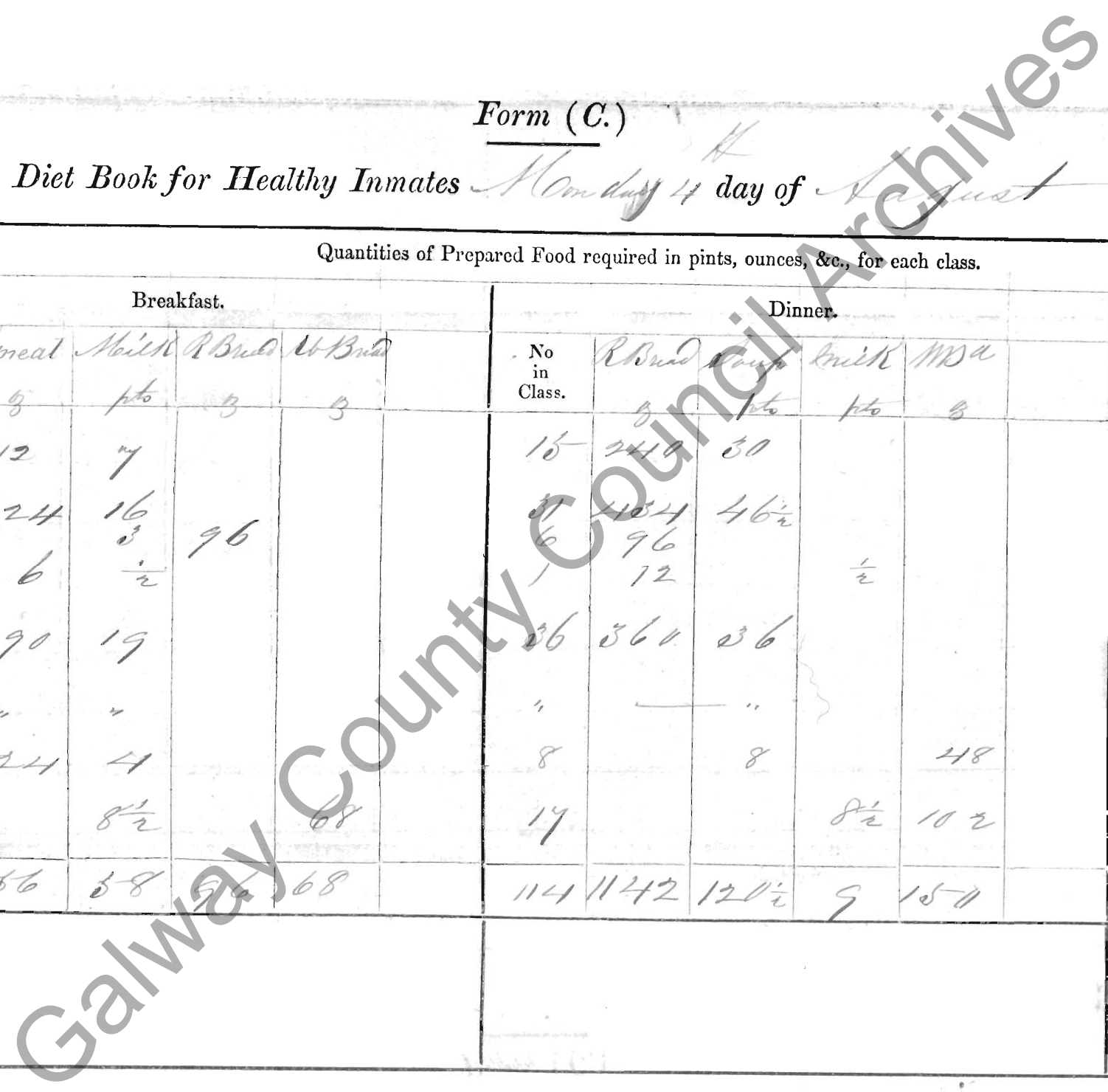
Monday 4 day of August

1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meat	Milk	R Bred	W Bred	No. in Class.	R Bred	W Bred	Milk	M S A	No. in Class.	R Bred
Class I, - -	14	112	7	3	3	15	240	30				
Class II, - -	32	224	16			31	404	46½				
Class III, - -	6	6	3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	38	190	19			36	360	36				144
Class V, - -	"	"	"			"	"	"				
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	17		8½		68	17			8½	102		
Totals, - -	116	556	58		68	114	1142	120½	9	150		176

Articles to be taken from store for each meal, -

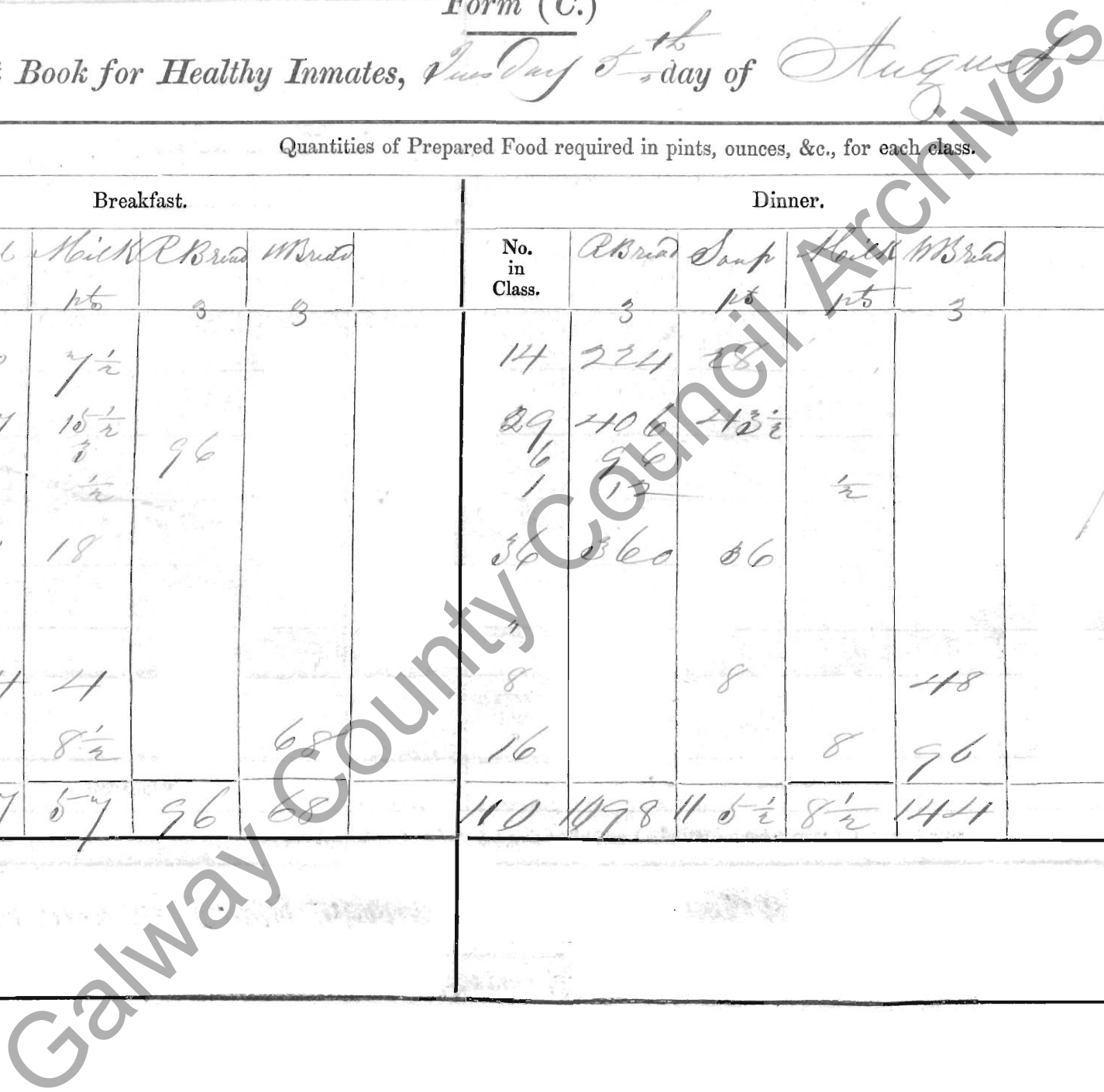


Daily Diet Book for Healthy Inmates, Sunday 5th day of August 1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	Misc.	No. in Class.	Al Bread	Soup	Milk	Bread	No. in Class.	Misc.
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	15	120	7½			14	224	86				
Class II, - -	31	217	15½			29	406	43½				
Class III, - -	6		8	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	86	180	18			36	360	86				144
Class V, - -	"					"						
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	17		8½		68	16			8	96		
Totals, - -	114	547	57	96	68	110	1098	115½	8½	144		176

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Wednesday 6* day of *August* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	Butter	No. in Class.	Bread	Butter	Milk	Butter	No. in Class.	Bread
Class I,	14	112	7	3	15	240	30		3		3
Class II,	29	203	14 1/2		30	420	45				
Class III,	1	6	1/2	96	1	12		1/2			
Class IV,	36	180	18		34	340	34				136
Class V,	"	"	"		"	"	"				
Class VI,	8	24	4		8		8		48		32
Class VII,	16		8	64	16			8	96		
Totals,	110	525	40 1/2	96	110	1108	117	8 1/2	144		168

Articles to be taken from store for each meal,

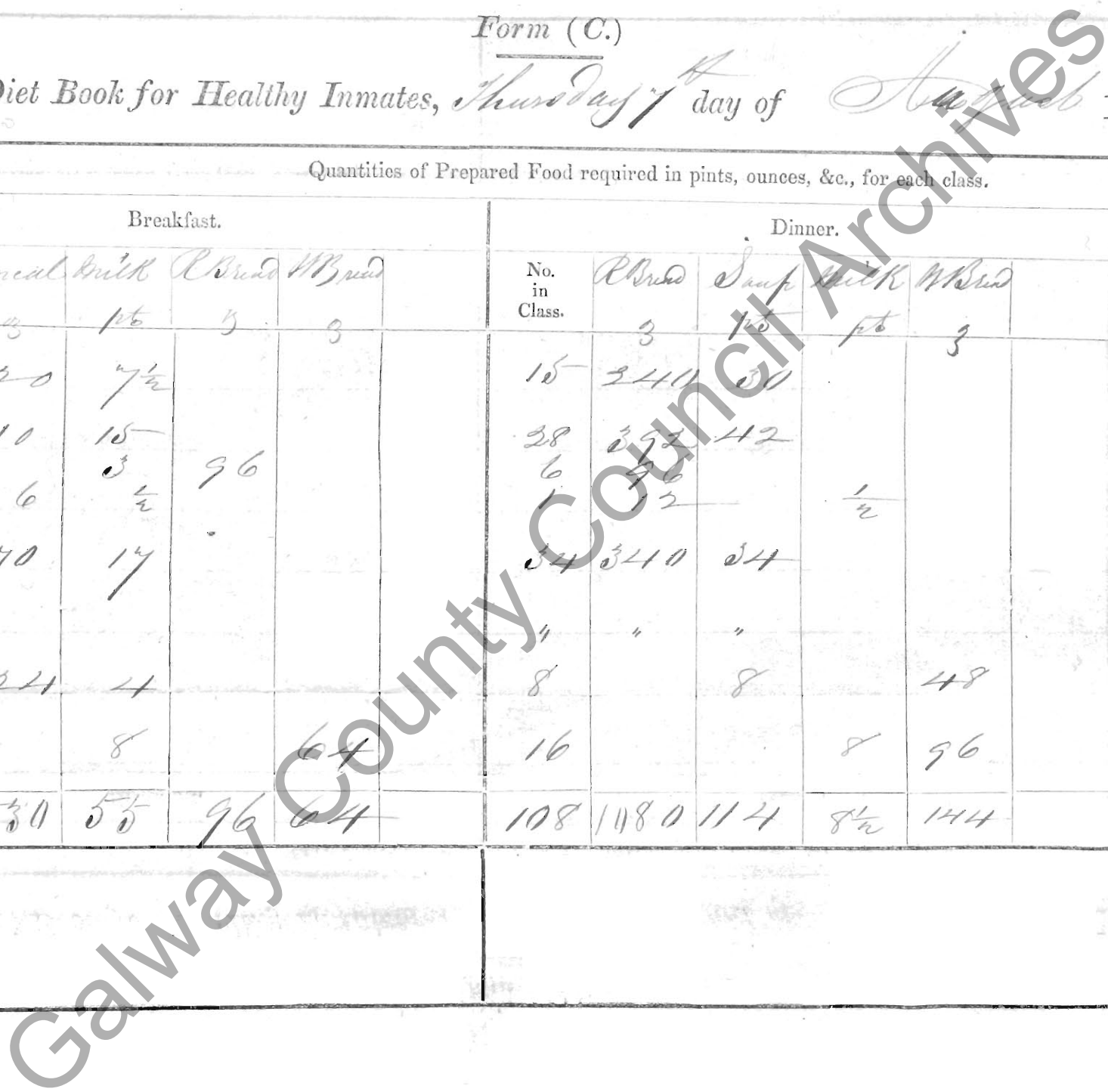
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Thursday* day of *August* 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, - -	15	120	7 1/2	3	3	15	340	30		3		3
Class II, - -	30	210	15			38	292	42				
Class III, - -	6	6	3 1/2	96		6	40		1/2			
Class IV, - -	34	170	17			34	340	34				136
Class V, - -	"					"	"	"				
Class VI, - -	8	24	4			8		8		48		32
Class VII, - -	16		8		64	16			8	96		
Totals, - -	110	530	55	96	64	108	1480	114	8 1/2	144		168

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, *Friday 8th day of August* 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	Milk	R Bread	No. in Class.	R Bread
		3	1 ^{1/2}	3	3		3	1 ^{1/2}	1 ^{1/2}	3		3
Class I,	15	120	7 1/2			15	240	30				
Class II,	28	196	14			24	578	40 1/2				
Class III,	6	6	3	96		1	96		1/2			
Class IV,	1	6	1/2			1	12					
Class V,	34	170	17			23	330	30				132
Class VI,	"					"						
Class VII,	8	24	4			8		8		48		32
Class VII,	16		8		64	16			8	96		
Totals,	108	516	54		64	106	1056	11 1/2	8 1/2	144		164
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 9th day of August 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	R Bread	WBread	No. in Class.	R Bread	Soup	Milk	WBread	No. in Class.	R Bread
Class I, - -	15	12 11	7 1/2			15	2 11 0	3 0				3
Class II, - -	24	18 9	13 1/2			26	3 6 4	3 9				
Class III, - -	6		3	9 6		6	7 6					
Class IV, - -	1	6	1/2			1	1 2		1/2			
Class V, - -	33	16 5	16 1/2			33	3 3 0	3 3				1 3 2
Class VI, - -	"					1						
Class VII, - -	8	2 4	4			8		8		4 8		3 2
Class VIII, - -	16		8		6 4	15			7 1/2	9 0		
Totals, - -	106	5 11 4	5 3	9 6	6 4	104	10 4 2	11 0	8	13 8		16 4

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 10th day of August 1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	M ^o Bread	No. in Class.	Bread	Soup	Milk	M ^o Bread	No. in Class.	Bread
Class I,	15	120	4 1/2	3	3	15	240	30	125	3		3
Class II,	26	182	13			26	364	39				
	6	6	3	96		6	96					
Class III,	1	6	1/2			1	12		1/2			
Class IV,	33	165	16 1/2			33	330	33				132
Class V,	"					0	"	"				
Class VI,	8	24	4			8		8		48		32
Class VII,	15		7 1/2		60	15			7 1/2	90		
Totals,	104	497	52	96	60	104	1042	110	8	138		164

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Mondayst day of August 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	Meat	No. in Class.	Bread
Class I, - -	15	120	7 1/2	3	3	256	32				3
Class II, - -	26	182	13		26	364	39				
Class III, - -	6	6	3	96	6	96					
Class IV, - -	1		1/2		1	12		1/2			
Class V, - -	35	165	16 1/2		35	330	33				132
Class VI, - -	0				0						
Class VII, - -	8	24	4		8		8		48		32
Totals. - -	104	219 1/2	52	96	104	1058	112	8	138		164

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Tuesday* ^{12th} day of *August* 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	No. in Class.	Bread
Class I,	16	128	8	3	9	15	240	30	3		
Class II,	26	182	13			26	362	39			
Class III,	4	6	3	96		4	96				
Class IV,	1	6	1/2			1	12		1/2		
Class V,	33	165	16 1/2			32	320	32			128
Class VI,	0					0					
Class VII,	8	24	4			8		8	48		32
Class VII,	15		7 1/2		60	15		7 1/2	90		
Totals,	105	505	52 1/2	96	60	103	1032	109	8	138	160

Articles to be taken from store for each meal, -

Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Wednesday 13th* day of *August* 185 *6*

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Milk	Bread	Wine	No. in Class.	Bread	Milk	Wine	No. in Class.	Bread
Class I, - -	15	120	4 1/2		15	240	60			3
Class II, - -	26	183	13		26	364	89			
Class III, - -	6	6	3 1/2	96	6	96				
Class IV, - -	1	6	1/2		1	12		1/2		
Class V, - -	32	160	16		32	320	82			128
Class VI, - -	0				0					
Class VII, - -	8	24	4		8		8	48		32
Class VIII, - -	15		7 1/2	60	15		7 1/2	90		
Totals, - -	105	492	51 1/2	96	103	1032	109	138		160

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Thursday* 14 day of *August* 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,	15	120	4 1/2	3	3	16	256	32		3		3
Class II,	26	182	13			26	364	39				
Class III,	6	6	3	96		6	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	32	160	16			32	320	32				128
Class VI,	0					0						
Class VII,	8	24	4			8		8		48		32
Class VII,	15		7 1/2		60	15			7 1/2	90		
Totals,	103	492	57 1/2	96	60	104	1048	111	8	138		160
Articles to be taken from store for each meal, -												

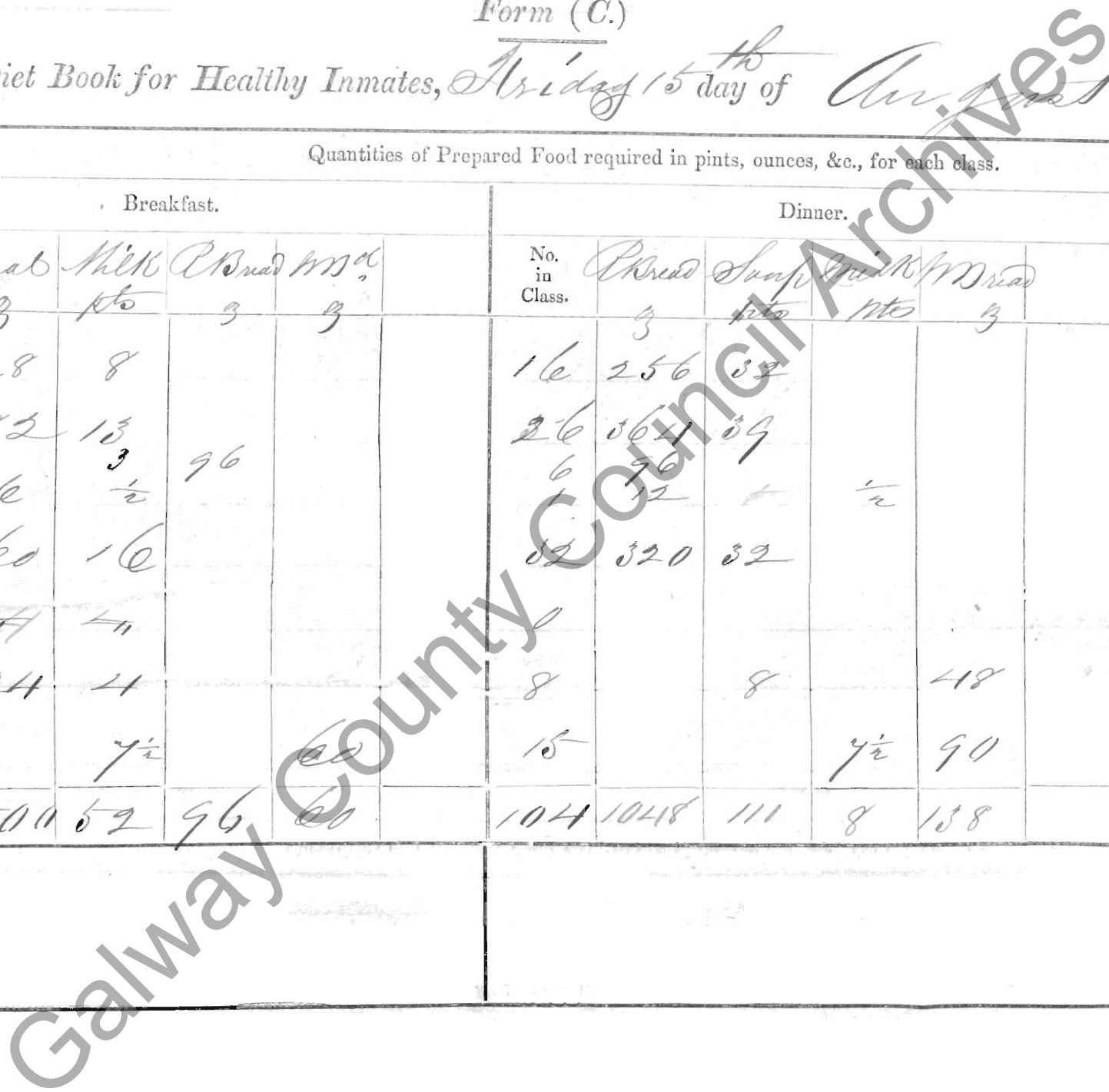
Form (C.)

Daily Diet Book for Healthy Inmates, *Friday* 15th day of *August* 185*6*

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meat	Milk	Bread	No. in Class.	Meat	Supper	Milk	Bread	No. in Class.	Bread
Class I, - -	16	128	8	3	3	16	256	32			3
Class II, - -	26	182	13			26	364	52			
Class III, - -	6	6	$\frac{1}{2}$	96		6	96		$\frac{1}{2}$		
Class IV, - -	32	160	16			32	320	32			128
Class V, - -	0	24	4			0					
Class VI, - -	8	24	4			8		48			32
Class VII, - -	15		$7\frac{1}{2}$			15		$7\frac{1}{2}$	90		
Totals, - -	104	500	52	96	60	104	1048	111	8	138	160

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Saturday 16th day of August

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
		lbs	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	16	128	8			14	224	28				
Class II,	26	182	13			24	36	36				
Class III,	6	6	3	96		6	96					
Class III,	1		1/2			1	12		1/2			
Class IV,	32	160	16			32	520	22				128
Class V,	0					0						
Class VI,	8	24	4			8		8		48		32
Class VII,	15		7 1/2		60	15			6 1/2	78		
Totals,	104	500	52	96	60	98	988	104	7	126		160
Articles to be taken from store for each meal, -												

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 17th day of August 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	RBread	WB ^a	No. in Class.	RBread	Soup	Milk	WBread	No. in Class.	RB ^a
Class I, -	14	112	7	3	3	15	240	34		3		
Class II, -	24	168	12			24	330	36				
Class III, -	6	6	1/2	96		6	40		1/2			
Class IV, -	82	160	16			53	330	33				132
Class V, -	0					8						
Class VI, -	8	24	4			8		8		48		32
Class VII, -	13		6 1/2		52	13			6 1/2	48		
Totals, -	98	470	49	96	52	100	1014	107	7	126		164
Articles to be taken from store for each meal,												

Galway County Council Archives

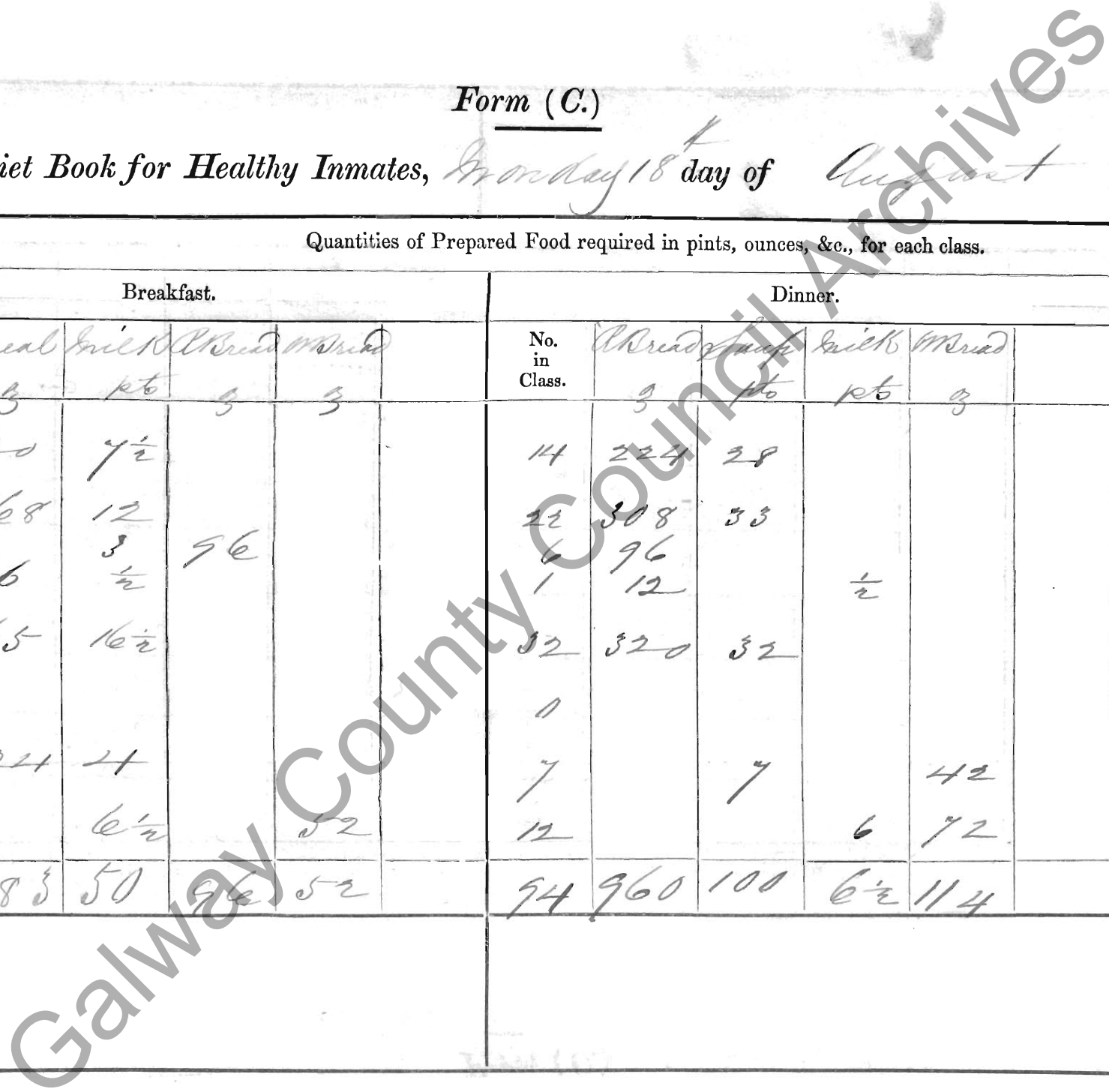
Form (C.)

Daily Diet Book for Healthy Inmates, Monday 18th day of August 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	Butter	Mead	No. in Class.	Bread	Milk	Butter	Mead	No. in Class.	Bread
Class I,	15	120	4 1/2	3	3	14	224	38				3
Class II,	24	168	12			22	308	33				
Class III,	6	6	3	96		6	96					
	1		1/2			1	12		1/2			
Class IV,	53	165	16 1/2			52	320	32				128
Class V,	0					0						
Class VI,	8	241	4			7		7	42			28
Class VII,	13		6 1/2		52	12		6	72			
Totals,	100	483	50	96	52	94	960	100	6 1/2	114		156

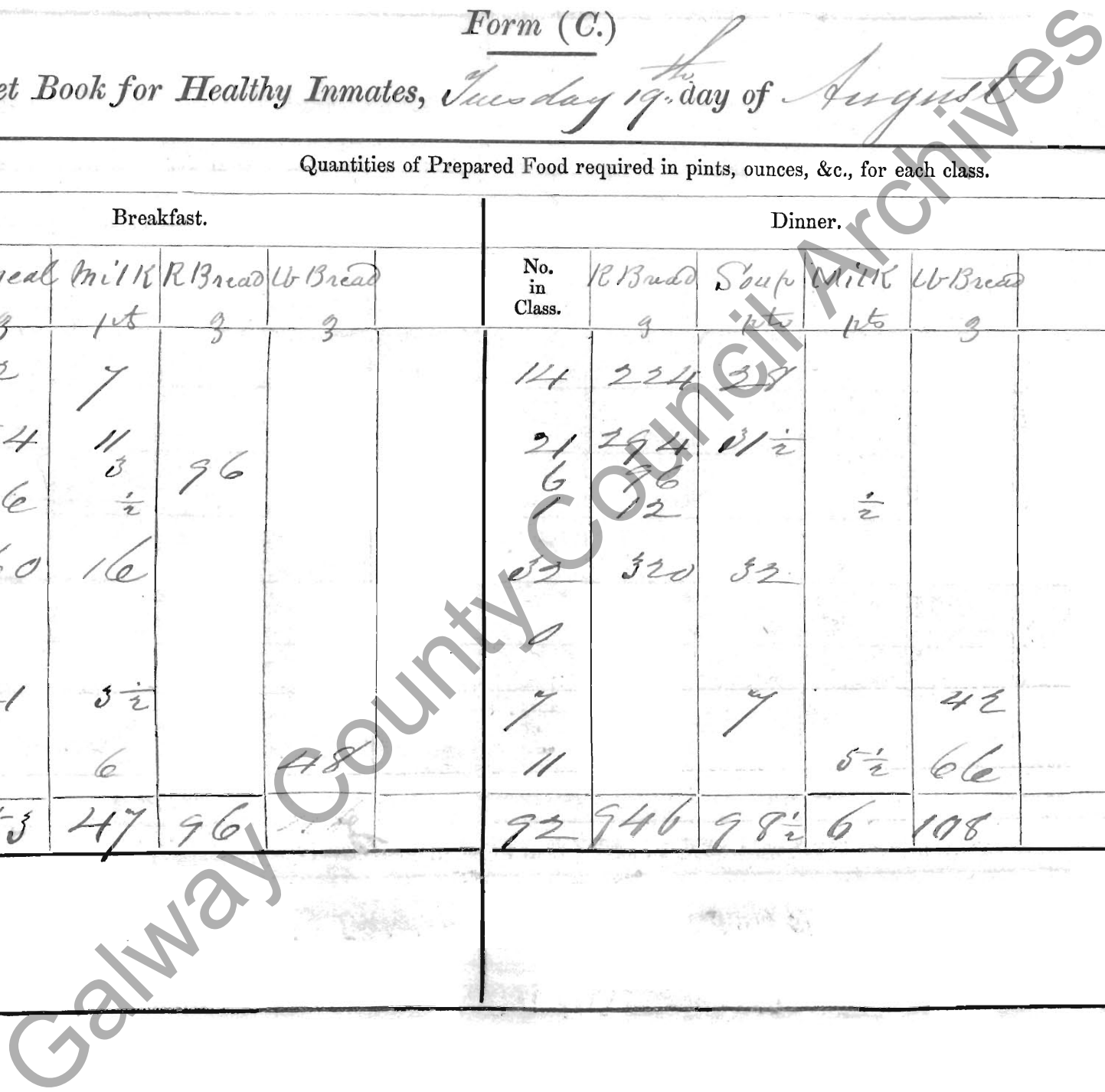
Articles to be taken from store for each meal, -



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	T meal	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		9	15	3	3							
Class I, - -	14	112	7			14	224	38				
Class II, - -	22	154	11			21	294	31 1/2				
Class III, - -	6	6	3	96		6	76		1/2			
Class IV, - -	32	160	16			32	320	32				128
Class V, - -	9					9						
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	12		6		78	11			5 1/2	66		
Totals, - -	94	453	47	96	78	92	946	98 1/2	6	108		156

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates Wednesday th day of August 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.	R/Bread
		pts	g	g		pts	pts	g		g	
Class I,	14	112	7			14	224	28			
Class II,	21	147	10½			21	294	31½			
	6		3	96		6	96				
Class III,	1	6	½			1	12	½			
Class IV,	32	160	16			31	310	31			124
Class V,	0					0					
Class VI,	7	21	3½			7			112		28
Class VII,	11		5½		44	11		5½	66		
Totals,	92	446	46	96	44	91	956	97½	6	108	152

Articles to be taken from store for each meal,

Form (C.)

Daily Diet Book for Healthy Inmates, th Thursday 21 day of August 1856.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meat	Milk	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Wt.
Class I,	14	112	7	3	14	224	28		3		
Class II,	21	147	10½		21	254	51½				
Class III,	6	6	3½	96	6	96					
Class IV,	1	6	½		1	12		½			
Class V,	31	155	15½		31	300	30				120
Class VI,	0										
Class VII,	7	21	3½		7		7		42		28
Totals,	11		5½	44	11			5½	66		
	91	241	45½	96	90	926	96½	6	108		168

Articles to be taken from store for each meal, -

Form (C.)

Daily Diet Book for Healthy Inmates *Friday 22nd*, day of *August* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Wheat	No. in Class.	Wheat	Soup	Milk	Wheat	No. in Class.	Portion
		3	pts	3	3		pts	pts	3		3
Class I, - -	14	112	7		14	224	28				
Class II, - -	21	147	10½		22	308	33				
Class III, - -	6	6	3	96	6	96					
Class III, - -	1	6	½		1	12		½			
Class IV, - -	30	150	15		30	300	30				120
Class V, - -	0				0						
Class VI, - -	7	21	3½		7		7		42		28
Class VII, - -	11		5½		12			6	72		
Totals, - -	90	436	45	96	92	940	98	6½	114		148
Articles to be taken from store for each meal, - -											

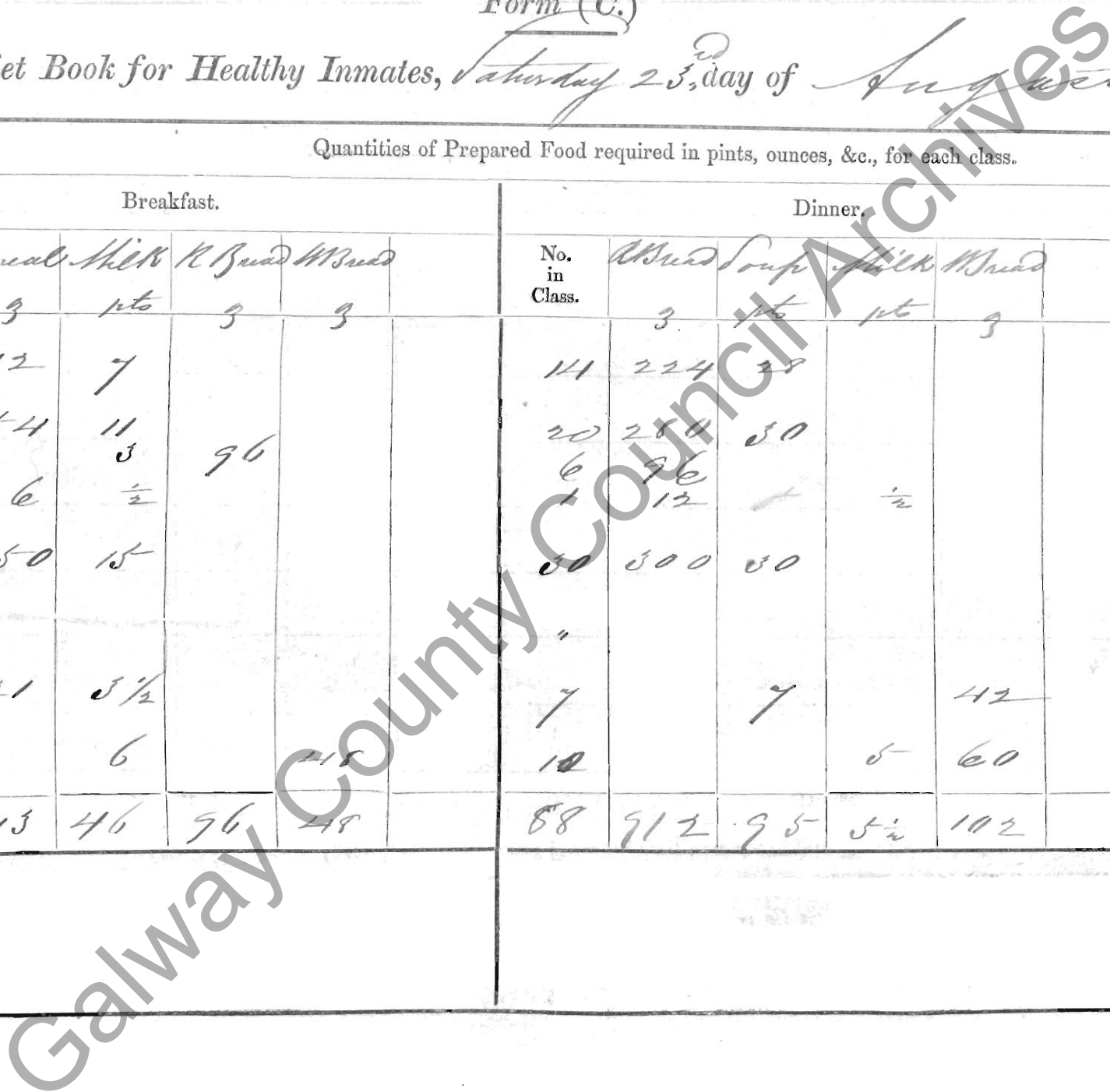
Galway County Council Archives

Daily Diet Book for Healthy Inmates, Saturday 23rd day of August 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.	W. Bread	Soup	Milk	W. Bread	No. in Class.	W. Bread
		3	pts	3	3		3	pts	pts	3		3
Class I, - -	14	112	7			14	224	28				3
Class II, - -	22	154	11			20	280	30				
Class III, - -	6		3	96		6	96					
Class IV, - -	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class V, - -	30	150	15			30	300	30				12 11
Class VI, - -	0											
Class VII, - -	9	21	5 $\frac{1}{2}$			7		7		42		28
Class VII, - -	12		6		24	12			5	60		
Totals, - -	92	443	46	96	48	88	912	95	5 $\frac{1}{2}$	102		1418

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates Sunday 24 day of August 1856.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	RS ^d	WS ^d	No. in Class.	RS ^d	Milk	WS ^d	No. in Class.	RS ^d
		3	15	3	3						
Class I,	11	112	7			11	224	28			
Class II,	20	140	10			21	294	31 1/2			
Class III,	6	6	3	96		6	96				
Class IV,	1		1/2			1	12	1/2			
Class V,	30	150	15			28	280	28			112
Class VI,	0					0					
Class VII,	7	21	3 1/2			7		7	42		28
Totals,	10		8 1/2		40	10		5	60		
	88	429	44	96	40	87	906	94 1/2	5 1/2	102	140

Articles to be taken from store for each meal,

Form (C.)

Daily Diet Book for Healthy Inmates,

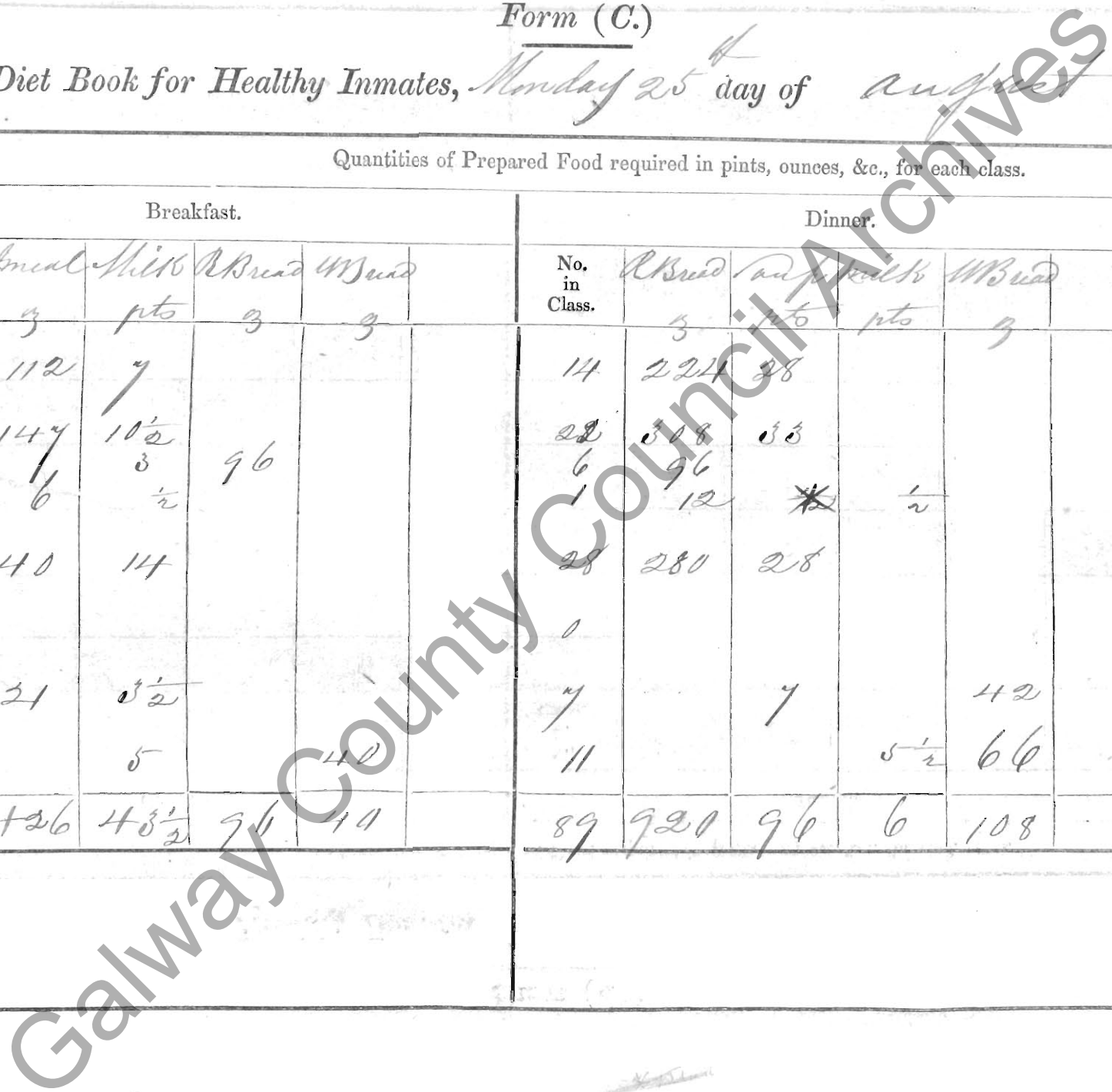
Monday 25th day of August

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	Tea	W Bread	No. in Class.	Bread
		pts					pts				
Class I, - -	14	112	7	3	3	14	224	28			
Class II, - -	21	147	10½			22	508	33			
Class III, - -	6	6	3	96		6	96				
Class III, - -	1	6	½			1	12	*	½		
Class IV, - -	28	140	14			28	280	28			112
Class V, - -	0					0					
Class VI, - -	7	21	5½			7		7	42		28
Class VII, - -	10		5		40	11			5½	66	
Totals, - -	87	426	48½	96	44	89	920	96	6	108	140

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

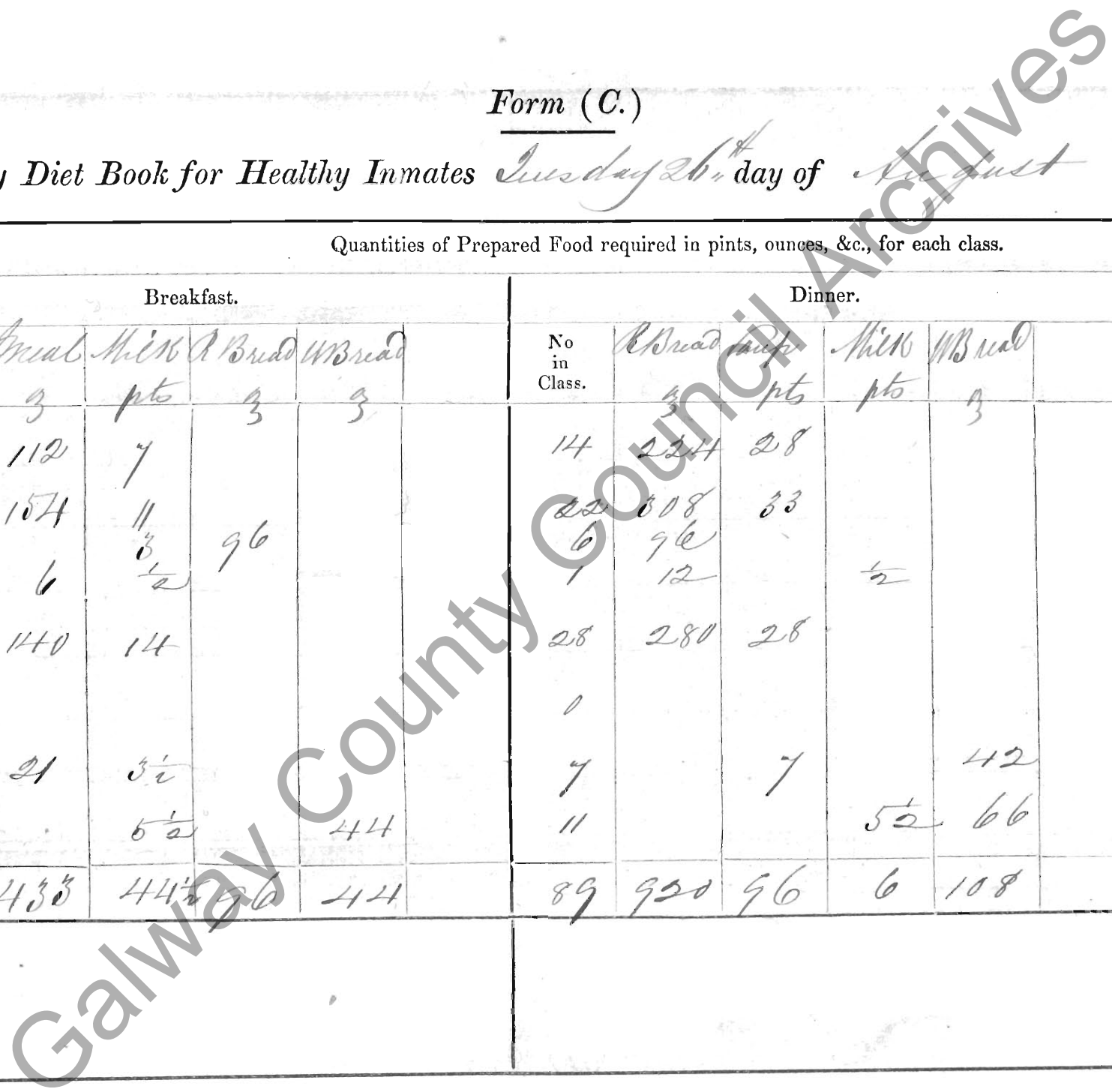
Tuesday 26th day of August

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	Milk	Bread	No. in Class.	Bread
Class I, - -	14	3	7 pts	3	14	3	28	3		3
Class II, - -	22	1574	11		22	608	33			
Class III, - -	6	6	3 1/2	96	6	96				
Class III, - -	1	6	1/2		1	12	1/2			
Class IV, - -	28	140	14		28	280	28			112
Class V, - -	0				0					
Class VI, - -	7	21	3 1/2		7	7		42		28
Class VII, - -	11		5 1/2	44	11		5 1/2	66		
Totals, - -	89	433	44 1/2	44	89	920	96	6	108	140

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday 27th* day of *August* 185*6*.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	R Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		pts					pts	pts	pts			
Class I, - -	14	112	7	3	3	14	224	28				3
Class II, - -	25	152	11			22	308	33				
Class III, - -	6	6	3	96		6	70					
Class III, - -	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	0					0						
Class VI, - -	7	21	$3\frac{1}{2}$			7		7		42		28
Class VII, - -	11		$5\frac{1}{2}$		44	11			$5\frac{1}{2}$	66		
Totals, - -	89	438	44 $\frac{1}{2}$	96	44	89	920	96	6	108		140
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

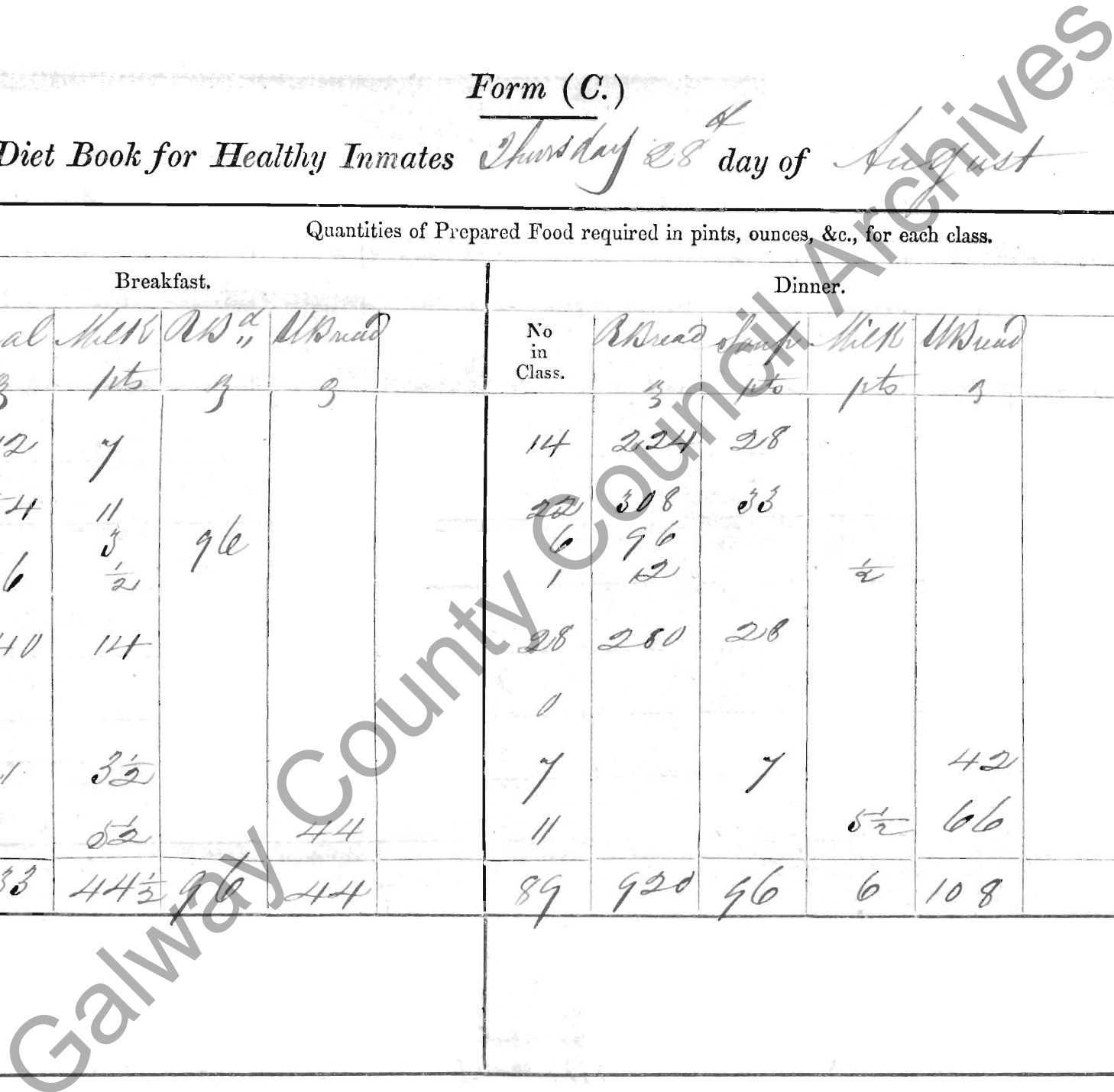
Thursday 28th day of August

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	Milk	Milk	Bread	No. in Class.	Bread
Class I, - -	14	112	7	3	14	224	28				3
Class II, - -	22	154	11		22	308	28				
Class III, - -	6		3	96	6	96					
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	28	140	14		28	280	28				122
Class V, - -	0				0						
Class VI, - -	7	21	3 1/2		7		7		42		28
Class VII, - -	11		5 1/2		11			5 1/2	66		
Totals, - -	89	433	44 1/2	96	89	920	96	6	108		140

Articles to be taken from store for each meal, -



Form (C.)

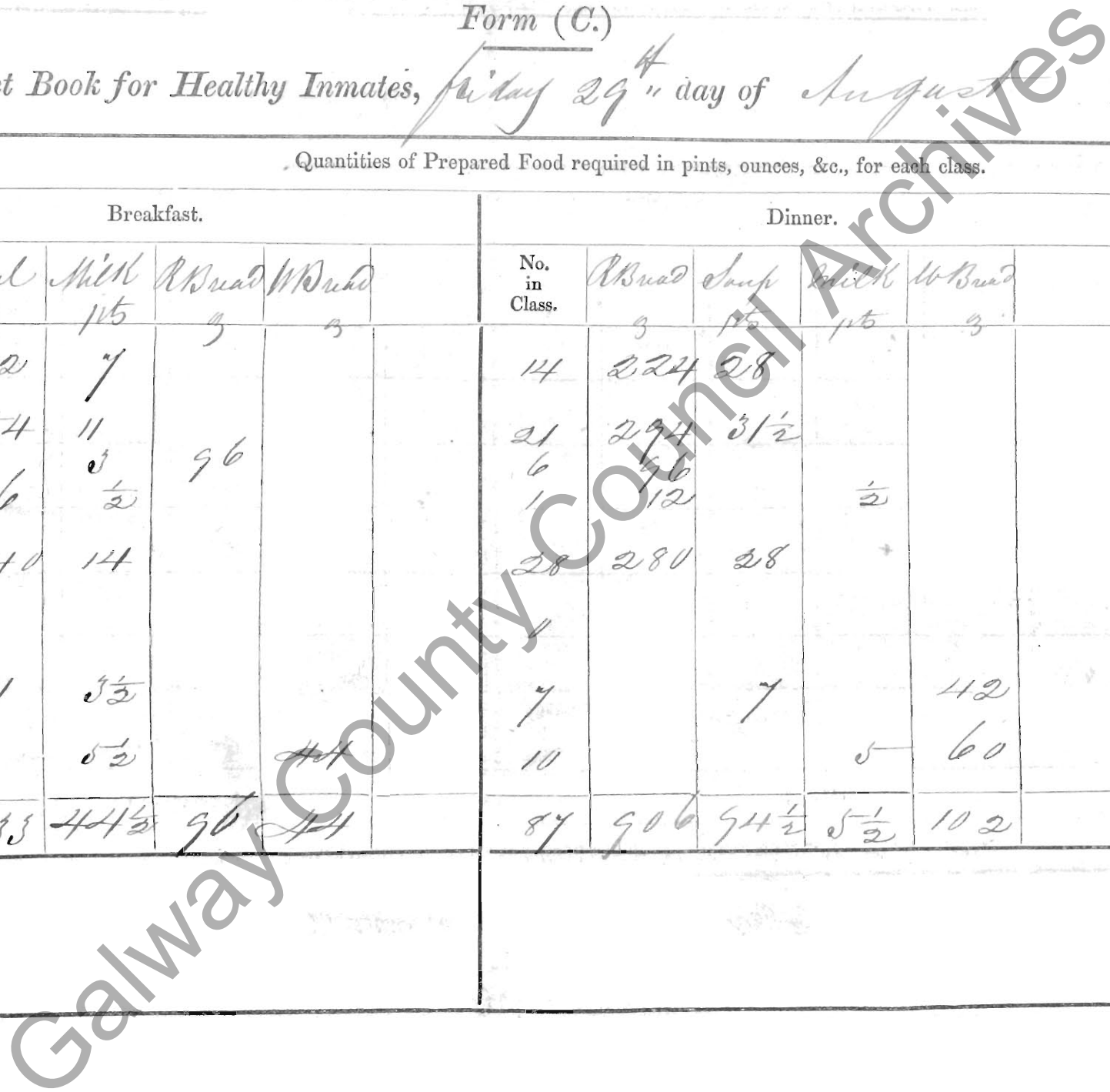
Daily Diet Book for Healthy Inmates,

Friday 29th day of August 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	15	3		3
Class II, - -	22	154	11			21	294	3 1/2				
Class III, - -	6	6	3	96		6	46					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	1					1						
Class VI, - -	7	21	5 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	10			5	60		
Totals, - -	89	433	44 1/2	96	44	87	906	94 1/2	5 1/2	102		140

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 30th day of August

1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Butter	Bread	W Bread	No. in Class.	Bread	Soup	Butter	W Bread	No. in Class.	Bread
		oz	pt	oz	oz		oz	pt	pt	oz		oz
Class I, - -	14	112	7			14	224	28				3
Class II, - -	21	147	10½			21	294	3½				
Class III, - -	6	6	3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	28	140	14			27	270	27				108
Class V, - -	0					0						
Class VI, - -	7	21	3½			7		7		42		28
Class VII, - -	10		5		40	10			5	60		
Totals, - -	87	426	43½	96	40	86	896	93½	5½	102		136

Articles to be taken from store for each meal,

Daily Diet Book for Healthy Inmates, *Sunday 31st* day of *August* 185*6*.

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.	Wheat	Soup	Milk	Wheat	No. in Class.	Wheat		
	oz	pts	oz	oz		oz	pts	pts	oz		oz		
Class I, - -	14	112	7		13	208	26						
Class II, - -	21	147	10½		21	294	31½						
Class III, - -	6		3½	96	6	96							
Class III, - -	1	6	½		1	12		½					
Class IV, - -	27	135	18½		27	270	27					108	
Class V, - -	0				0								
Class VI, - -	7	21	3½		7		7		112			28	
Class VII, - -	10		5		10			5	60				
Totals, - -	86	421	43	96	85	880	91½	5½	102			136	
Articles to be taken from store for each meal,													

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

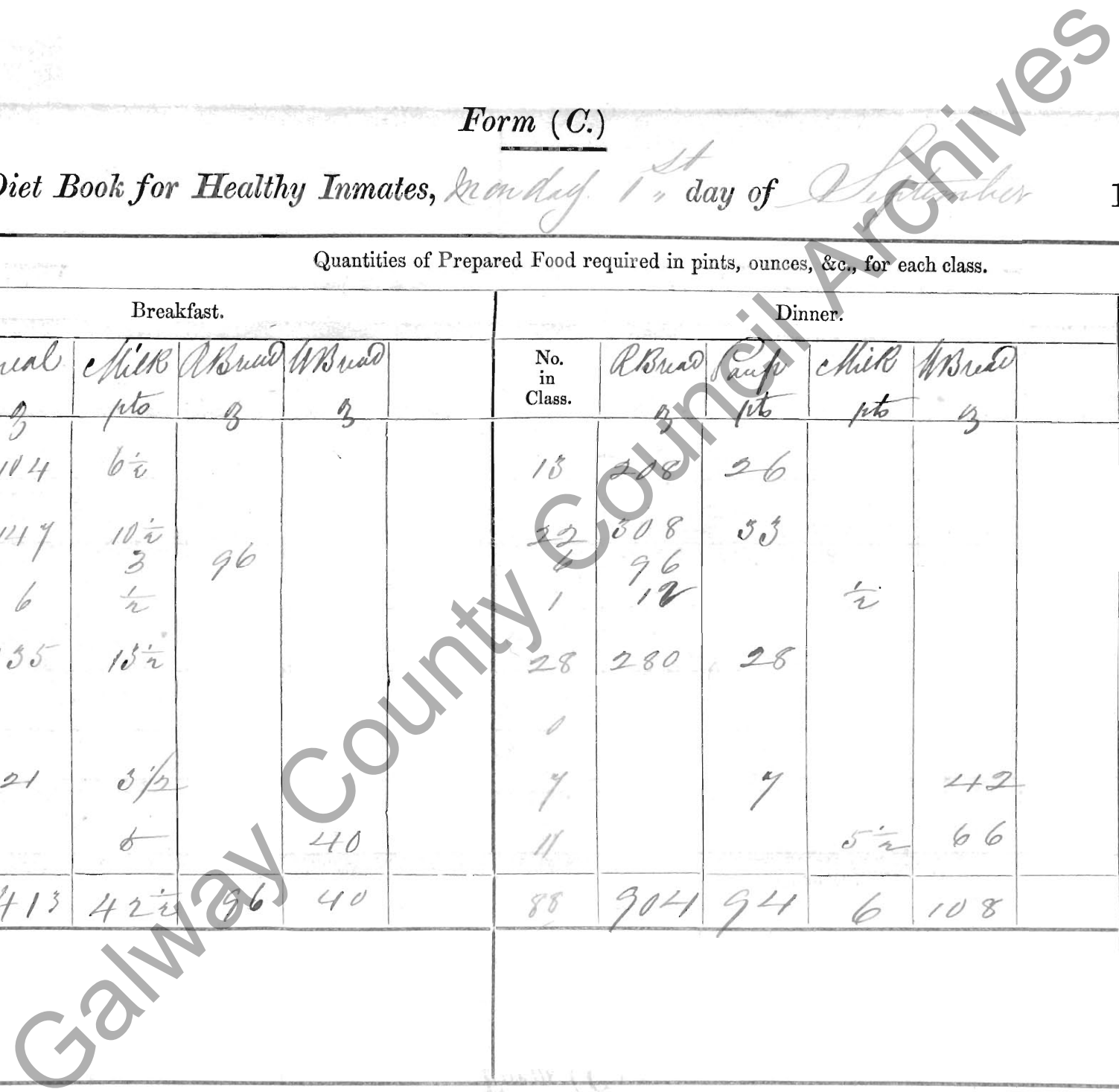
Monday 1st day of September

1856.

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

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal	Milk pto	ABread	WBread	No. in Class.	ABread	Soup pto	Milk pto	WBread	No. in Class.	ABread
Class I,	18	104	6 1/2			18	208	26				3
Class II,	21	147	10 1/2			22	308	53				
Class III,	6		3	96		1	96		1/2			
Class IV,	1	6	1/2			1	12					
Class V,	27	135	15 1/2			28	280	28				112
Class VI,	0					0						
Class VII,	4	21	3 1/2			7		7		42		28
Class VII,	10		8		40	11			5 1/2	66		
Totals,	85	413	42 1/2	96	40	88	904	94	6	108		140

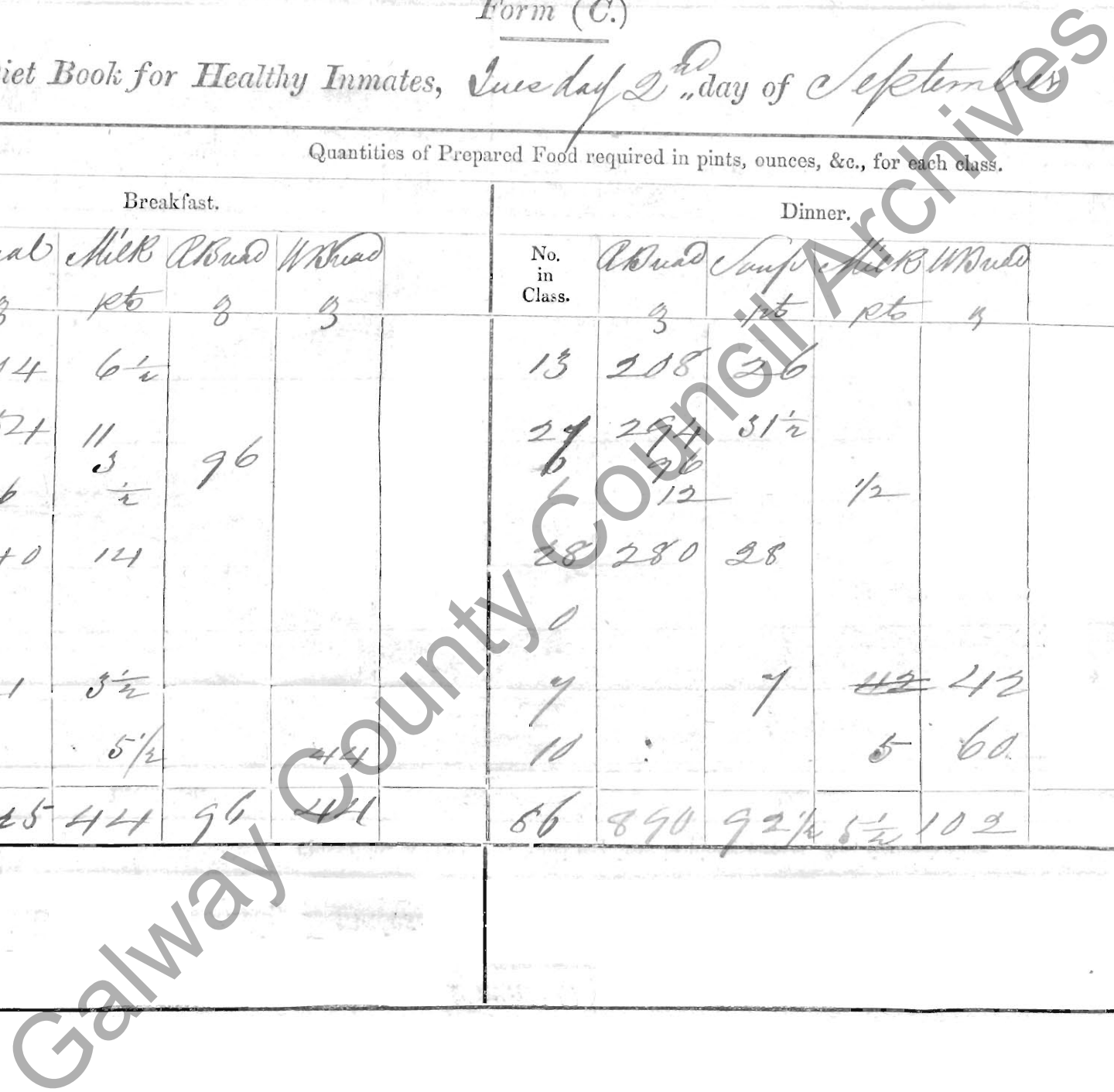
Articles to be taken from store for each meal, -



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Almond	W Bread	No. in Class.	Almond	Soup	Milk	W Bread	No. in Class.	Almond
Class I, - -	13	3	6 1/2	3	3	13	208	26				3
Class II, - -	29	1524	11			29	294	31 1/2				
Class III, - -	6		5	96		6	96					
Class IV, - -	1	6	1/2			1	12		1/2			
Class V, - -	38	1240	14			38	280	28				112
Class VI, - -	0					0						
Class VII, - -	4	21	5 1/2			4		7	42	42		28
Class VII, - -	11		5 1/2		44	10			5	60		
Totals, - -	88	425	44	96	44	86	890	92 1/2	5 1/2	102		140

Articles to be taken from store for each meal,



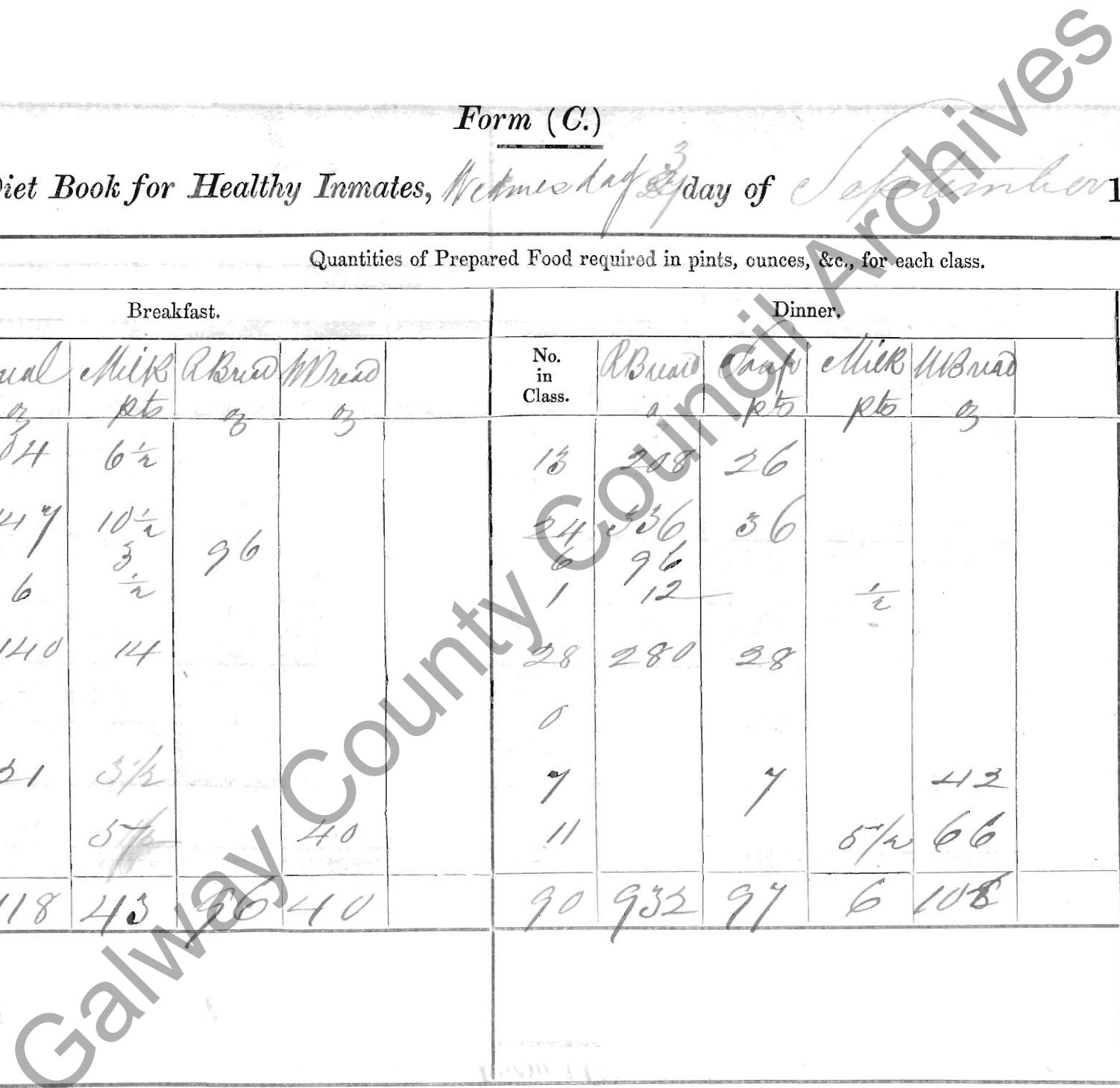
Form (C.)

Daily Diet Book for Healthy Inmates, Wednesday 3rd day of September 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk pts	R Bred oz	W Bread oz	No. in Class.	R Bread oz	Chaf pts	Milk pts	W Bread oz	No. in Class.	R Bread oz
Class I,	13	184	6 1/2			13	208	26				
Class II,	21	147	10 1/2			24	36	36				
Class III,	6	6	3	96		6	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	28	140	14			28	280	28				112
Class VI,	0					0						
Class VII,	7	31	3 1/2			7		7		42		28
Totals,	10		5 1/2		40	11			5 1/2	66		
Totals,	86	418	43	96	40	90	932	97	6	108		140

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 4th day of September 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Mud	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I, - -	13	104	6 1/2	3	3	13	208	36		3		3
Class II, - -	34	168	12			22	308	33				
Class III, - -	6 1	6	3 1/2	96		6 1	96		1/2			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	0					0						
Class VI, - -	7	31	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		14	11			5 1/2	66		
Totals, - -	90	439	45	96	44	88	904	94	6	108		140

Articles to be taken from store for each meal,

Galway County Council Archives

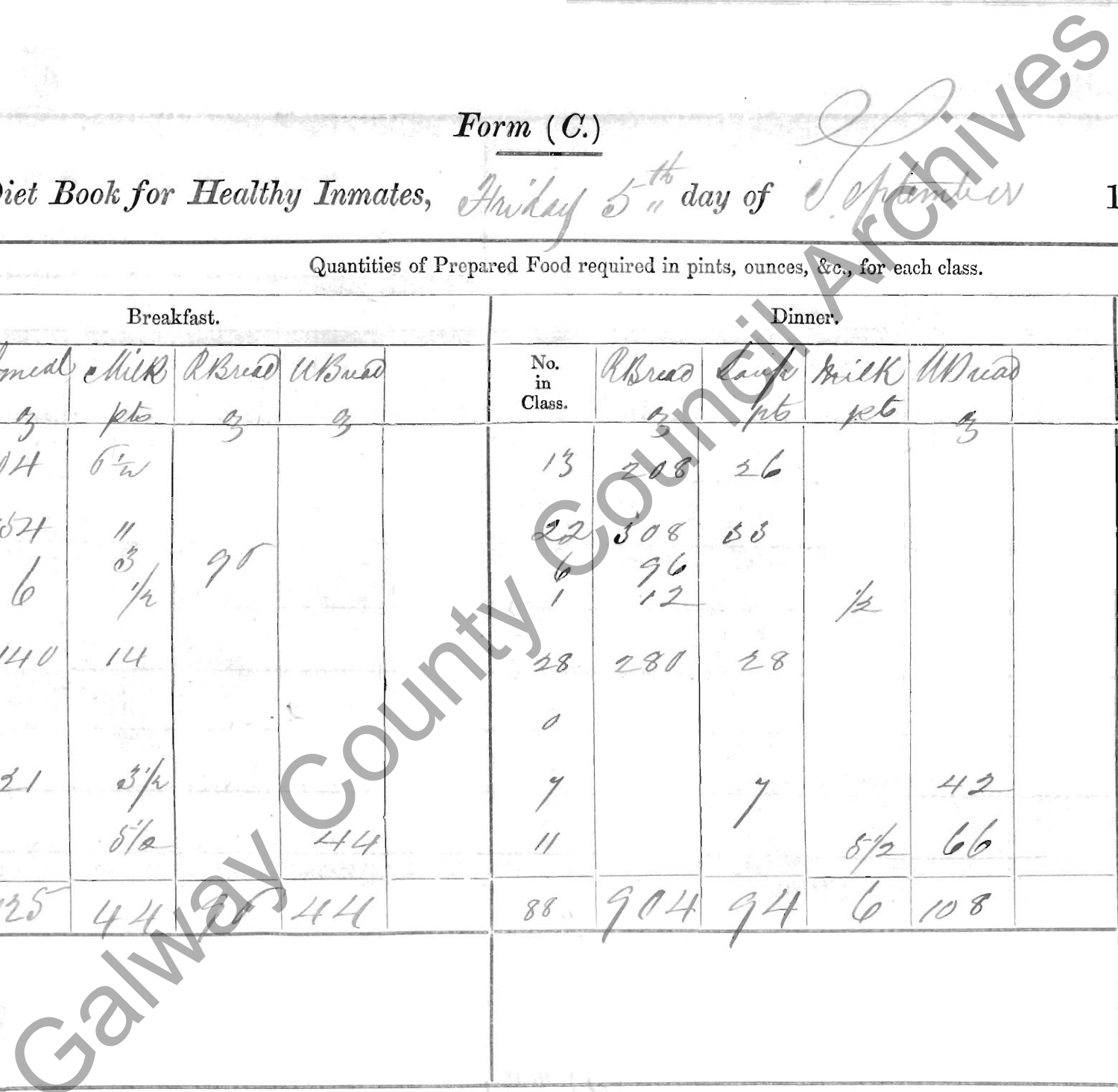
Form (C.)

Daily Diet Book for Healthy Inmates, Friday 5th day of September 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	RBread	WBread	No. in Class.	RBread	Soup	Milk	WBread	No. in Class.	RB ¹ / ₂
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	13	104	6 1/2			13	208	26				3
Class II,	22	152	11			22	308	58				
Class III,	6	6	3	90		6	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	28	140	14			28	280	28				112
Class VI,	0					0						
Class VII,	7	21	3 1/2			7		7		42		28
Class VII,	11		5 1/2		44	11			5 1/2	66		
Totals,	88	425	44	90	44	88	904	94	6	108		140

Articles to be taken from store for each meal, -

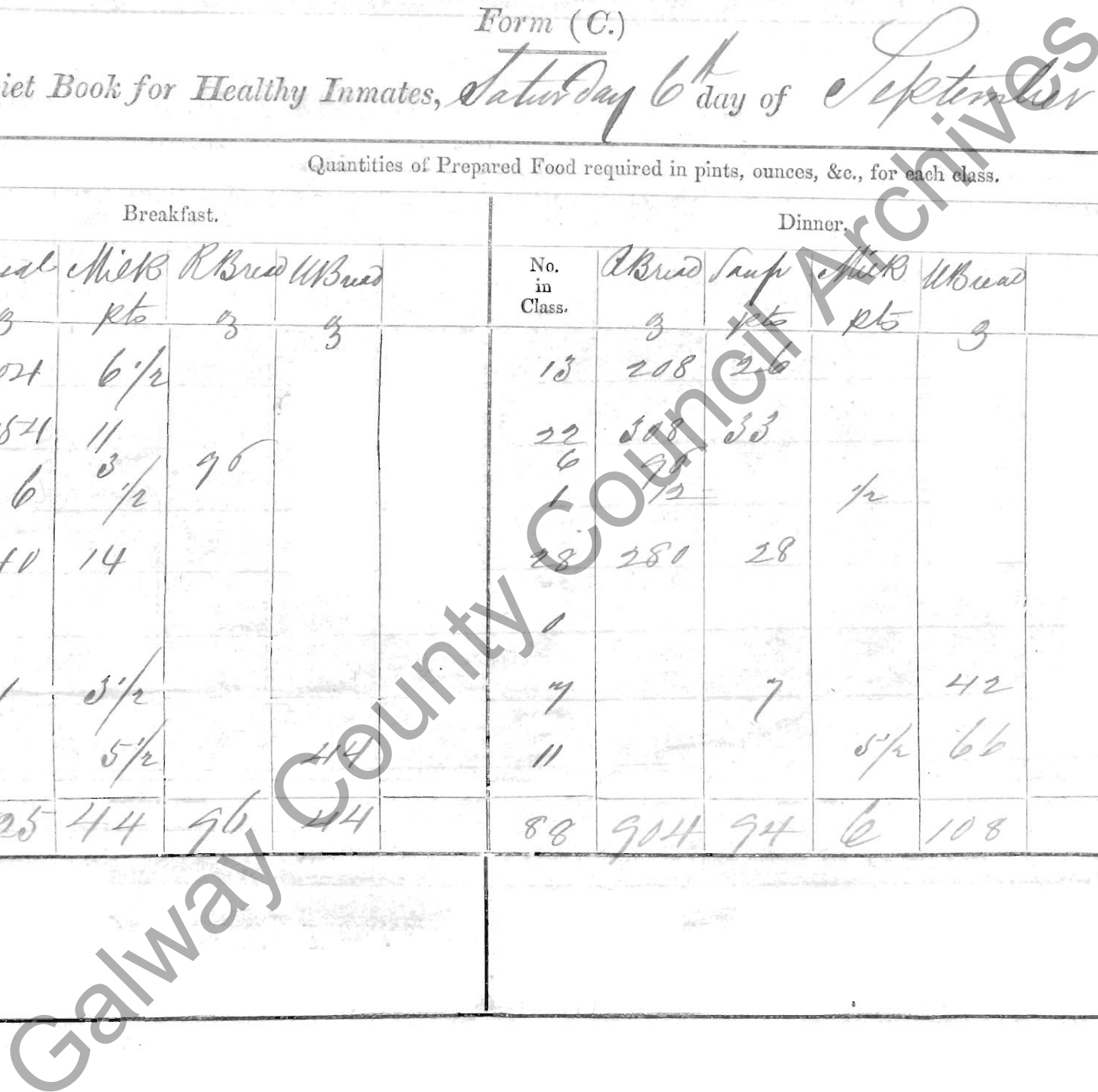


Daily Diet Book for Healthy Inmates, Saturday 6th day of September 1856.

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.	W Bread	Soup	Milk	W Bread	No. in Class.	W Bread
		g	pts	g	g		g	pts	pts	g		g
Class I, - -	13	1024	6 1/2			13	208	26				3
Class II, - -	22	1824	11			22	308	33				
Class III, - -	6	6	3 1/2	96		6	96		1/2			*
Class IV, - -	1	6	1/2			1	12					
Class IV, - -	28	1440	14			28	280	28				112
Class V, - -	1					1						
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	11			5 1/2	66		
Totals, - -	88	425	44	96	44	88	904	94	6	108		140

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 7th day of September 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,	13	104	6 1/2	3	3	13	206	26		3		3
Class II,	22	164	11			22	308	33				
Class III,	6	6	3	90		6	96					
Class IV,	1	6	1/2			1	12	1/2				
Class V,	28	140	14			28	280	28				112
Class VI,	0					0						
Class VII,	7	31	3 1/2			7		7		42		28
Class VII,	11		5 1/2		44	11			5 1/2	66		
Totals,	88	425	44		44	88	904	94	6	108		140

Articles to be taken from store for each meal, -

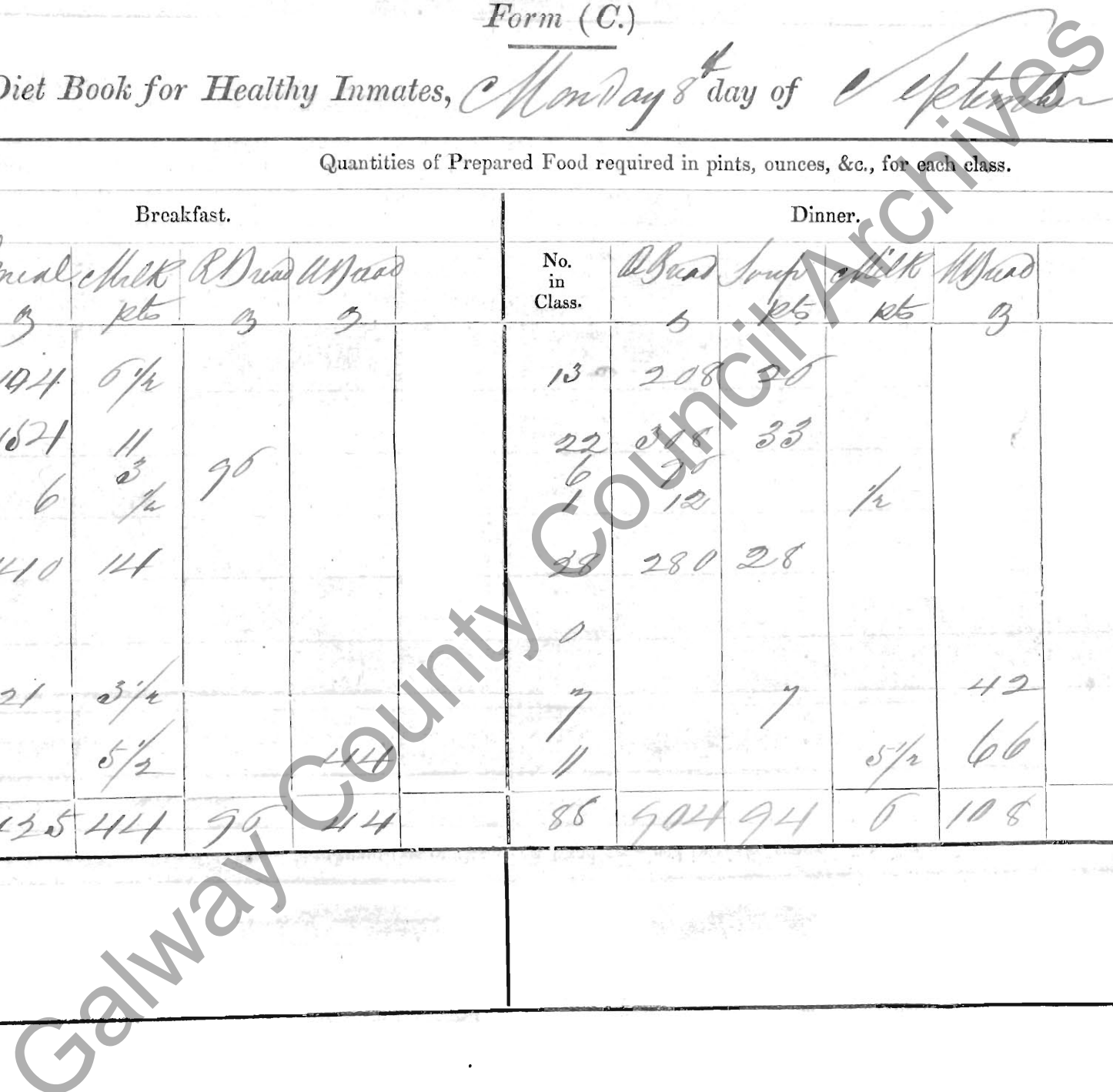
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Monday* 8th day of *September* 185 *6*

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Chalk	Bread	Wheat	No. in Class.	Bread	Soup	Milk	Wheat	No. in Class.	Bread
		oz	pts	oz	oz		oz	pts	oz	oz		oz
Class I, - -	13	194	6 1/2			13	208	20				
Class II, - -	22	162 1/2	11			22	248	33				
Class III, - -	6	6	3 1/2	90		6	75					
Class IV, - -	1		1/2			1	12		1/2			
Class V, - -	38	1410	14			38	280	28				112
Class VI, - -	0					0						
Class VII, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		144	11			5 1/2	66		
Totals, - -	88	425	44	90	144	88	904	94	0	108		140

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

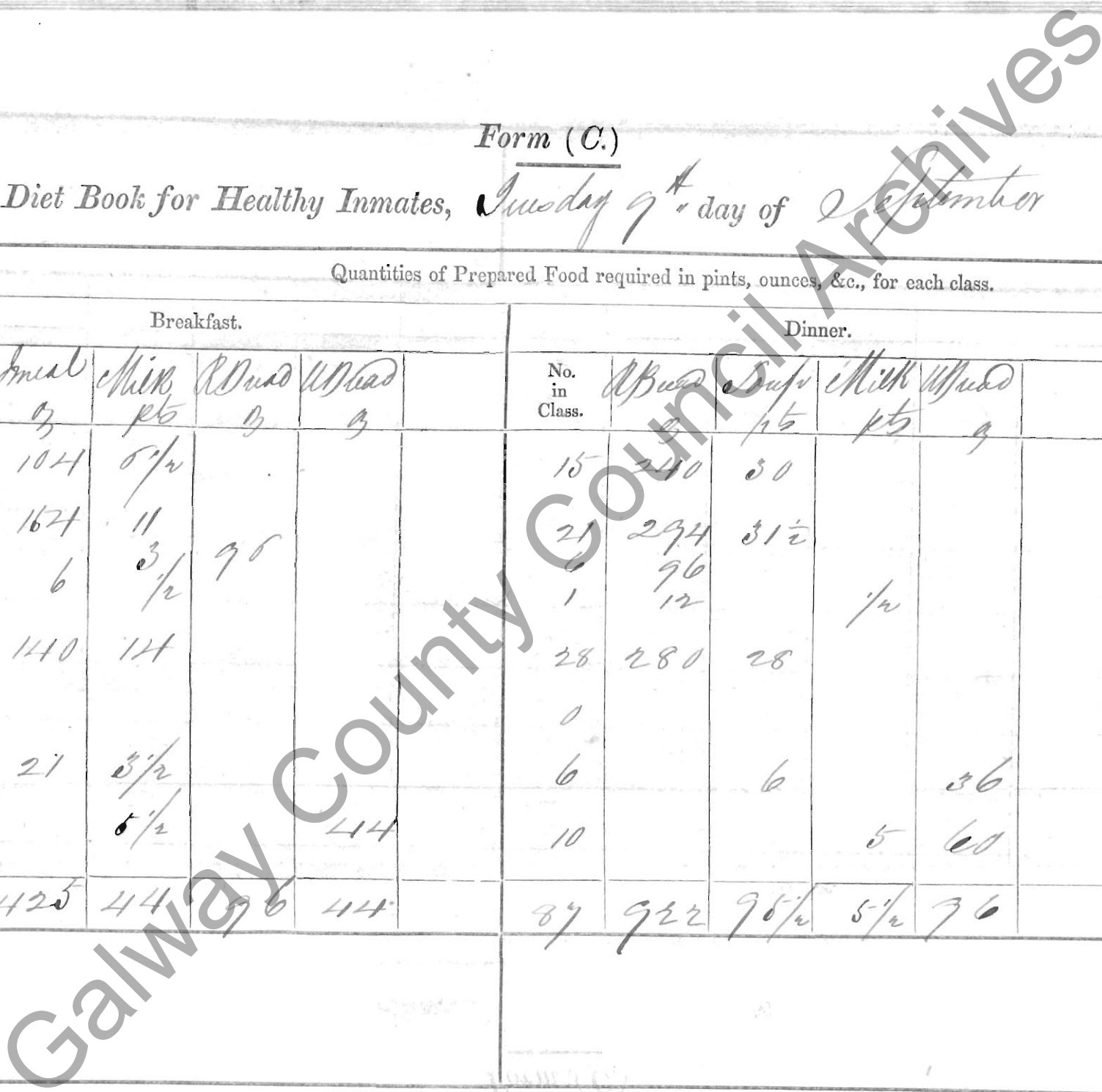
Tuesday 9th day of September

1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	R Dried	W Dried	No. in Class.	W Bread	Sups	Milk	W Dried	No. in Class.	R Dried
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	13	104	5 1/2			15	240	30				
Class II,	22	164	11			21	294	31 1/2				
Class III,	6	6	3 1/2	90		6	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	28	140	14			28	280	28				112
Class VI,	0					0						
Class VII,	7	21	3 1/2			6		6		36		264
Class VII,	11		5 1/2		44	10			5	60		
Totals,	88	425	44		44	87	922	95 1/2	5 1/2	76		148

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, Wednesday^{10th} day of September 1856.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	W Bread	No. in Class.	B Bread	Vamp	Milk	W Bread	No. in Class.	B Bread
		g	pts	g	g		g	pts	g		g
Class I, -	15	120	7 1/2			10	256	52			
Class II, -	21	147	10 1/2			23	329	3 1/2			
Class III, -	6	6	3 1/2	96		6	96				
Class III, -	1	6	1/2			1	12	1/2			
Class IV, -	28	120	14			27	270	27			108
Class V, -	0					1	7	1			
Class VI, -	6	18	3			7			42		28
Class VII, -	10		5			11		5 1/2	66		
Totals, -	87	431	43 1/2	96	110	92	963	101 1/2	6	108	136

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 11th day of September 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.	Meal
		lb	pts	lb	lb		lb	pts	pts	lb		lb
Class I,	16	12 8	8			15	240	50				
Class II,	23	16 1	11 1/2			22	308	53				
Class III,	6		3	9 0		6	9 6					
Class IV,	1	6	1/2			1	12		1/2			
Class V,	27	18 5	13 1/2			27	270	27				10 8
Class VI,	1	4	1/2			0						
Class VII,	7	21	3 1/2			7		7		4 2		2 8
Class VII,	11		5 1/2		4 4	11			5 1/2	6 6		
Totals,	92	255	46	9 6	4 4	89	926	97	6	10 8		13 6

Articles to be taken from store for each meal, -

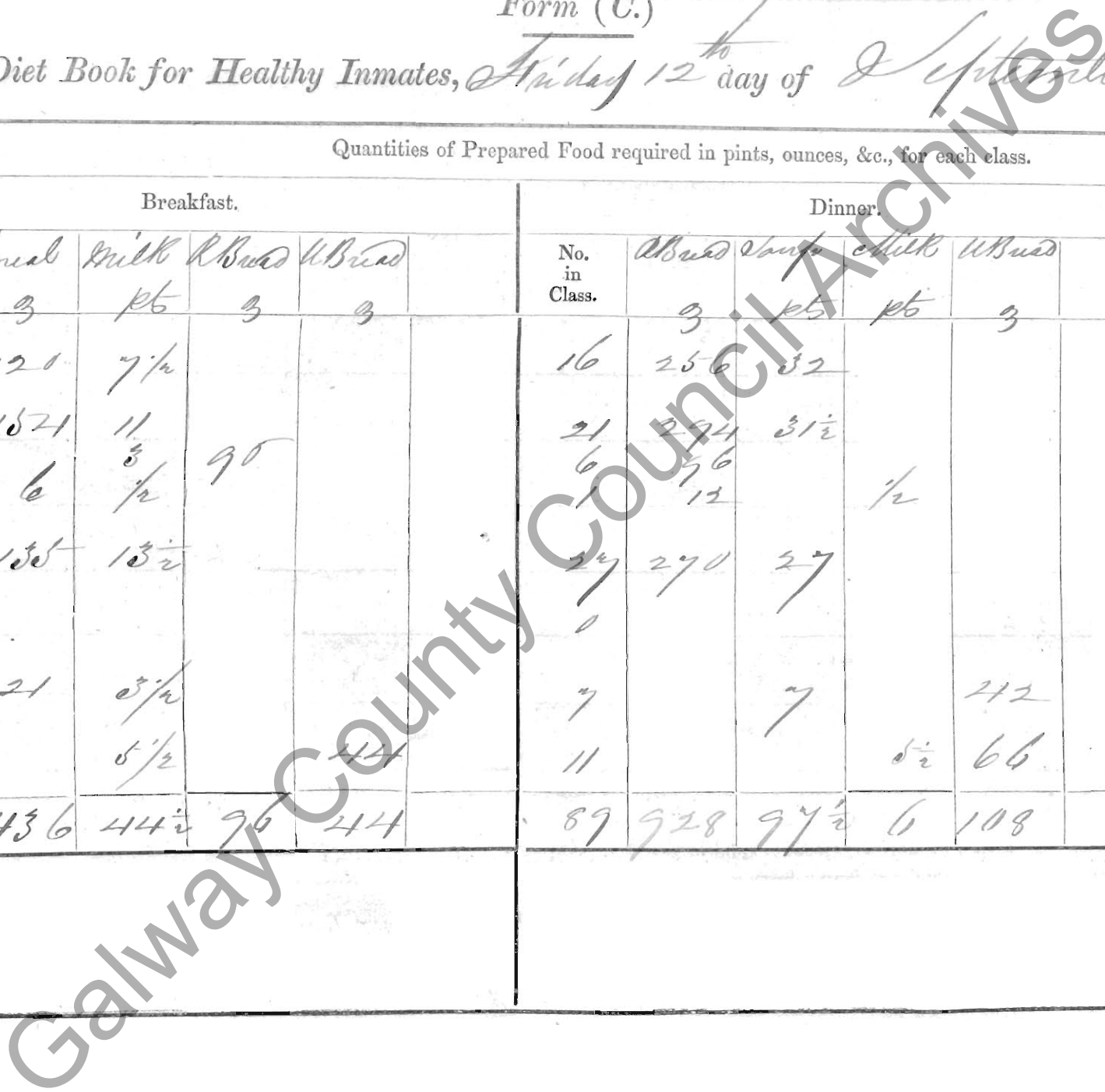
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Friday 12th* day of *September* 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	Bread	No. in Class.	Bread
		oz	pt	oz		oz	pt	pt	oz		oz
Class I, - -	15	120	7½		16	256	32				
Class II, - -	22	182	11		21	294	31½				
Class III, - -	6	6	3	90	6	76					
Class III, - -	1	6	½		1	12		½			
Class IV, - -	24	185	13½		24	270	27				108
Class V, - -	0				0						
Class VI, - -	7	21	5½		7		7		212		28
Class VII, - -	11		5½		11			5½	66		
Totals. - -	89	436	44½	90	89	928	97½	6	108		136

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 13th day of September 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	Milk	Bread	No. in Class.	Bread
Class I, - -	16	128	8	3	17	272	34	3		3
Class II, - -	31	147	10 1/2		21	294	31 1/2			
Class III, - -	6	6	3	96	6	96				
Class III, - -	1		1/2		1	12		1/2		
Class IV, - -	27	135	13 1/2		27	270	27			108
Class V, - -	0				0					
Class VI, - -	7	31	3 1/2		7			42		28
Class VII, - -	11		5 1/2	44	11		5 1/2	66		
Totals, - -	89	437	44 1/2	140	90	944	99 1/2	6	108	136

Articles to be taken from store for each meal,

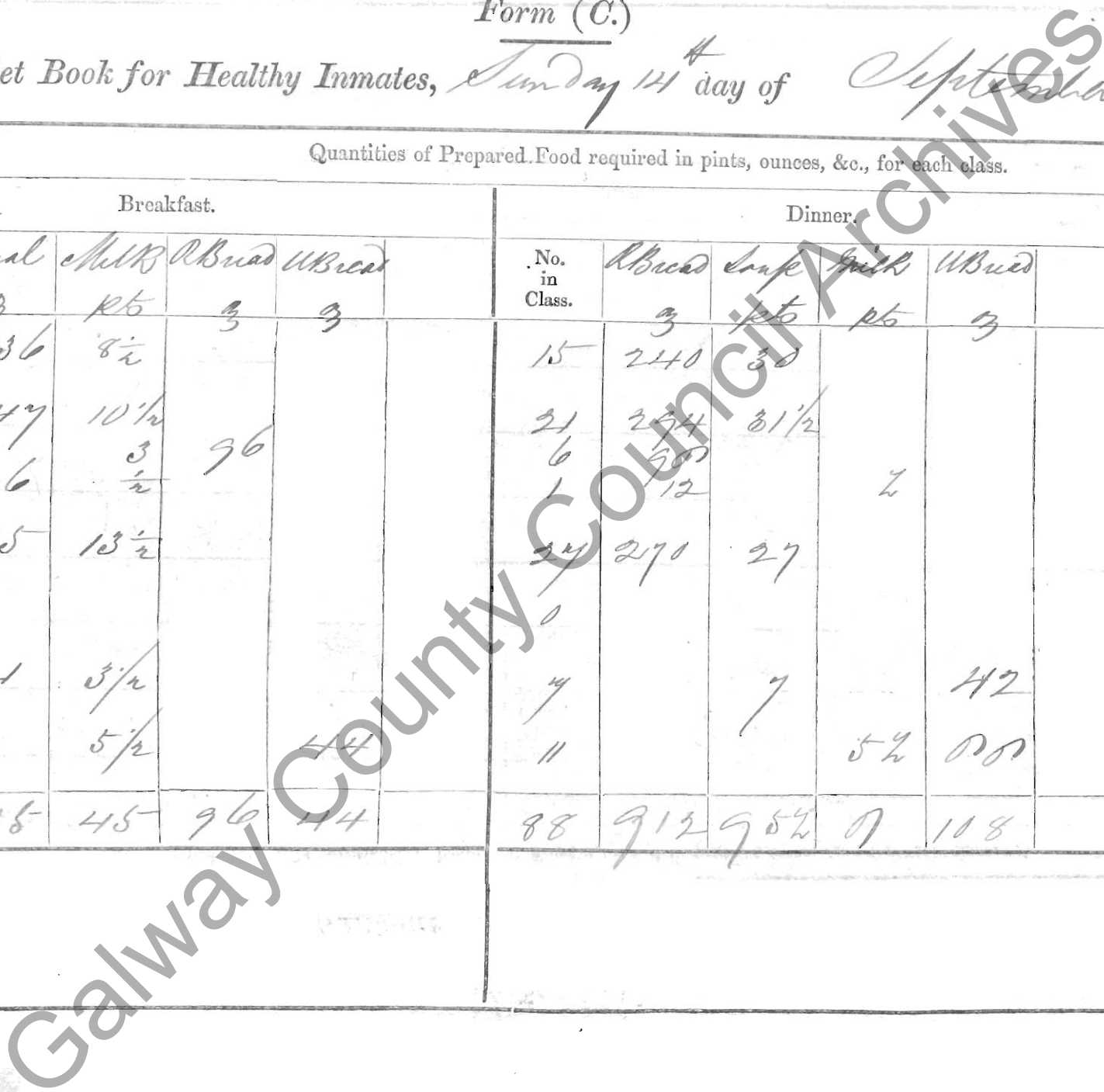
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Sunday* ^{14th} day of *September* 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	UBread	No. in Class.	Bread	Soup	Milk	UBread	No. in Class.	RBA
Class I,	17	136	8 1/2	3	3	15	240	30	pt	3		3
Class II,	21	147	10 1/2			21	274	31 1/2				
Class III,	6	6	3	96		6	30					
Class III,	1	6	1/2			1	12		2			
Class IV,	27	135	13 1/2			27	270	27				108
Class V,	0					0						
Class VI,	7	21	3 1/2			7		7		42		218
Class VII,	11		5 1/2		44	11			5 1/2	0 00		
Totals,	90	445	45	96	44	88	912	95 1/2	0	108		530

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Monday 15th* day of *September* 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	Bread	No. in Class.	Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I, - -	15	120	4 1/2		15	240	30				
Class II, - -	21	147	10 1/2		21	294	31 1/2				
Class III, - -	6 1	6	3 1/2	96	6 1	45 12		1/2			
Class IV, - -	27	135	13 1/2		27	270	27				108
Class V, - -	0				0						
Class VI, - -	7	21	8 1/2		7		7		43		28
Class VII, - -	11		5 1/2		11			5 1/2	66		
Totals, - -	88	429	44	96	88	912	95 1/2	07	108		136

Articles to be taken from store for each meal, -

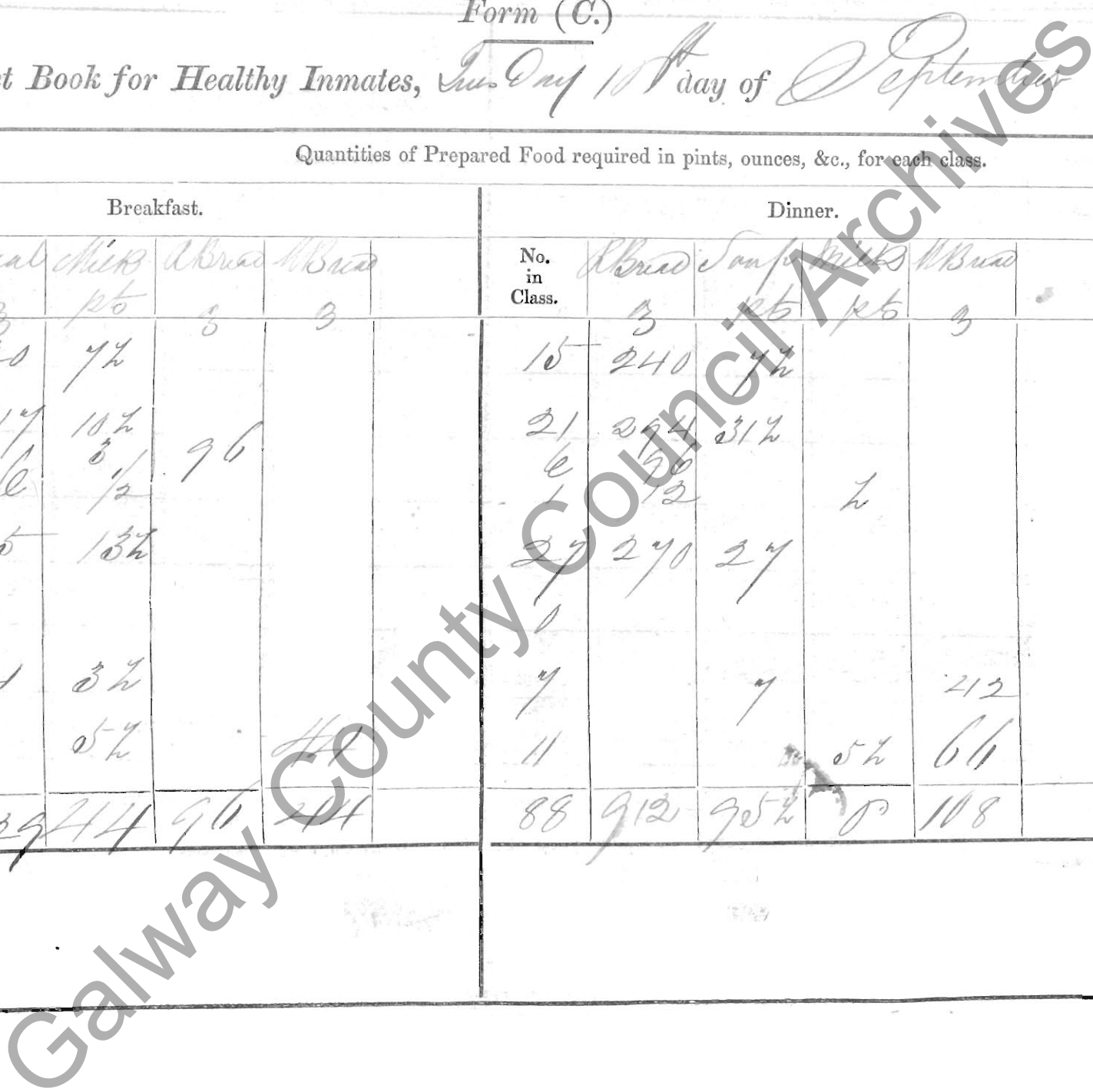
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Tue Day 10* day of *September* 185*0*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I,	15	120	7½	3	15	240	7½		3		
Class II,	21	141	10½		21	294	31½				
Class III,	6	6	½	96	6	96		½			
Class IV,	27	135	13½		27	270	27				108
Class V,	0				0						
Class VI,	7	21	3½		7		7		212		28
Class VII,	11		5½		11			5½	66		
Totals,	88	429	44	96	88	912	95½	5	108		130

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Wednesday 14th* day of *September* 185*6*.

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
Class I, - -	15	120	4 1/2	3	3	14	224	28		3		3
Class II, - -	21	147	10 1/2			21	94	3 1/2				
Class III, - -	6 1	6	3 2	96		6 1	96 12		2			
Class IV, - -	27	135	13 1/2			25	250	28				100
Class V, - -	0					0						
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	11			5 1/2	66		
Totals, - -	88	429	44	96	44	85	876	9 1/2	0	118		128

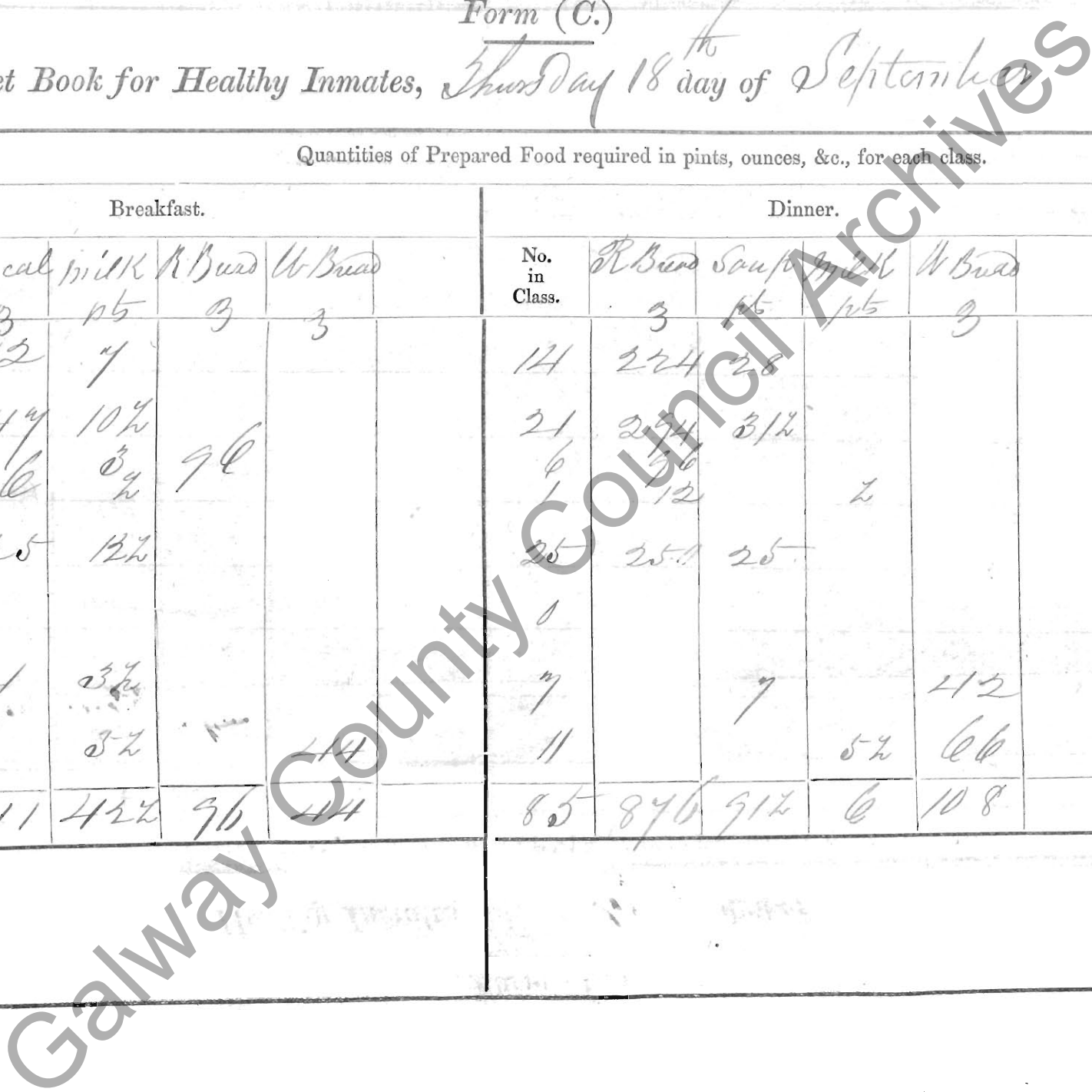
Articles to be taken from store for each meal, -

Galway County Council Archives

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Irish meal	Milk	R B read	W Bread	No. in Class.	R B read	Soup	Milk	W Bread	No. in Class.	R B read
Class I, - -	14	112	7	3	3	14	224	28				3
Class II, - -	21	147	10 1/2			21	254	3 1/2				
Class III, - -	6	6	3 1/2	96		6	36					
Class IV, - -	25	125	12 1/2			25	250	25				100
Class V, - -	1					1						
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		3 1/2		44	11			5 1/2	66		
Totals, - -	85	411	42 1/2	96	44	85	876	9 1/2	6	108		128

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

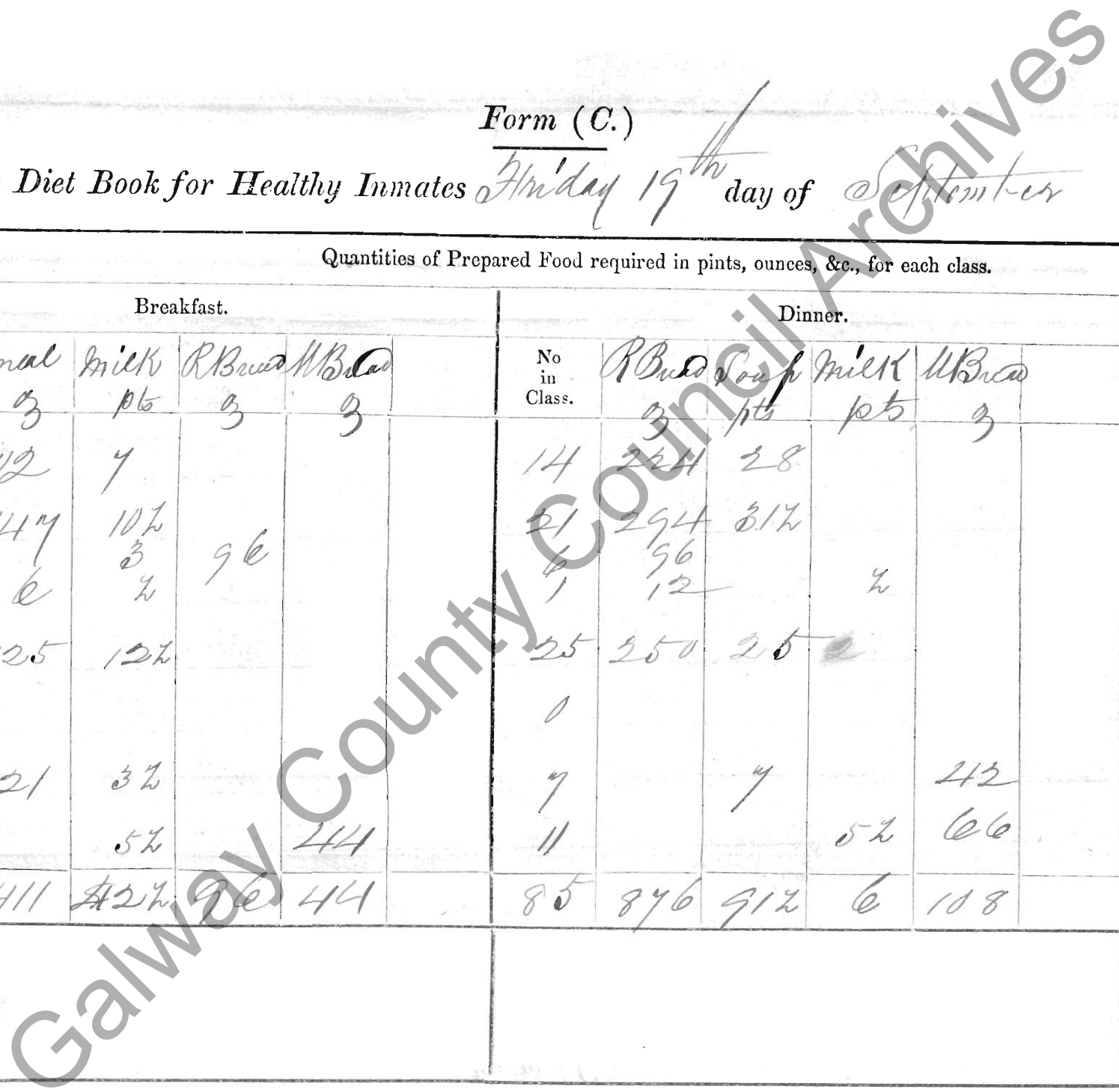
Friday 19th day of September

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 Bred	Soup	Milk	W Bread	No. in Class.	R Bred
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	14	112	7			14	224	28				
Class II,	21	147	10 1/2			21	294	31 1/2				
Class III,	6	6	4	96		6	96		4			
Class IV,	25	125	12 1/2			25	250	25				100
Class V,	0					0						
Class VI,	7	21	3 1/2			7		7		24		28
Class VII,	11		5 1/2		44	11			5 1/2	66		
Totals,	85	411	42 1/2	96	44	85	876	91 1/2	6	108		128

Articles to be taken from store for each meal,

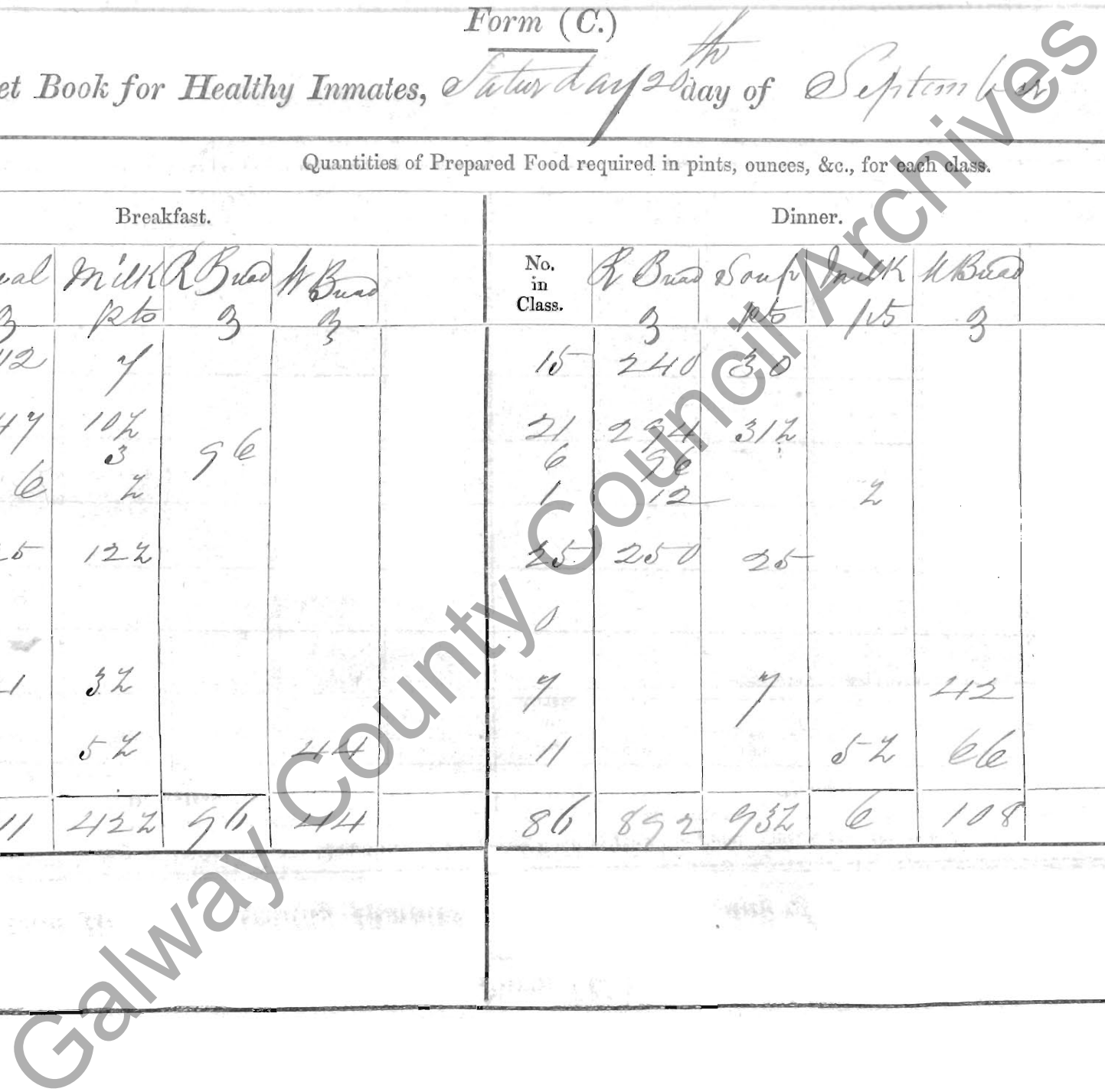


Daily Diet Book for Healthy Inmates, *Saturday* ¹⁶ day of *September* 185*0*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I,	14	112	7	3	15	240	30	15	3		3
Class II,	21	147	10 1/2	9 6	21	294	31 1/2				
Class III,	6	6	3		6	96					
Class IV,	1		1/2		1	12		2			
Class V,	35	125	12 1/2		25	250	25				100
Class VI,	0				0						
Class VII,	9	21	3 1/2		9		7		112		28
Class VIII,	11		5 1/2		11			5 1/2	66		
Totals,	85	411	42 1/2	9 6	86	892	93 1/2	6	108		128

Articles to be taken from store for each meal, -



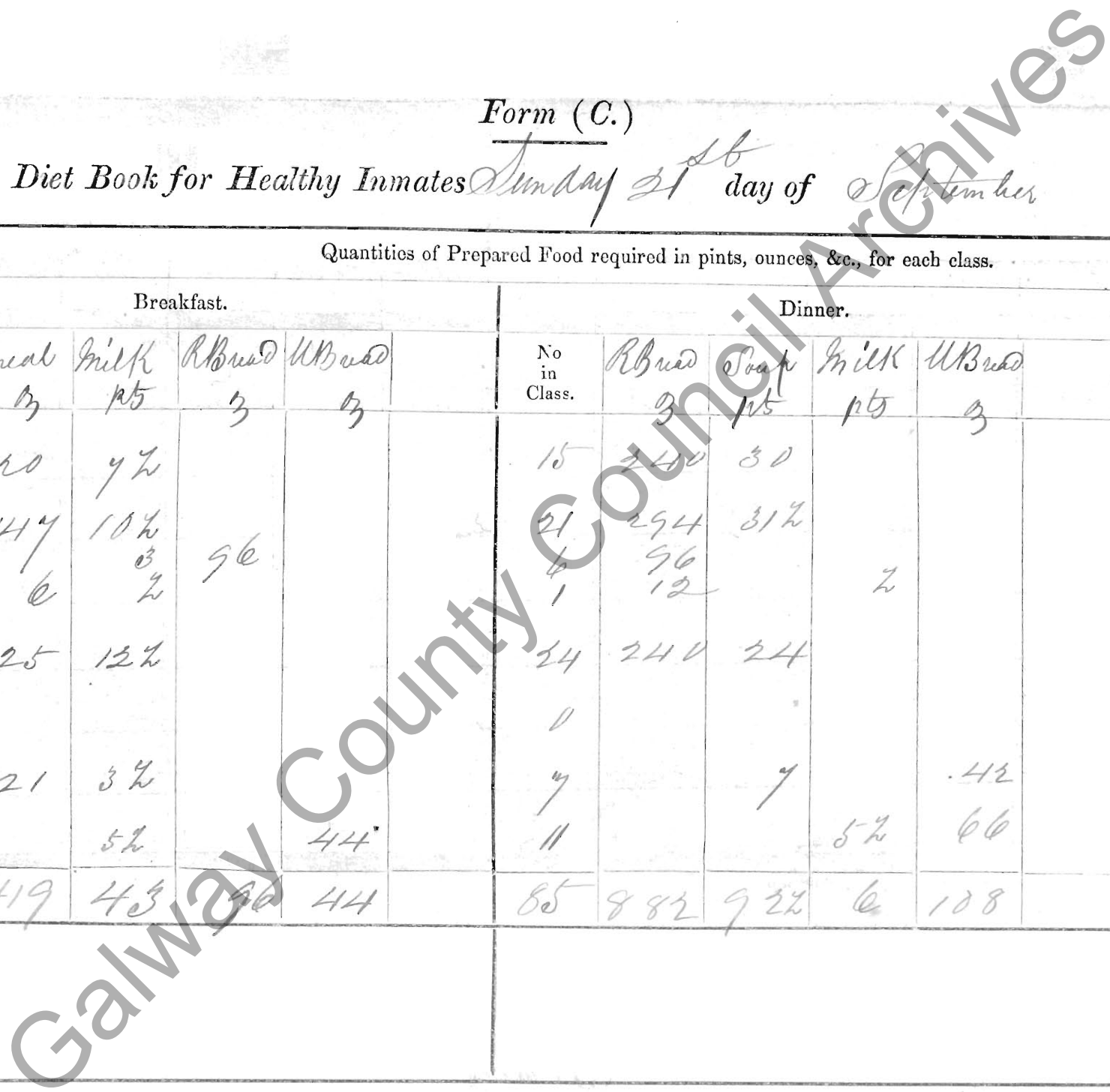
Form (C.)

Daily Diet Book for Healthy Inmates *Sunday 21st* day of *September* 185*6*.

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

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal lb	Milk pts	R B read 3	W B read 3	No in Class.	R B read 3	Soup pts	Milk pts	W B read 3	No. in Class.	R B read 3
Class I, - -	15	120	4 1/2			15	240	30				
Class II, - -	21	147	10 1/2			21	294	31 1/2				
Class III, - -	6 1	6	3 2	96		6 1	96 12		2			
Class IV, - -	25	125	12 1/2			24	240	24				96
Class V, - -	0					0						
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	11		5 1/2		66		
Totals, - -	86	419	43	96	44	85	882	92 1/2	6	108		124

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, Monday 22nd day of September 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, - -	15	3	7 1/2	3	3	15	3	15	15	3		3
Class II, - -	21	14 1/2	10 1/2			21	21	3 1/2				
Class III, - -	6	6	3 1/2	9 6		6	6		2			
Class IV, - -	24	12 0	13			24	24 0	24				9 6
Class V, - -	1					1						
Class VI, - -	7	21	3 1/2			7		7		4 1/2		2 8
Class VII, - -	11		5 1/2		4 4	11			5 1/2	6 6		
Totals, - -	85	211 4	42 1/2	9 6	4 4	85	88 2	9 2 1/2	6	10 8		12 4
Articles to be taken from store for each meal, -												

Galway County Council Archives

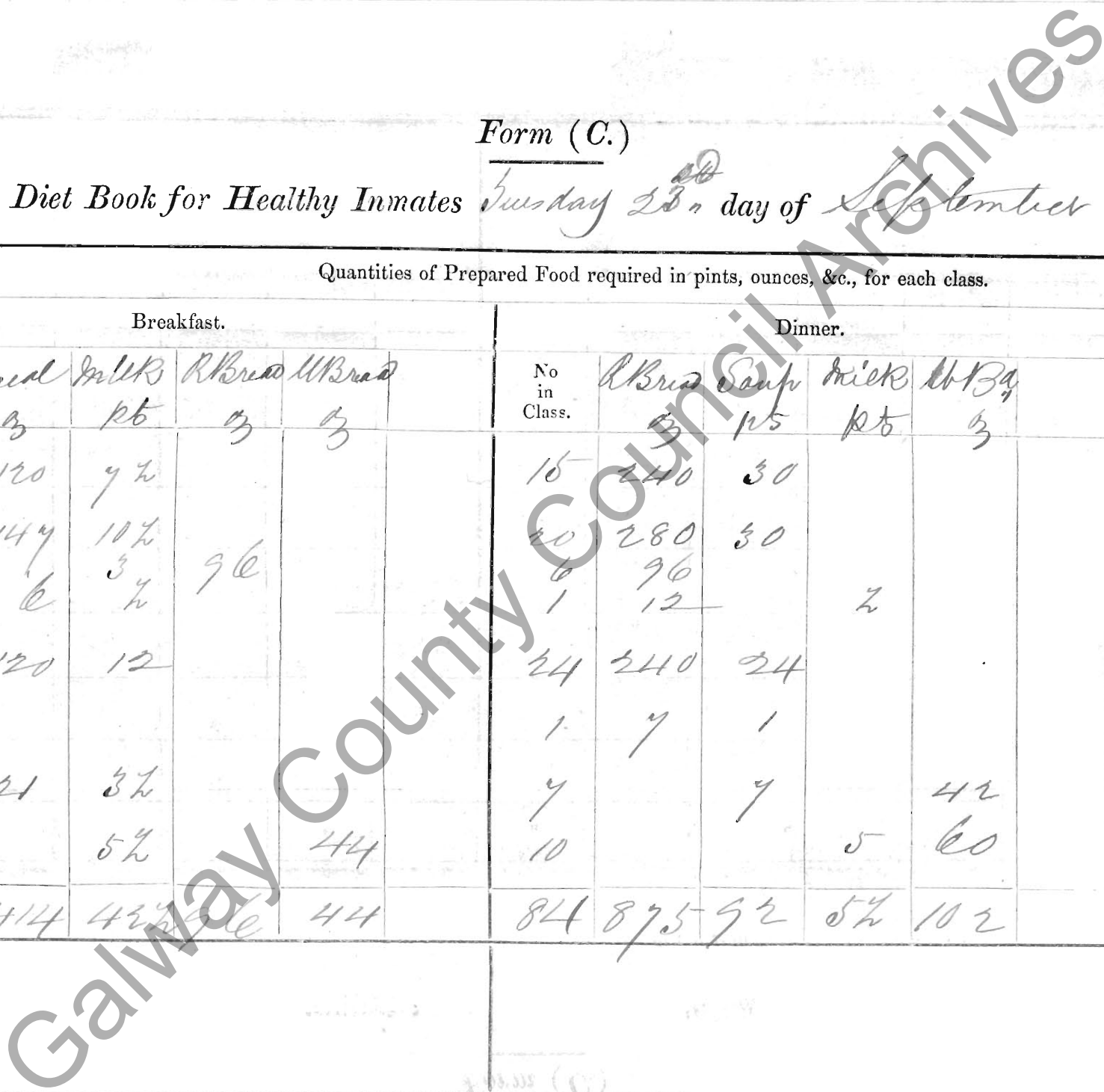
Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday 23rd* day of *September* 185 *6*

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 Bg	No. in Class.	R Bread
		oz	pt	oz	oz		oz	pt	pt	oz		oz
Class I, - -	15	120	7 1/2			15	240	30				
Class II, - -	21	147	10 1/2			20	280	30				
Class III, - -	4 1	6	3 1/2 1/2	96		1	96 12		2			
Class IV, - -	24	120	12			24	240	24				90
Class V, - -	0					1	7	1				4
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	10			5	60		
Totals, - -	85	414	42 1/2	96	44	84	875	92	5 1/2	102		128

Articles to be taken from store for each meal,

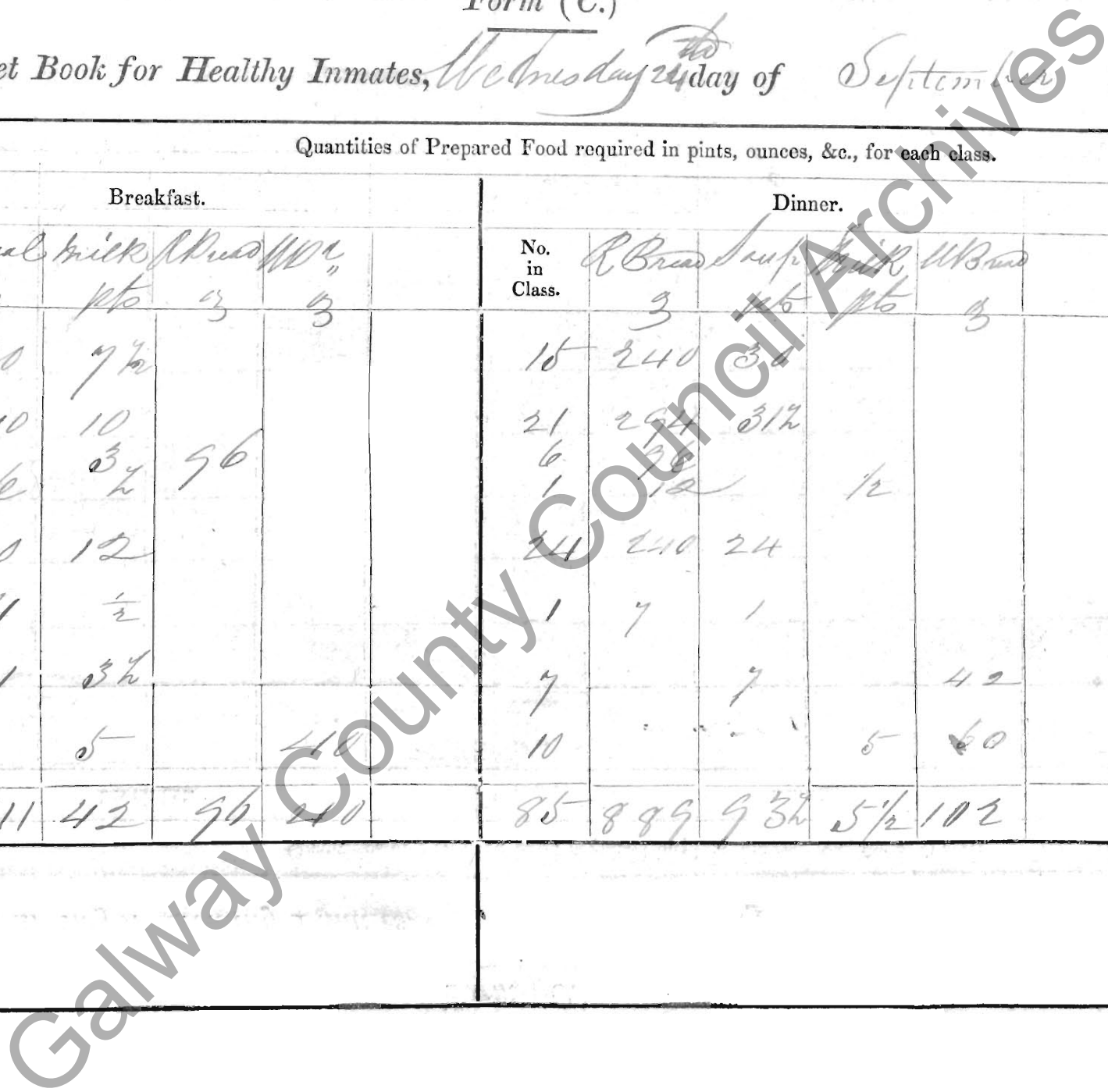


Daily Diet Book for Healthy Inmates, *Wednesday* day of *September* 185 *6*

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	W ^h Bread	No. in Class.	Bread	Sup	Milk	W ^h Bread	No. in Class.	B ¹	S ¹
Class I, - -	15	120	7 1/2	3	15	240	30				3	
Class II, - -	20	140	10		21	294	3 1/2					
Class III, - -	6	6	3 1/2	96	6	36						
Class IV, - -	24	120	12		24	240	24				96	
Class V, - -	1	4	1/2		1	7	1				4	
Class VI, - -	7	21	3 1/2		7		7		42		28	
Class VII, - -	10		5		10			5	60			
Totals, - -	84	411	42	96	85	899	9 3/2	5 1/2	102		128	

Articles to be taken from store for each meal,



Form (C.)

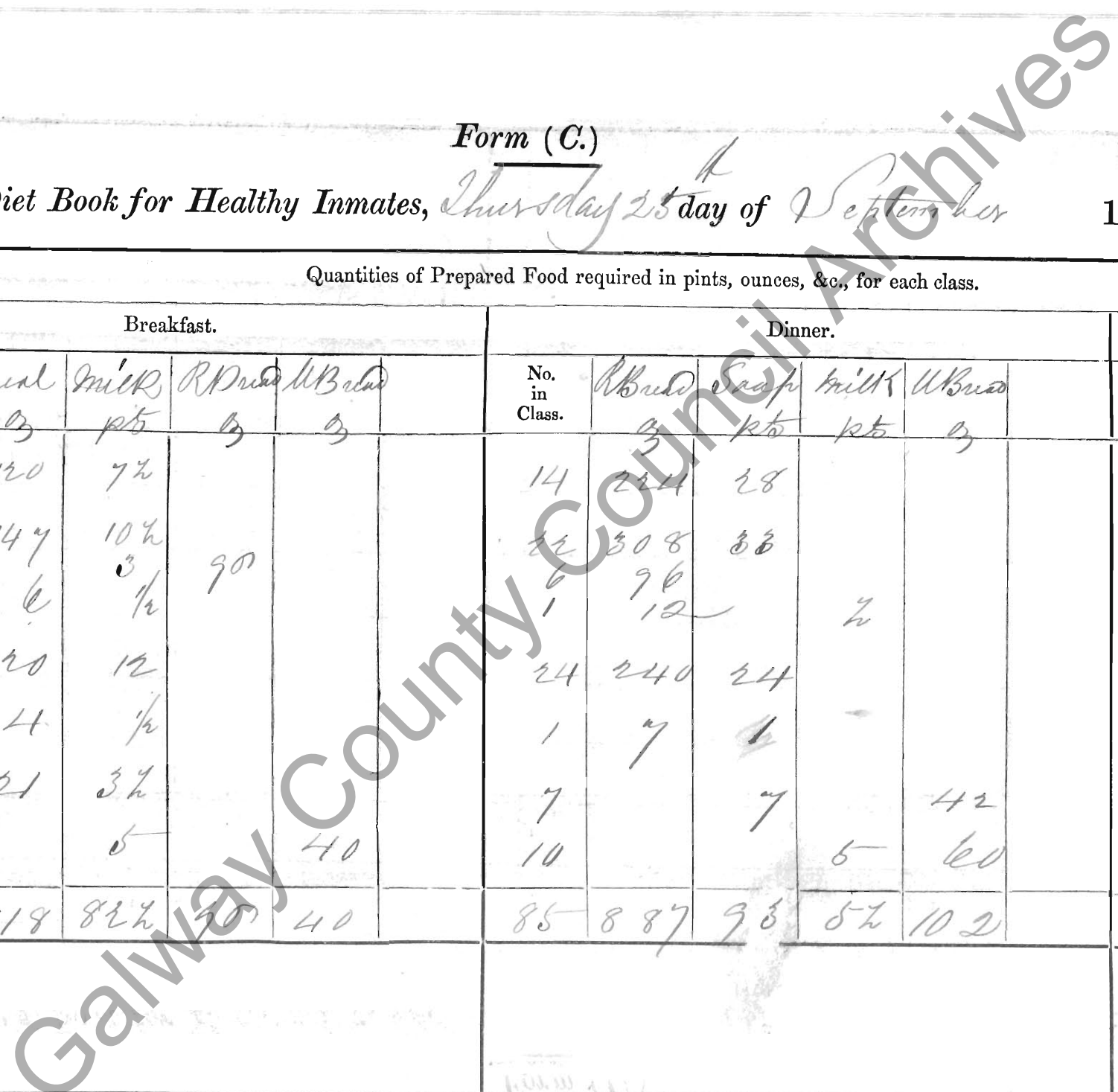
Daily Diet Book for Healthy Inmates, Thursday 25 day of September

185

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Misc 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,	15	120	7½			14	244	28				
Class II,	21	147	10½			22	308	33				
Class III,	1	6	½	90		1	96		½			
Class IV,	24	120	12			24	240	24				90
Class V,	1	4	½			1	7					4
Class VI,	7	21	3½			7		7		42		28
Class VII,	10		5		40	10			5	60		
Totals,	85	418	82½	90	40	85	887	93	5½	102		124

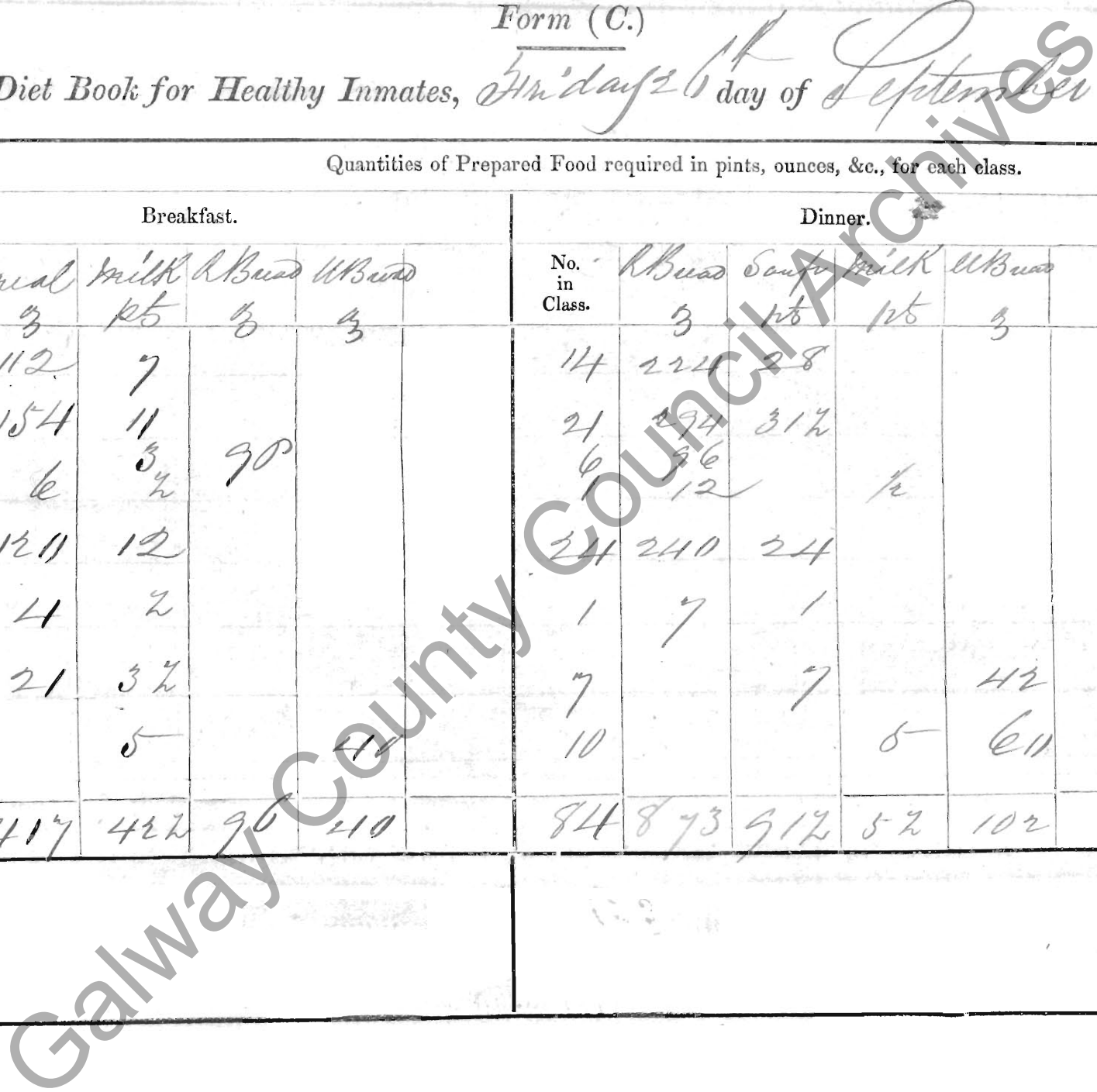
Articles to be taken from store for each meal, -



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	14	112	7			14	224	28				3
Class II, - -	22	154	11			21	294	3 1/2				
Class III, - -	6	6	3 1/2	90		6	36		1/2			
Class IV, - -	1					24	240	24				96
Class V, - -	1	4	2			1	7	1				
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	10		5			10			5	60		
Totals, - -	85	217	42 1/2	90	210	84	873	9 1/2	5 1/2	102		12 1/2

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

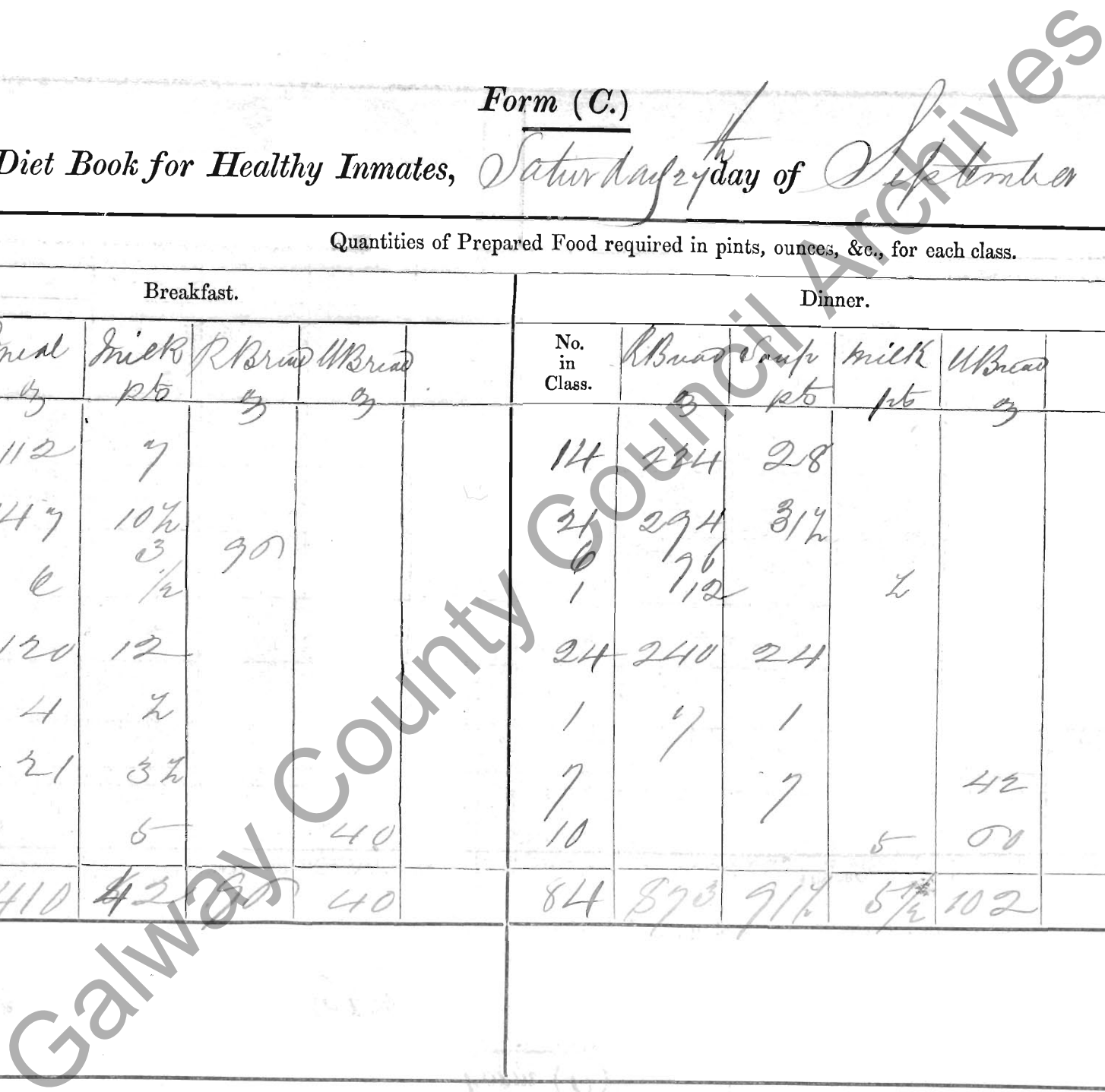
Saturday ^{the} 2nd day of September

1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Gricks 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				
Class II,	21	147	10 1/2			21	294	3 1/2				
Class III,	6	6	3 1/2	90		6	72		2			
Class IV,	24	120	12			24	240	24				96
Class V,	1	4	2			1	4	1				4
Class VI,	7	21	3 1/2			7		7		42		28
Class VII,	10		5		40	10			5	50		
Totals,	84	410	42 1/2	90	40	84	870	9 1/2	5 1/2	102		128

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates,

Sunday 18 day of September 1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	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		3
Class II,	21	147	10 1/2			21	252	31 1/2				
Class III,	6	6	3 1/2	96		6	19 1/2		2			
Class IV,	24	120	12			24	240	24				96
Class V,	1	21	2			1	7	1				4
Class VI,	7	21	3 1/2			7	7			42		38
Class VII,	10		5		40	10				5	50	
Totals,	84	410	42	96	40	84	873	91 1/2	5 1/2	102		128

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

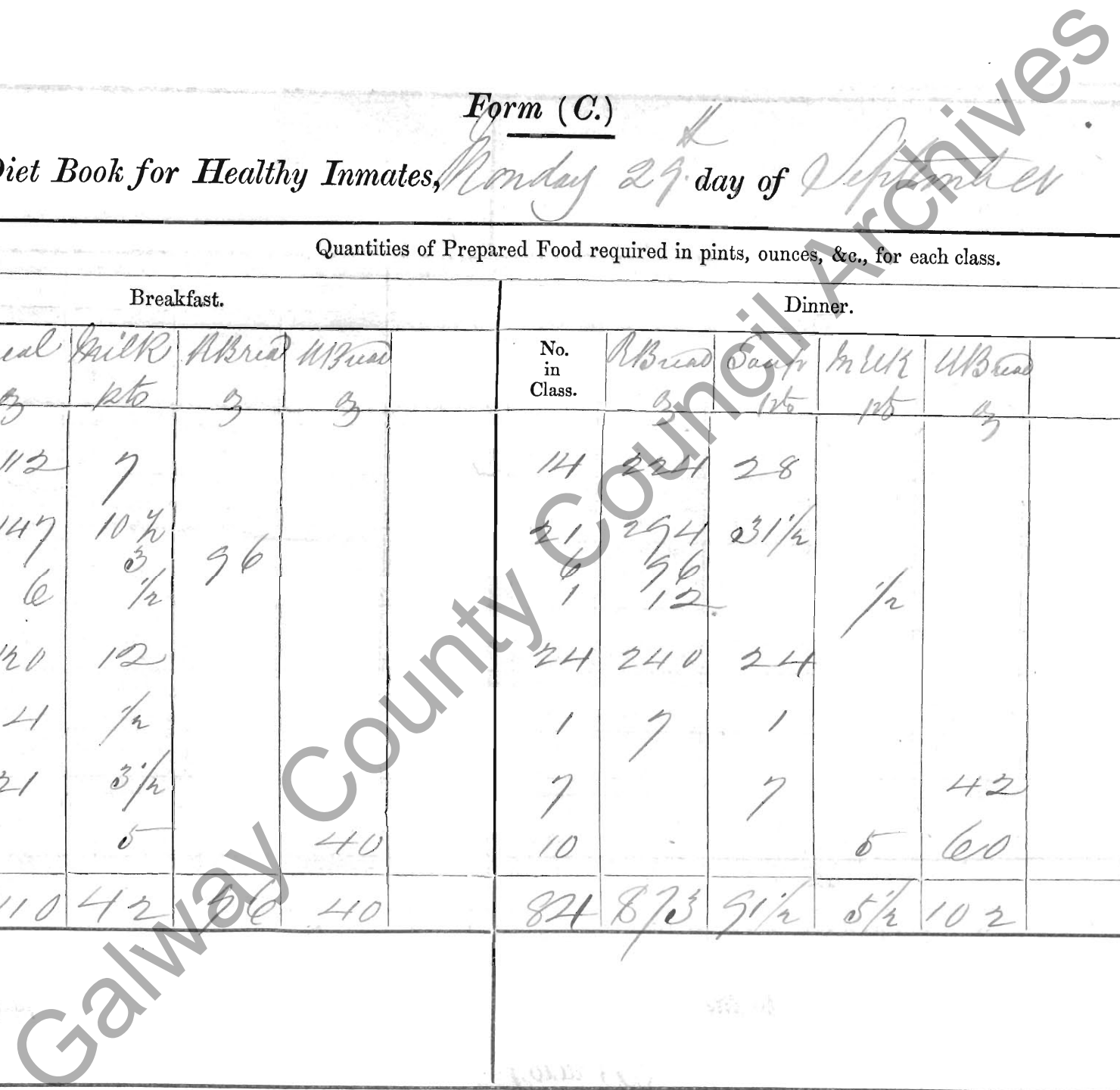
Monday 29 day of September

185 C. Half year

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

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal oz	Milk pts	W Bread oz	W Bread oz	No. in Class.	W Bread oz	Sauce pts	Milk pts	W Bread oz	No. in Class.	W Bread oz
Class I,	14	112	7			14	224	28				
Class II,	21	147	10 1/2			21	254	23 1/2				
Class III,	6	6	3 1/2	96		6	96					
Class IV,	24	120	12			24	240	24				96
Class V,	1	4	1/2			1	7	1				4
Class VI,	7	21	3 1/2			7		7		42		28
Class VII,	10		5		40	10			5	60		
Totals,	84	410	42		40	84	873	9 1/2	5 1/2	102		128

Articles to be taken from store for each meal, -



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

Class	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Butter	No. in Class.	Bread	Soup	Butter	Milk	No. in Class.	Bread
Class I,	14	112	7		14	224	28				3
Class II,	21	147	10 1/2		21	251	31 1/2				
Class III,	6	6	3 1/2	96	6	36		1/2			
Class IV,	24	120	12		24	240	24				96
Class V,	1	4	1/2		1	7	1				4
Class VI,	7	21	3 1/2		7		7		42		28
Class VII,	10		5		10			5	60		
Totals,	84	210	42	96	84	873	91 1/2	5 1/2	102		128

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Wednesday 1 day of

October

1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	R B ^a	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		pts	pts			pts	pts	pts				pts
Class I,	14	112	7									
Class II,	21	147	10 1/2									
Class III,	6	4	3 1/2	96								
Class IV,	24	120	12									96
Class V,	1	4	1/2									4
Class VI,	7	21	3 1/2							42		28
Class VII,	10		5					5		60		
Totals,	82	410	42	96	40	85	88 1/2	5 3/4	5 1/2	102		128

Articles to be taken from store for each meal, -

Galway County Council Archives

Daily Diet Book for Healthy Innates,

Form (C.)

Thursday 2nd day of

October

1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	ℓ Bread	ℓ Bread	No. in Class.	ℓ Bread	Sau	Milk	ℓ Bread	No. in Class.	ℓ Bread
Class I, - -	15	120	7 1/2	3	3	15	240	30	15	3		3
Class II, - -	21	147	10 1/2			21	244	3 1/2				
Class III, - -	6	6	3 1/2	36		6	36		1/2			
Class IV, - -	1	6	1/2			1	12					
Class V, - -	24	120	12			24	240	24				36
Class VI, - -	1	4	1/2			1	7	1				4
Class VII, - -	7	21	3 1/2			7	7			42		28
Totals, - -	10		5			10			5	60		
	85	210	42	36	40	85	889	33 1/2	5 1/2	102		128

Articles to be taken from store for each meal,

*

*

Form (C.)

Daily Diet Book for Healthy Inmates,

Friday 3rd day of

October

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
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I,	15	120	7 1/2			15	240	30				3
Class II,	21	147	10 1/2			21	294	31 1/2				
Class III,	6	6	3 1/2	56		6	96		1/2			
Class IV,	24	120	12			23	230	23				92
Class V,	1	4	1/2			1	7	1				4
Class VI,	7	21	3 1/2			7	7	7		42		28
Class VII,	10		5		40	10			5	60		
Totals,	85	410	41 1/2		40	85	879	9 1/2	5 1/2	102		134

Articles to be taken from store for each meal, -

Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Saturday* ^{4th} day of *October* 185 *0*.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pts	Bread oz	W Bread oz	No. in Class.	Bread oz	Soup lbs	Milk pts	W Bread oz	No. in Class.	Bread oz
Class I,	15	120	7 1/2			14	224	28				
Class II,	21	147	10 1/2			21	294	31 1/2				
Class III,	6	6	3 1/2	96		6	96					
Class IV,	23	115	11 1/2			23	230	23				92
Class V,	1	4	1/2			1	7	7				4
Class VI,	7	21	3 1/2			7		7		42		28
Class VII,	10		5		40	10			5	60		
Totals.	85	413	43		40	84	863	90 1/2	5 1/2	102		124

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Sunday 5th day of October

1856

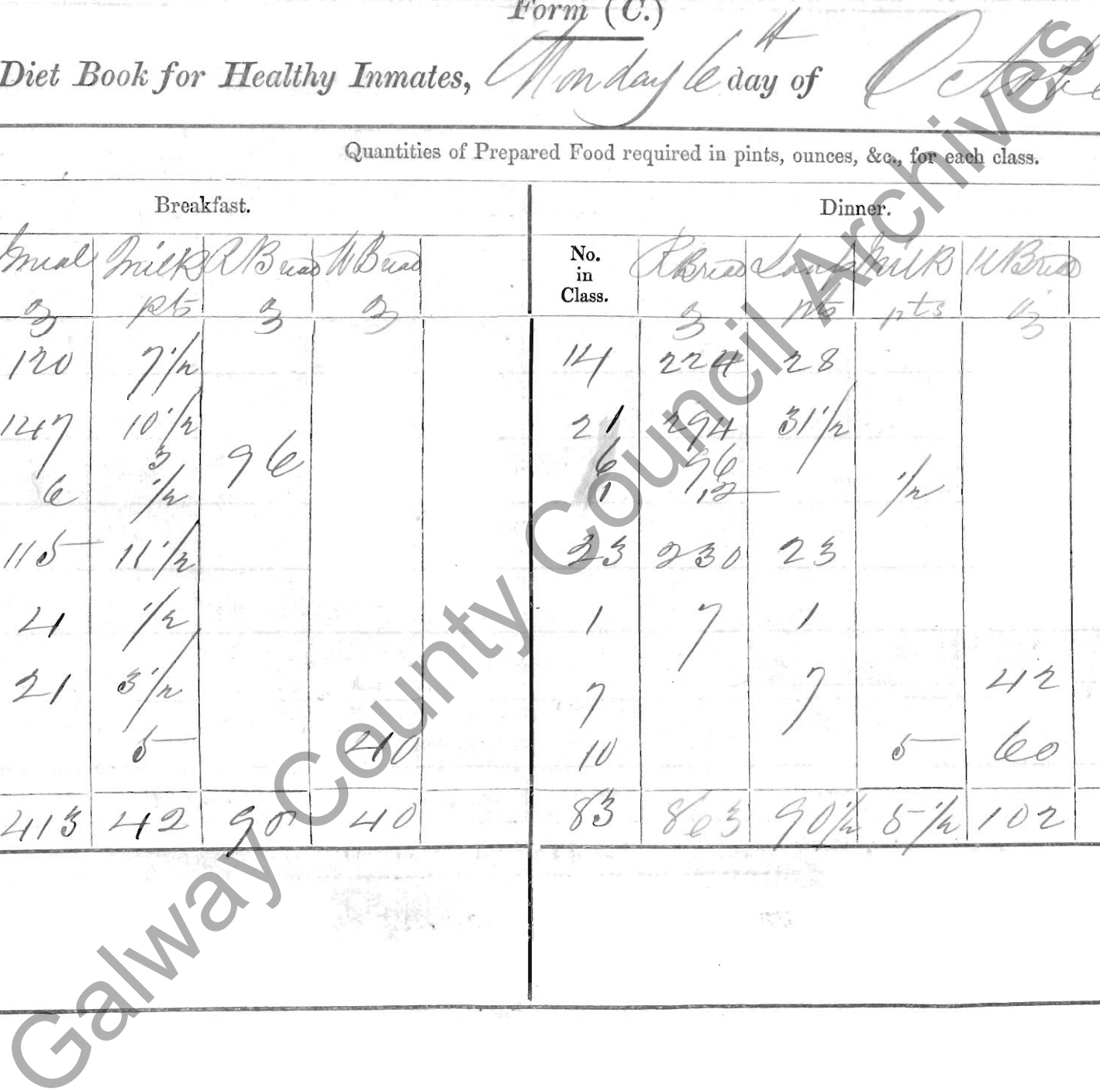
Quantities of Prepared Food required in pints, ounces, &c., for each class.

	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,	14	112	7			15	240	30				
Class II,	21	147	10 1/2			21	294	31 1/2				
Class III,	6	6	3 1/2	96		6	96		1/2			
Class IV,	23	115	11 1/2			23	230	23				92
Class V,	1	4	1/2			1	7	1				4
Class VI,	7	21	3 1/2			7		7		42		28
Class VII,	10		5		40	10			5	60		
Totals,	82	405	41 1/2	96	40	82	879	9 1/2	5 1/2	102		124
Articles to be taken from store for each meal, -												

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

Class	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	Bread	No. in Class.	Bread	Milk	Bread	No. in Class.	Bread
Class I, - -	15	120	7 1/2	3	3	14	227	28			
Class II, - -	21	147	10 1/2			21	294	31 1/2			
Class III, - -	9	6	1/2	96		6	96				
Class IV, - -	23	115	11 1/2			23	230	23			92
Class V, - -	1	4	1/2			1	7	1			4
Class VI, - -	7	21	3 1/2			7	7		42		28
Class VII, - -	10		5		40	10		5	60		
Totals, - -	821	413	42	90	40	83	803	90 1/2	5 1/2	102	124

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Sunday 7 day of October

185

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	R B, U B, A	No. in Class.	R B, U B, A	Soup	Milk	U B, A	No. in Class.	R B, U B, A
Class I, - -	14	112	7		14	224	28				
Class II, - -	21	147	10 1/2		22	308	33				
Class III, - -	1	6	1/2	96	1	12		1/2			
Class IV, - -	23	115	11 1/2		22	220	22				88
Class V, - -	1	4	1/2		1	7	1				4
Class VI, - -	7	21	3 1/2		7		7		42		28
Class VII, - -	10		5	20	11			5 1/2	66		
Totals, - -	83	405	41 1/2	96	82	867	91	6	108		120

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.	Bread oz	Milk pt	R.B. oz	W.B. oz	No. in Class.	Bread oz	Soup pt	Milk pt	W.B. oz	No. in Class.	R.B. oz
Class I, - -	14	112	7			15	240	30				3
Class II, - -	22	154	11			23	342	34 1/2				
Class III, - -	1	6	3/4	96		4	96			1/2		
Class IV, - -	22	110	11			22	220	22				88
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2			11				5 1/2	66	
Totals, - -	84	407	42	96	114	86	897	94 1/2	6	108		120

Articles to be taken from store for each meal, -

Galway County Council ARCHIVES

Form (C.)

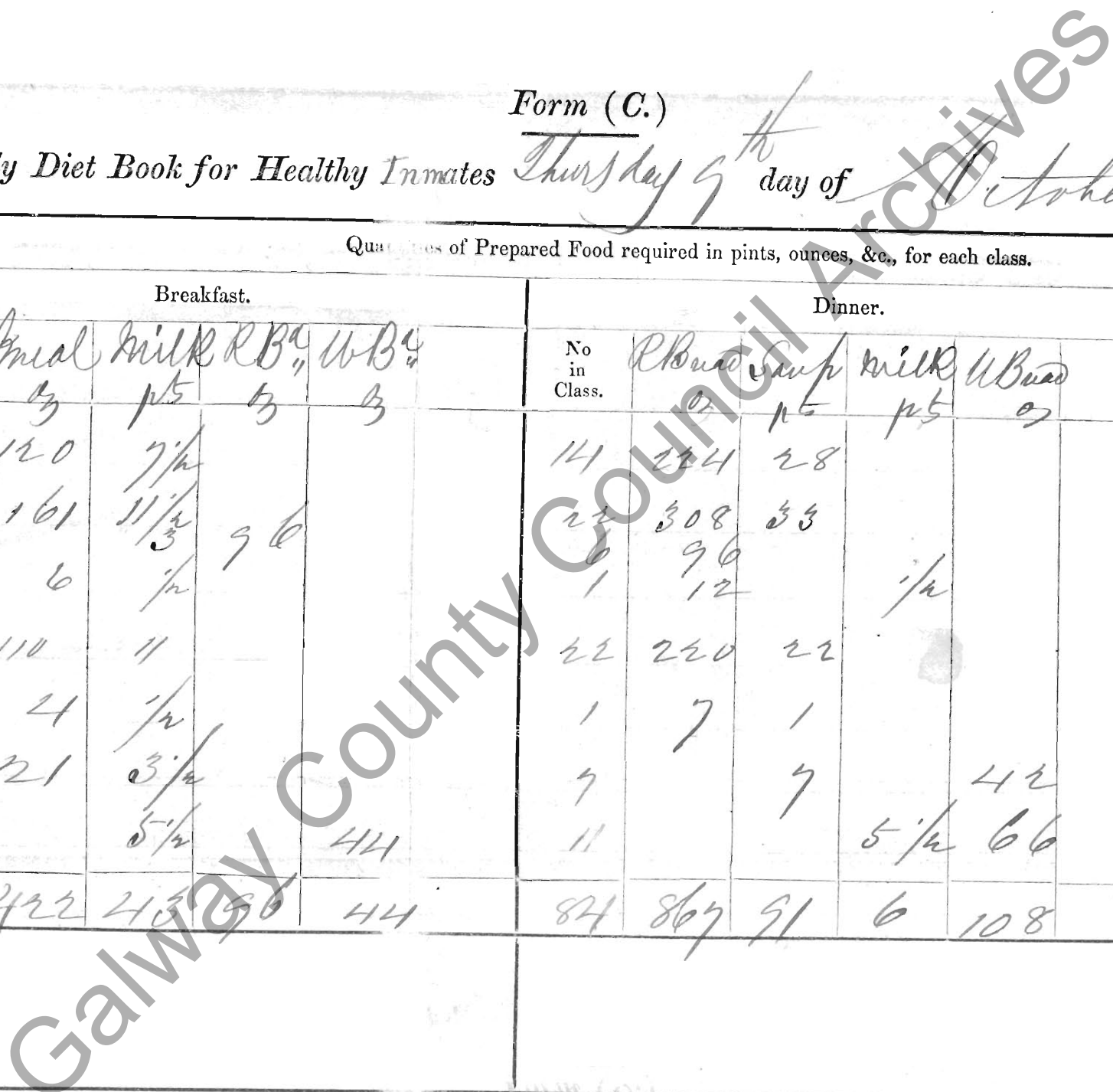
Daily Diet Book for Healthy Inmates

Thursday 9th day of October 1856

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	R B ^a , W B ^a	No. in Class.	R B ^a	Soup	Milk	W B ^a	No. in Class.	R B ^a
Class I, - -	15	120	7 1/2	3	14	244	28	15	3		3
Class II, - -	23	161	11 1/2	3	22	308	33				
Class III, - -	6	6	1/2	96	1	96		1/2			
Class IV, - -	1	6	1/2		1	12					
Class V, - -	22	110	11		22	220	22				88
Class VI, - -	1	4	1/2		1	7	1				4
Class VII, - -	7	21	3 1/2		7	7			42		28
Class VII, - -	11		5 1/2	44	11			5 1/2	66		
Totals, - -	86	422	213	96	84	867	91	6	108		120

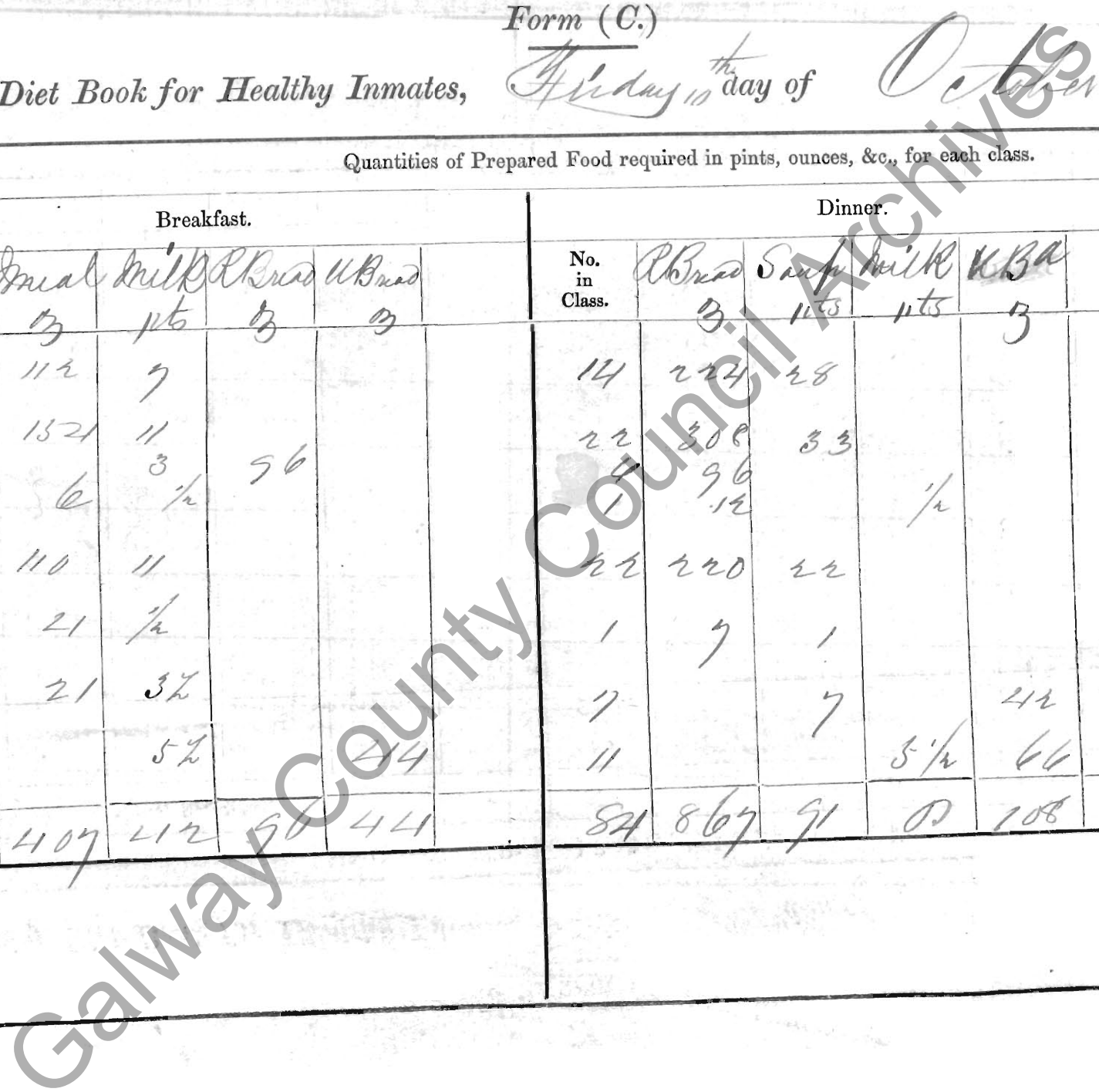
Articles to be taken from store for each meal, -



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
		lb	pts	oz	oz		lb	pts	pts	oz		oz
Class I, - -	14	112	7			14	224	28				
Class II, - -	22	152	11			22	308	33				
Class III, - -	6	6	3	56		1	96					
Class III, - -	1		1/2			1	12		1/2			
Class IV, - -	22	110	11			22	220	22				88
Class V, - -	1	21	1/2			1	7	1				4
Class VI, - -	7	21	3 1/2			7		7		2 1/2		28
Class VII, - -	11		5 1/2		44	11			5 1/2	66		
Totals, - -	84	407	412	56	44	84	867	91	0	108		120

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 11th day of October

1856

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

Breakfast.

Dinner.

Supper.

	No. in Class.	Breakfast.				No. in Class.	Dinner.				No. in Class.	Supper.		
		Bread	Milk	W.B.	U.B.		Bread	Soup	Milk	W.B.		Bread	U.B.	
Class I,	14	112	7			14	224	28						
Class II,	22	154	11			22	308	33						
Class III,	6	46	3 1/2	96		6	96		2					
Class IV,	22	110	11			22	220	22					88	
Class V,	1	24	2			1	7	1					4	
Class VI,	7	21	3 1/2			7		7		42			28	
Class VII,	11		5 1/2		44	11			5 1/2	66				
Totals,	84	407	42	96	44	84	867	91	6	108			120	

Articles to be taken from store for each meal.

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 12th day of October 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R Bred	W Bred	No. in Class.	R Bred	Soup	Milk	W Bred	No. in Class.	R Bred
Class I, - -	14	112	7			14	224	28				
Class II, - -	22	154	11			22	308	33				
Class III, - -	6		3	96		6	96		1/2			
Class IV, - -	1	6	1/2			1	12					
Class V, - -	22	110	11			22	220	22				88
Class VI, - -	1	4	1/2			1	4	1				4
Class VII, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	11			5 1/2	66		
Totals, - -	84	407	212	96	44	84	867	91	6	108		120

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates Monday 13th day of October 1856.

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
	Breakfast.					Dinner.					Supper.		
No. in Class.	Meal	Meat	R Bred	W Bred		No. in Class.	R Bred	Soup	Milk	W Bred		No. in Class.	R Bred
	oz	lb	oz	oz			oz	pts	pts	oz			oz
Class I,	14	112	7			14	220	28					
Class II,	22	152	11			22	308	33					
	6		3			6	96						
Class III,	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$				
Class IV,	22	160	11			22	220	22					88
Class V,	1	4	$\frac{1}{2}$			1	7	1					4
Class VI,	7	21	$3\frac{1}{2}$			7		7		42			28
Class VII,	11		$5\frac{1}{2}$			11			$5\frac{1}{2}$	66			
Totals,	84	407	42		44	84	867	91	6	108			120

Articles to be taken from store for each meal,

Daily Diet Book for Healthy Inmates, Tuesday 14th day of October 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	Supp	Milk	W Bread	No. in Class.	Bread	
Class I, - -	14	112	7		14	224	48					
Class II, - -	22	152	11		22	348	53					
Class III, - -	6		3	96	6	96						
Class IV, - -	1	6	1/2		1	12		1/2				
Class V, - -	22	110	11		22	220	22				88	
Class VI, - -	1	4	1/2		1	7	1				4	
Class VII, - -	7	21	3 1/2		7		7		42		28	
Class VII, - -	11		5 1/2	44	11			5 1/2	66			
Totals, - -	84	407	42	96	84	867	91	6	108		120	
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

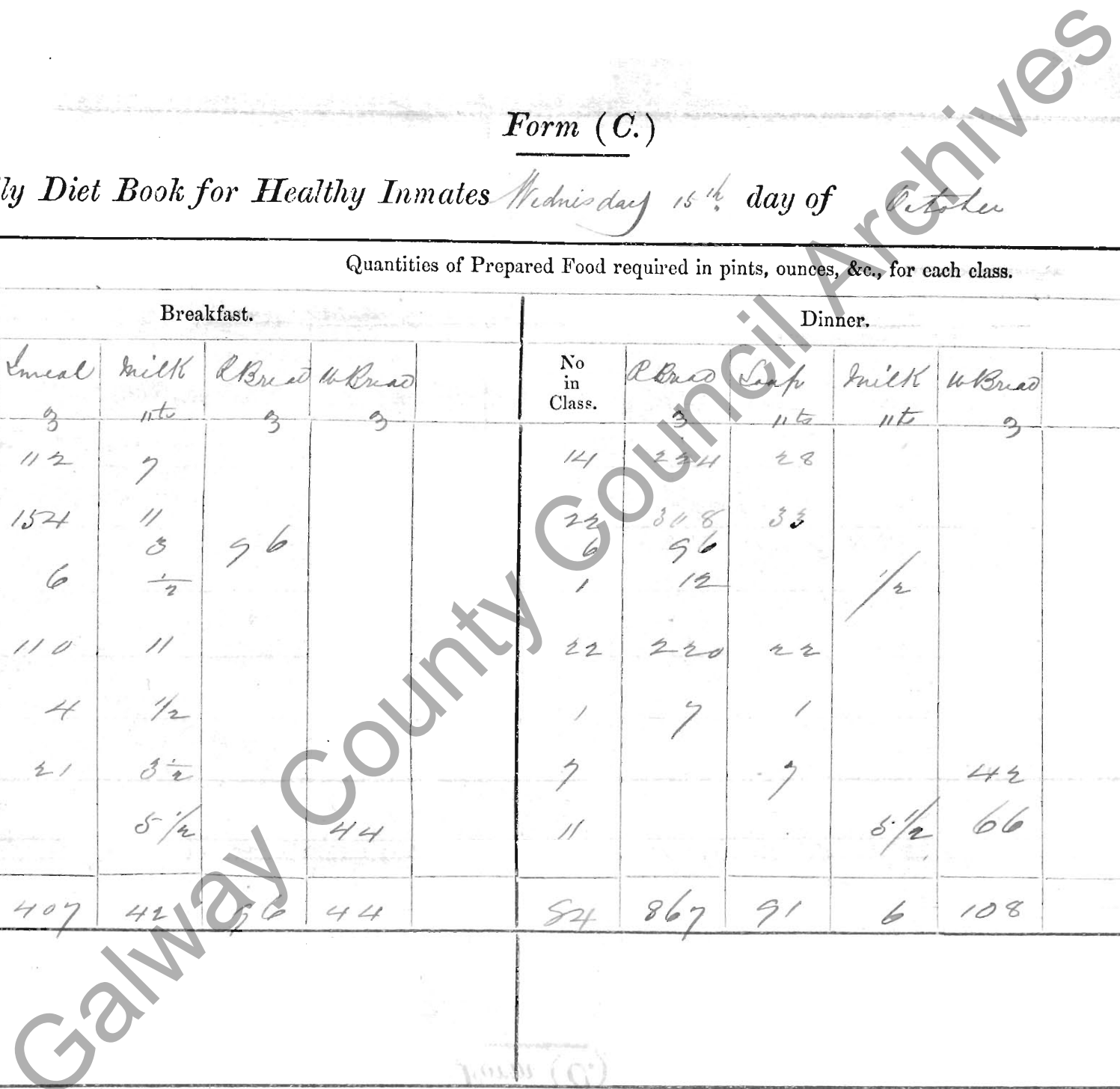
Daily Diet Book for Healthy Inmates *Wednesday 15th day of October*

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, - -	14	112	7			14	254	28				
Class II, - -	22	152	11			22	308	33				
Class III, - -	6	6	3	96		6	96					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	22	110	11			22	220	22				88
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	7	21	3 1/2			7		7		42		28
Class VII, - -	11		5 1/2		44	11			8 1/2	66		
Totals, - -	84	407	42	96	44	84	867	91	6	108		120

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 16th day of October 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	115	3		
Class II, - -	22	154	11	3	3	22	308	33				
Class III, - -	6	6	1/2	96		6	96		1/2			
Class IV, - -	1	6	1/2			1	12					
Class V, - -	22	110	11			22	220	22				88
Class VI, - -	1	4	1/2			1	7	1				4
Class VII, - -	7	21	3 1/2			7	7	7		42		28
Class VII, - -	11		5 1/2		44	11			5 1/2	66		
Totals, - -	84	407	42	96	44	84	867	91	6	108		120
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

July 17th

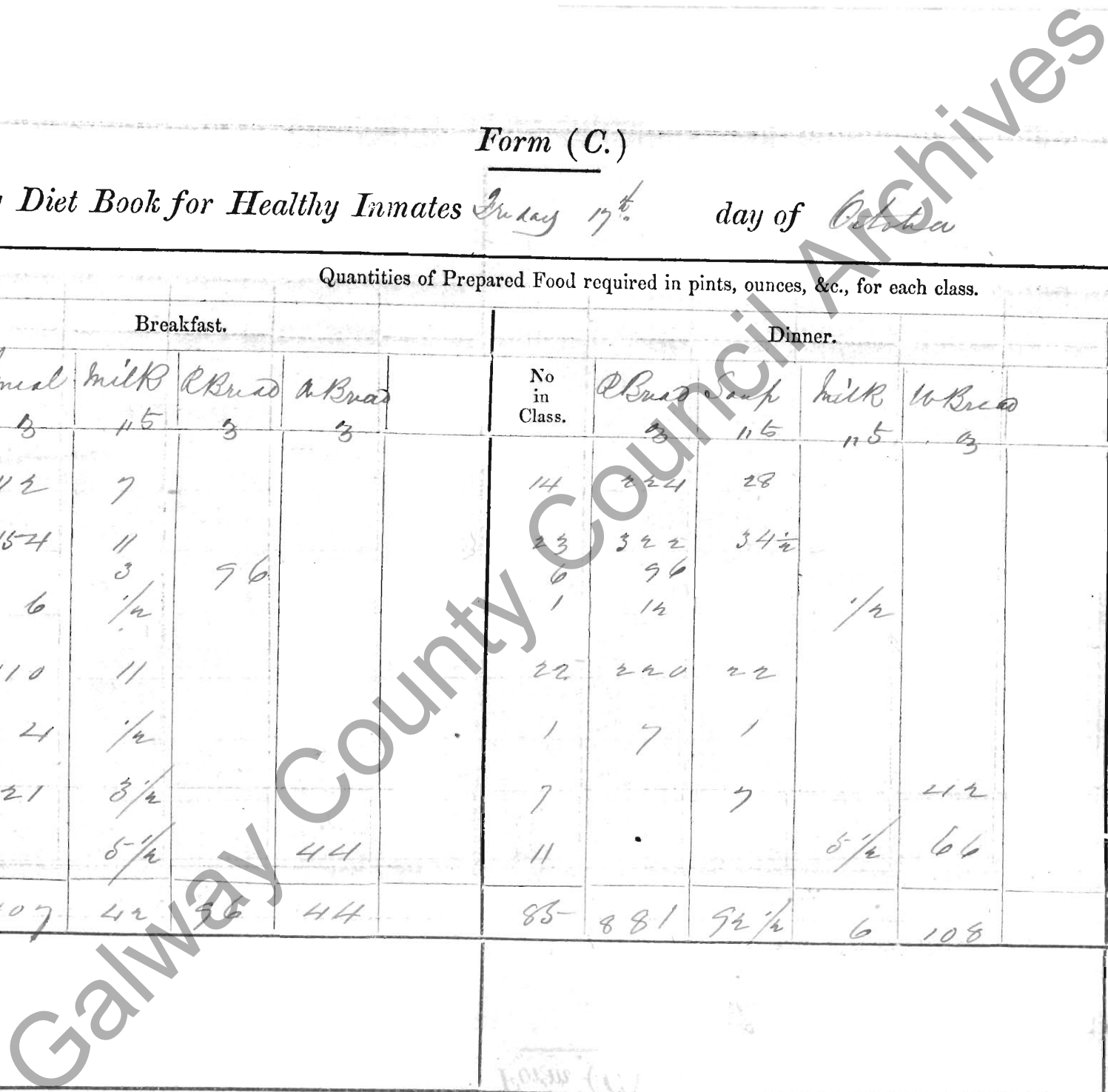
day of October

1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	R Bred	W Bred	No. in Class.	R Bred	Soup	Milk	W Bred	No. in Class.	R Bred
Class I,	14	112	7			14	224	28				
Class II,	22	154	11			22	322	34 1/2				
Class III,	6		3	96		6	96					
Class III,	1	6	1/2			1	12		1/2			
Class IV,	22	110	11			22	220	22				88
Class V,	1	4	1/2			1	7	1				4
Class VI,	7	21	3 1/2			7	7			42		28
Class VII,	11		5 1/2		44	11			5 1/2	66		
Totals,	84	407	42	96	44	85	881	92 1/2	6	108		120

Articles to be taken from store for each meal,

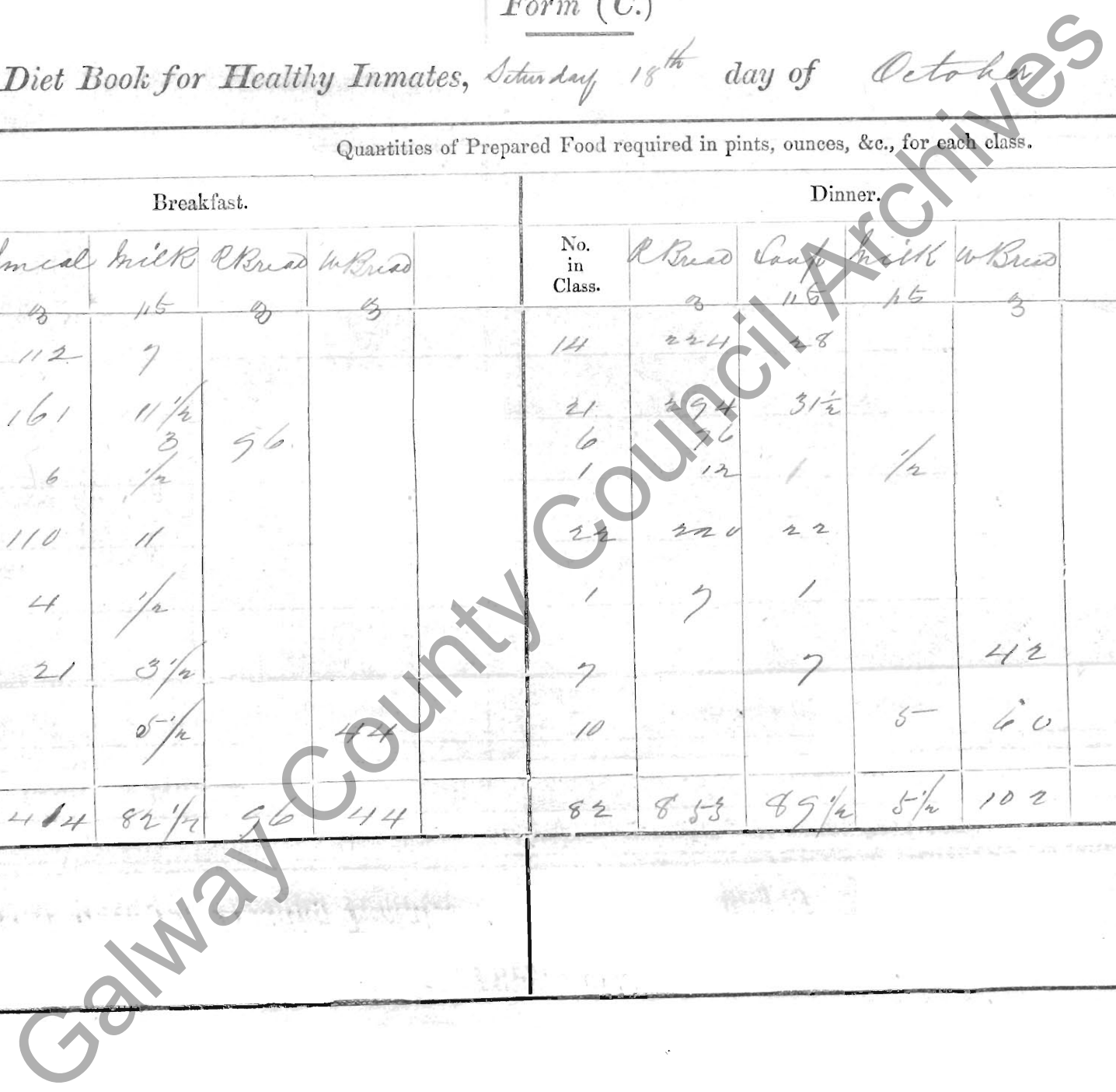


Daily Diet Book for Healthy Inmates, Saturday 18th day of October 1856.

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,	14	112	7		14	224	28				
Class II,	23	161	11 1/2		21	194	3 1/2				
Class III,	6	6	3	56	6	46		1/2			
Class IV,	1	6	1/2		1	12	1				
Class V,	22	110	11		22	220	22				88
Class VI,	1	4	1/2		1	7	1				4
Class VII,	7	21	3 1/2		7		7		4 1/2		28
Class VII,	11		5 1/2		10			5	60		
Totals,	85	414	82 1/2	56	82	853	89 1/2	5 1/2	102		120

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 19th day of October 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Small	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	13	208	26	15	3		3
Class II,	21	147	10 1/2			21	294	31 1/2				
Class III,	6	6	3	36		6	96					
Class IV,	1		1/2			1	12	1/2				
Class V,	22	110	11			22	220	22				88
Class VI,	1	4	1/2			1	7	1				4
Class VII,	7	21	3 1/2			7	7			42		28
Totals,	10		5		40	10			5	60		
	82	400	41	96	40	81	837	87 1/2	5 1/2	102		110
Articles to be taken from store for each meal, -												

Daily Diet Book for Healthy Inmates, Monday 20 day of

October 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	Bread	No. in Class.	Bread
		lb	pts	3		lb	pts	pts	3		3
Class I, -	13	10 4	9 1/2	3	14	22 4	2 8				
Class II, -	21	14 7	10 1/2	3	26	29 4	3 1/2				
Class III, -	6	6	1/2	9 6	1	12		1/2			
Class IV, -	22	11 0	11		22	22 0	2 2				8 8
Class V, -	1	4	1/2		1	7	1				4
Class VI, -	7	2 1	3 1/2		7		7		4 2		2 8
Class VII, -	10		5		10			5	6 0		
Totals, -	81	89 2	40 1/2	9 6	82	85 3	8 9 1/2	5 1/2	10 2		11 0

Articles to be taken from store for each meal,

Galway County COLLEGE ARCHIVES

Form (C.)

Daily Diet Book for Healthy Inmates,

Tuesdaynd day of

October 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	Butter	W.B.	No. in Class.	Bread	Supper	Milk	W.B.	No. in Class.	Bread
Class I,	14	112	7	3		13	208	26				
Class II,	21	147	10 1/2			19	266	28 1/2				
Class III,	6	6	3	96		6	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	22	110	11			22	220	22				88
Class VI,	1	4	1/2			1	7	1				4
Class VII,	7	21	3 1/2			7	7	7		42		28
Totals,	82	400	41	96	40	78	809	84 1/2	5	98		110

Articles to be taken from store for each meal, -

Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Monday 22nd* day of *October* 185*6*

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	Butter	W. Bread	No. in Class.	Bread	Soup	Milk	Butter	No. in Class.	Butter
Class I, - -	13	104	6 1/2			14	224	25				
Class II, - -	19	133	9 1/2			20	250	30				
Class III, - -	1	6	3 1/2	96		6	74		1/2			
Class IV, - -	22	110	11			24	240	24				96
Class V, - -	1	4	1/2			3	21	3				12
Class VI, - -	7	21	3 1/2			9		9		54		36
Class VII, - -	9		5		40	10			5	60		
Totals, - -	78	378	39	96	40	87	873	94	5 1/2	114		144

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Thursday²³ day of

October

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			14	224	28					
Class II,	20	140	10			21	294	3 1/2					
Class III,	6		3 1/2	96		6	96						
	1	6	1/2			1	12		1/2				
Class IV,	24	120	12			25	250	25				100	
Class V,	3	12	1 1/2			3	21	3				12	
Class VI,	9	27	4 1/2			9		9		54		27	36
Class VII,	10		5		40	10			5	60			
Totals,	87	417	24 3/2	96	40	89	897	96 1/2	5 1/2	104		139	144

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	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
		oz	pts	oz	oz	oz	pts	pts	oz	oz	oz
Class I,	14	112	7	3	14	224	28				
Class II,	21	147	10½	96	20	280	30				
Class III,	6	6	3½		6	96		½			
Class IV,	25	125	12½		25	250	25				100
Class V,	3	12	1½		3	24	3				12
Class VI,	9	27	4½		9		9		54		27 36
Class VII,	10		5	40	10			5	60		
Totals,	89	429	44½	96	88	883	95	5½	114		139 148

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Saturday 25th day of

October 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	Bread	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
Class I,	14	112	9			14	224	28				
Class II,	20	140	10			20	280	30				
Class III,	6		3	96		6	96					
	1	6	1/2			1	12		1/2			
Class IV,	25	125	12 1/2			25	250	26				
Class V,	3	12	1 1/2			3	21	3				100
Class VI,	9	27	4 1/2			9		9		54		12
Class VII,	10		5		40	10			5	60		24
Totals,	88	422	44	96	40	88	983	64	6 1/2	114		139
								95				149

Articles to be taken from store for each meal, -

Galway County Council Archives

Daily Diet Book for Healthy Inmates, Sunday ¹⁴ day of October 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	W Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz	oz
Class I, - -	14	112				14	224	28					
Class II, - -	20	140	10			20	280	30					
Class III, - -	6	6	3	96		6	36						
Class III, - -	1		1/2			1	12		1/2				
Class IV, - -	25	125	12 1/2			25	250	25				100	
Class V, - -	3	12	1 1/2			3	21	3				12	
Class VI, - -	9	27	4 1/2			9		9		521		34	36
Class VII, - -	10		5	40		10			5	60			
Totals, - -	88	422	44	96	40	88	883	95	5 1/2	114		139	148

Articles to be taken from store for each meal,

Galway County Council Archives

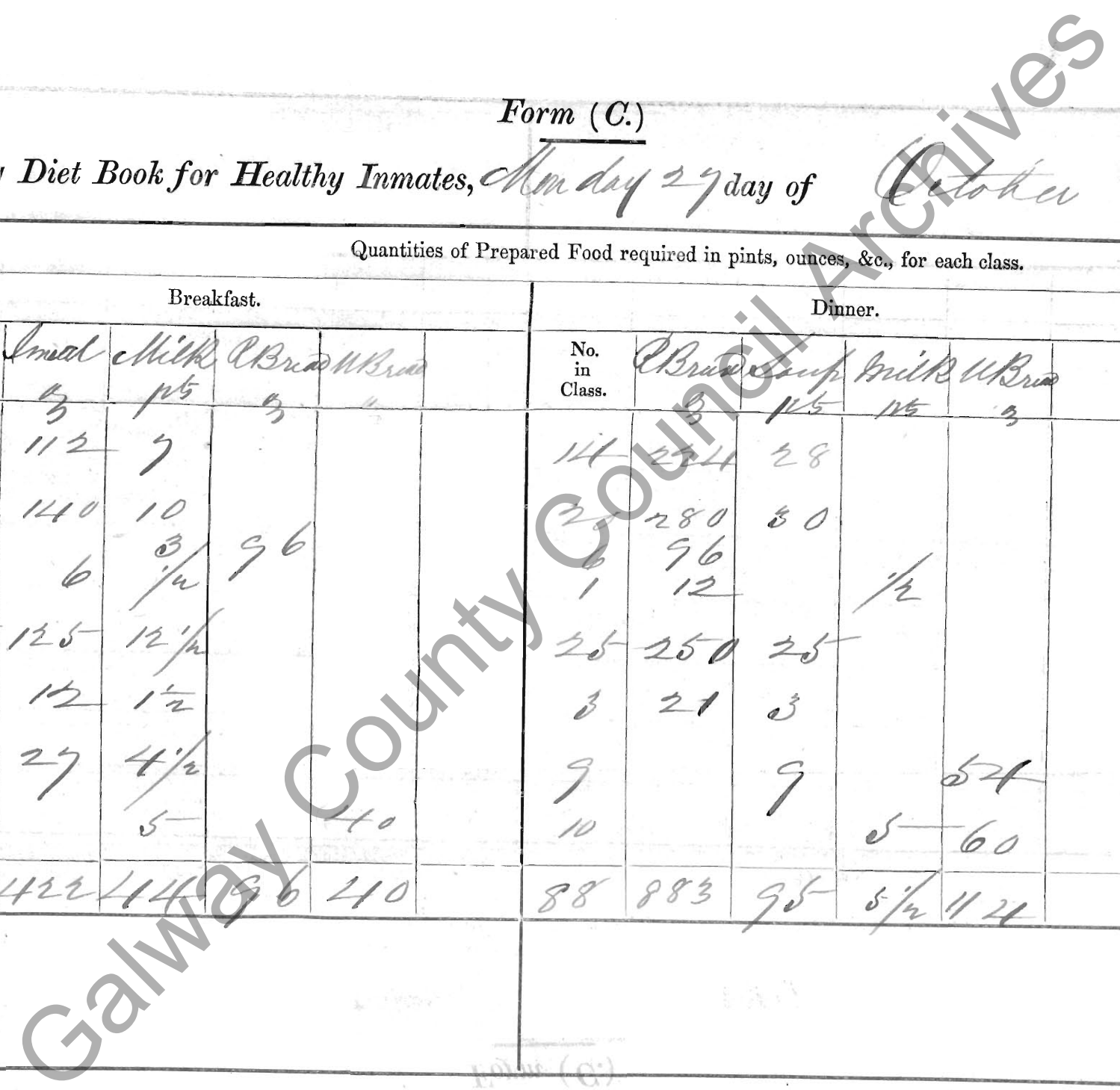
Form (C.)

Daily Diet Book for Healthy Inmates, Monday 27 day of October 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	pts	oz	"		oz	pts	pts	oz		oz
Class I,	14	112	7			14	254	28				
Class II,	20	140	10			20	280	30				
Class III,	6	6	3 1/2	96		6	96					
Class IV,	25	125	12 1/2			25	250	25				100
Class V,	3	12	1 1/2			3	21	3				12
Class VI,	9	27	4 1/2			9	9		54			27 36
Class VII,	10		5		40	10			5	60		
Totals,	88	422	44	96	40	88	883	95	5 1/2	124		139 144

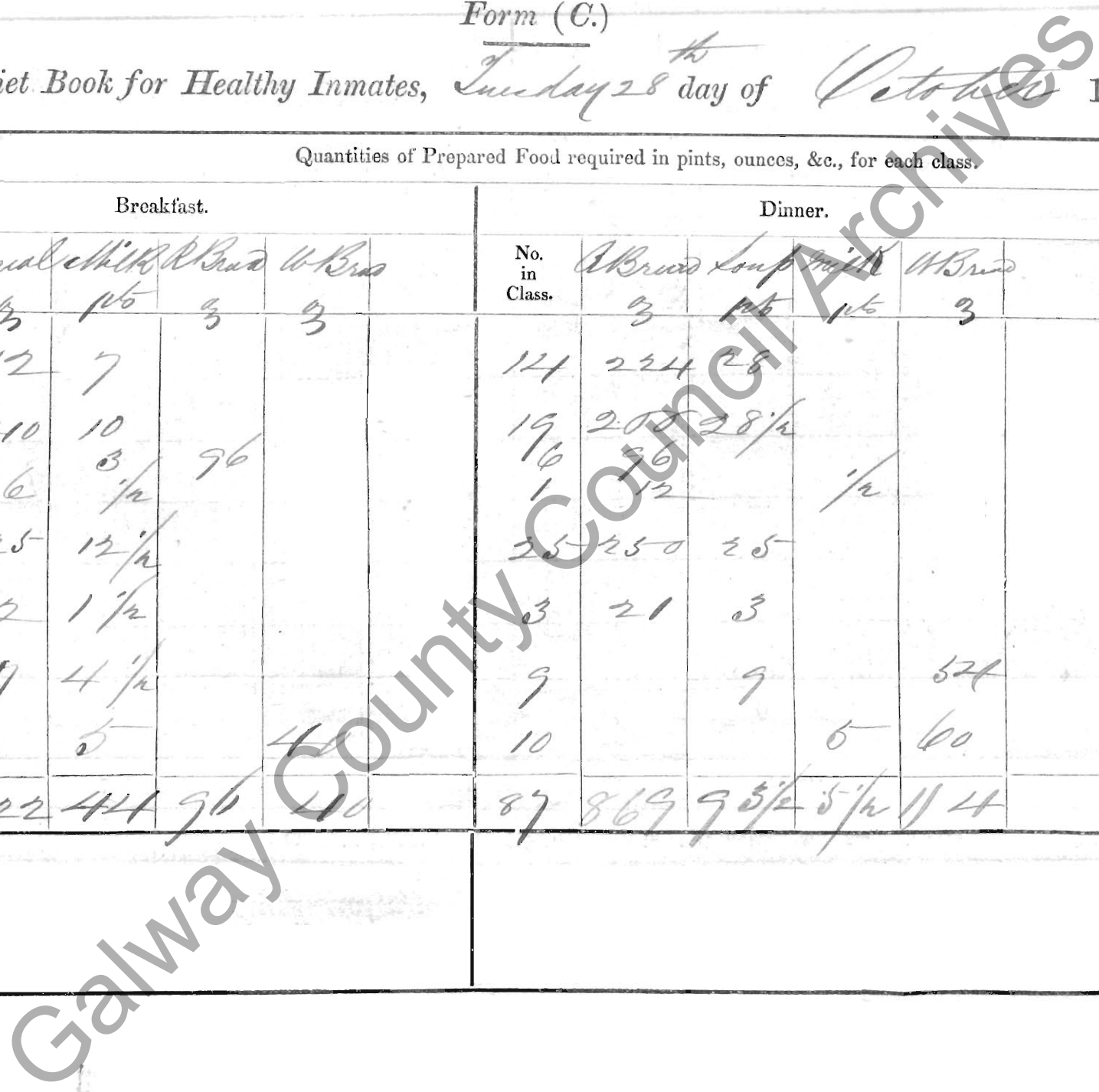
Articles to be taken from store for each meal, -



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Small	Milk	Bread	W. Bread	No. in Class.	Bread	Soup	Milk	W. Bread	No. in Class.	Bread
Class I, - -	14	112	7			14	224	28				
Class II, - -	20	140	10			19	205	28 1/2				
Class III, - -	6		3	96		6						
Class IV, - -	1	6	1/2			1			1/2			
Class V, - -	25	125	12 1/2			25	250	25				100
Class VI, - -	3	12	1 1/2			3	21	3				12
Class VII, - -	9	27	4 1/2			9		9		524		27 36
Class VII, - -	10		5		40	10			5	600		
Totals, - -	88	422	44	96	40	87	869	95 1/2	5 1/2	114		139 144

Articles to be taken from store for each meal,



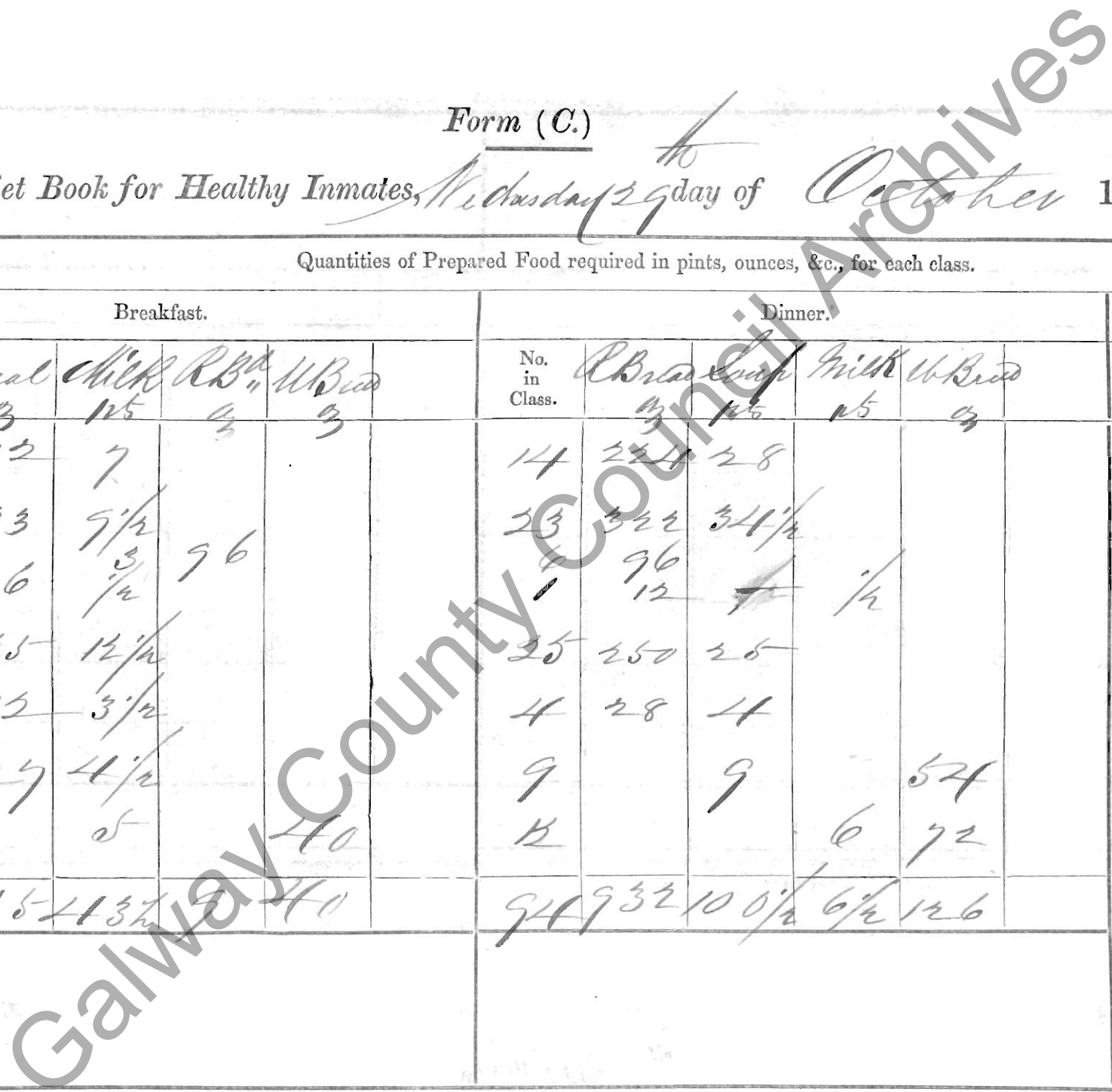
Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* ¹⁶ day of *October* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	R B ^o U B ^o	No. in Class.	Bread	Soup	Milk	U B ^o	No. in Class.	R B ^o U B ^o
Class I,	14	112	7		14	224	28				
Class II,	19	133	9 1/2		23	322	34 1/2				
Class III,	6	6	3 1/2	96	4	96					
Class IV,	25	125	12 1/2		25	250	25				100
Class V,	3	12	3 1/2		4	28	4				16
Class VI,	9	27	4 1/2		9		9		54		27 36
Class VII,	10		5	40	12			6	72		
Totals,	87	415	43 1/2	40	94	932	100 1/2	6 1/2	126		143 152

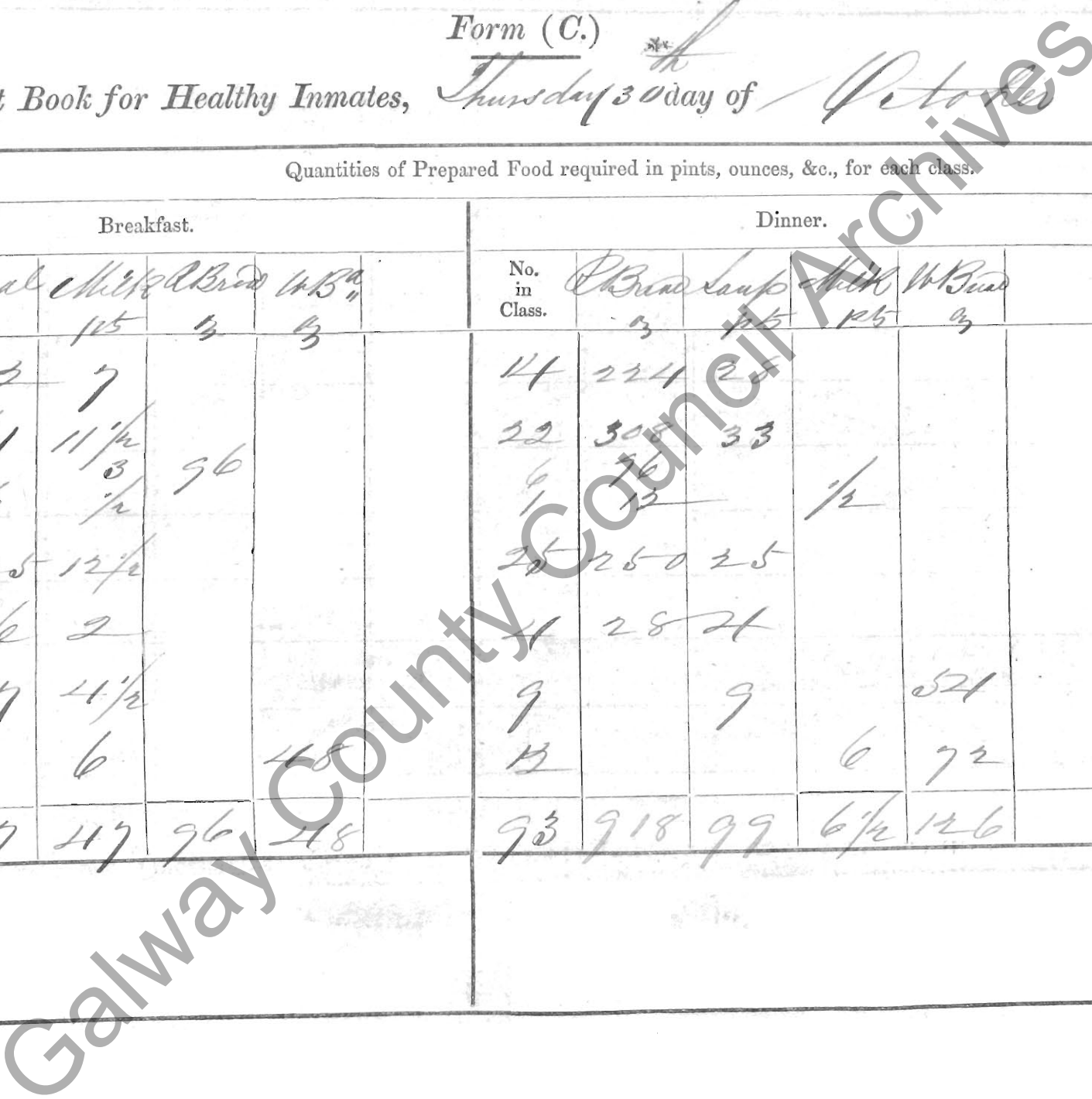
Articles to be taken from store for each meal, -



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

	Breakfast.					Dinner.					Supper.		
	No. in Class.	Meal	Milk	Bread	W.B.	No. in Class.	Bread	Soup	Milk	W.B.	No. in Class.	Bread	
Class I, - -	14	112	7			14	224	25					
Class II, - -	23	161	11 1/2			22	305	33					
Class III, - -	6	6	3	96		6	72		1/2				
Class IV, - -	1	6	1/2			1	12						
Class V, - -	25	125	12 1/2			25	250	25				100	
Class VI, - -	4	16	2			4	28	4				16	
Class VII, - -	9	27	4 1/2			9		9		521		27	
Class VIII, - -	12		6		48	12			6	72		36	
Totals, - -	94	447	47	96	48	93	918	99	6 1/2	126		143	152

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Friday 31st day of October 1856.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	RB ^d	WB ^d	No. in Class.	RB ^d	Soup	Milk	WB ^d	No. in Class.	RB ^d
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	14	112	7			14	224	28				3
Class II, - -	22	184	11			21	254	31 1/2				
Class III, - -	1	6	1/2	96		1	96		1/2			
Class IV, - -	25	125	11 1/2			25	260	26				104
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	9	27	21 1/2			9	9			54		27
Class VII, - -	12		6		48	12			5 1/2	66		36
Totals, - -	93	440	46 1/2	96	48	92	914	98 1/2	6	120		147 156
Articles to be taken from store for each meal,												

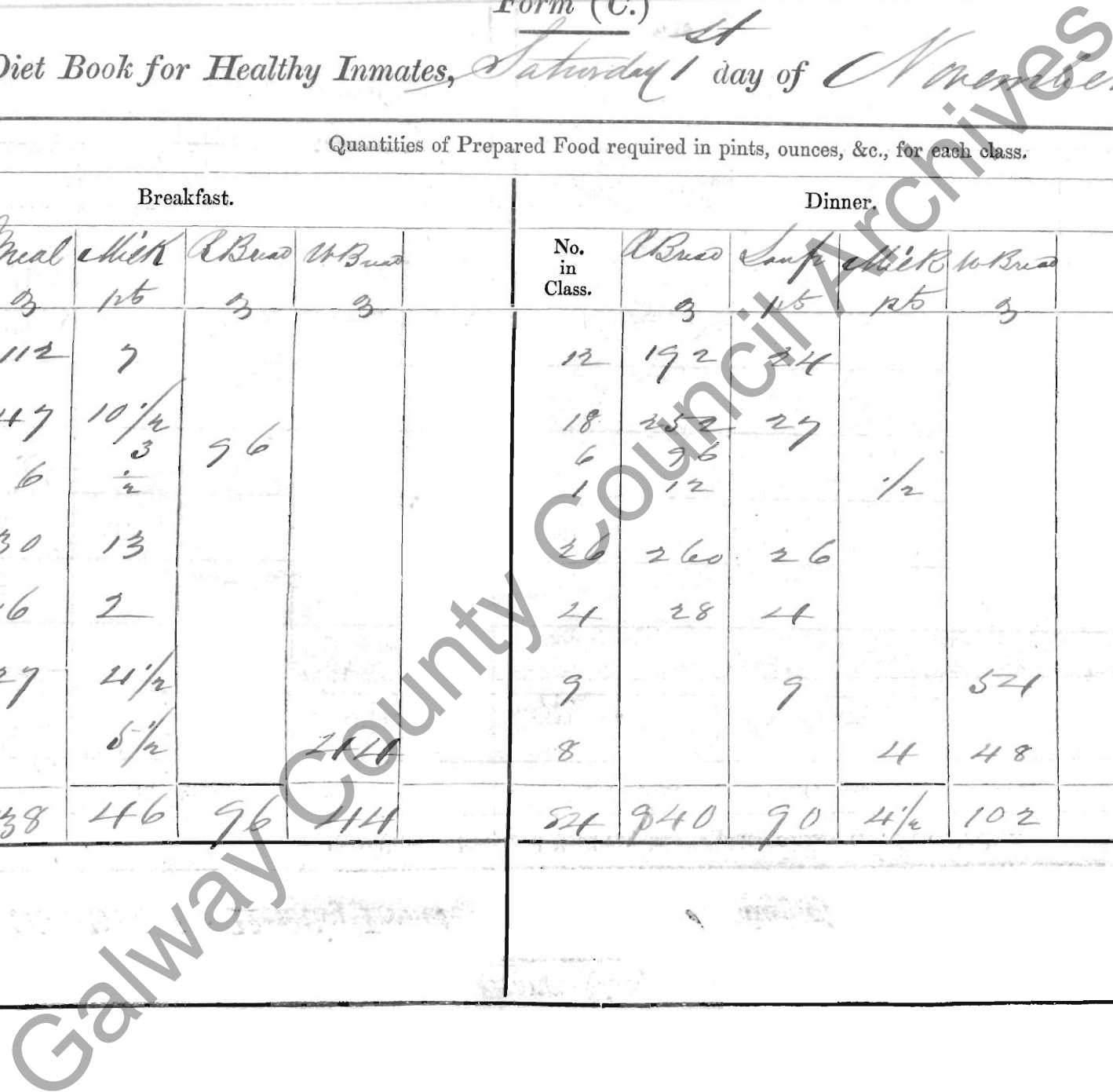
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Saturday* day of *November* 185*6*

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Whisk	R Bread	W Bread	No. in Class.	R Bread	Soup	Whisk	W Bread	No. in Class.	R Bread
		oz	pt	oz	oz		oz	pt	pt	oz		oz
Class I, - -	14	112	7			12	192	24				
Class II, - -	21	147	10 1/2			18	252	27				
Class III, - -	6 1	6	3 1/2	96		6 1	96 12			1/2		
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	9	27	2 1/2			9		9		524		36
Class VII, - -	11		5 1/2		214	8			4	48		
Totals, - -	92	438	46	96	114	84	940	90	4 1/2	102		156

Articles to be taken from store for each meal, -



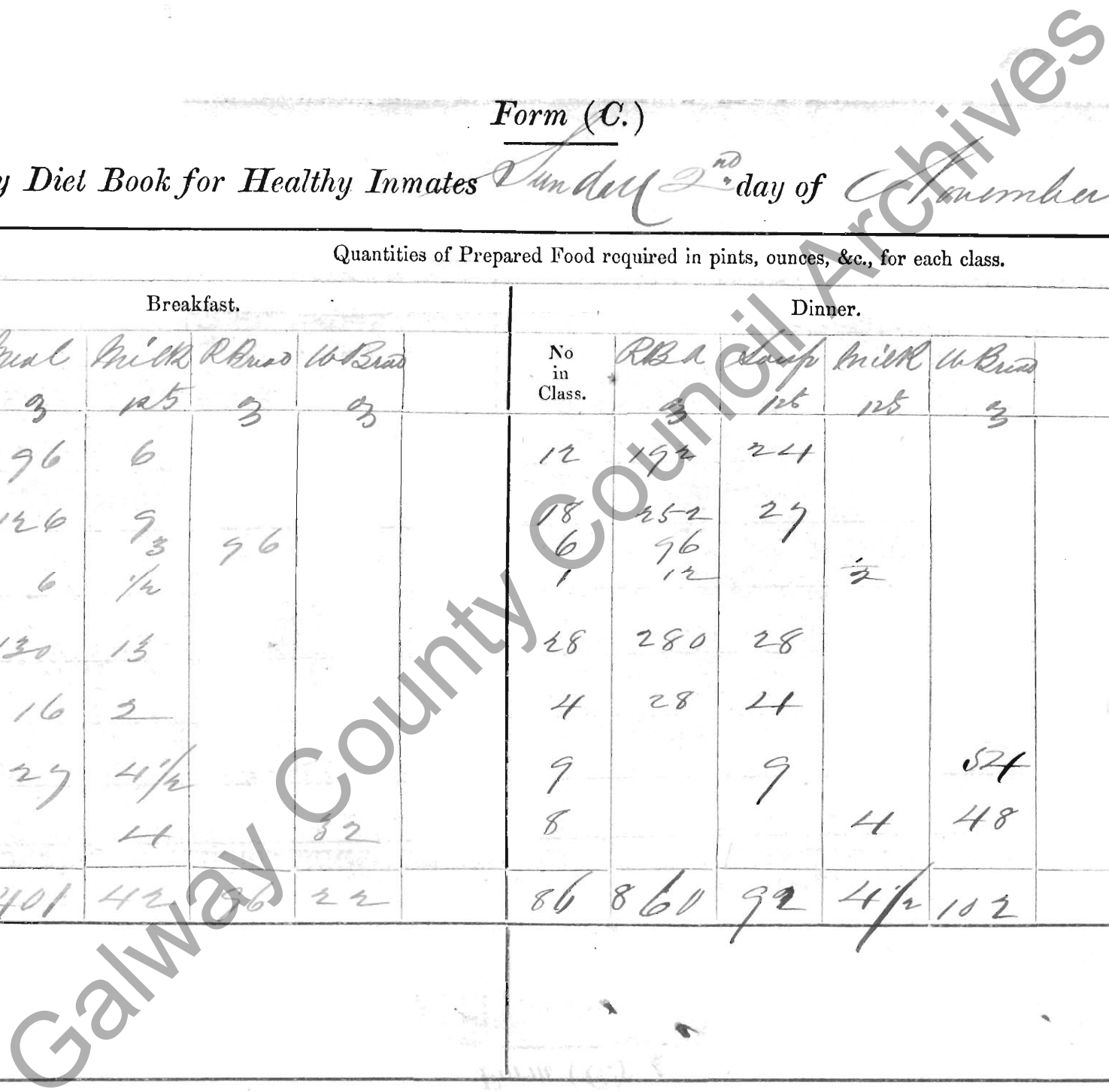
Form (C.)

Daily Diet Book for Healthy Inmates *Sunday 2nd day of November 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, - -	12	96	6	3	3	12	192	24				
Class II, - -	18	126	9	3	3	18	252	27				
Class III, - -	6	6	1/2	96		6	96		1/2			
Class IV, - -	1	6	1/2			1	12					
Class V, - -	26	130	13			28	280	28				112
Class VI, - -	4	16	2			4	28	4				16
Class VII, - -	9	27	4 1/2			9		9		54		36
Class VII, - -	8		4		32	8			4	48		
Totals, - -	84	401	42	96	22	86	860	92	4 1/2	102		164

Articles to be taken from store for each meal,



Daily Diet Book for Healthy Inmates, *Monday*³ day of *November* 185*6*.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	BB ^u	W Bread	No. in Class.	W Bread	Soup	Milk	W Bread	No. in Class.	BB ^u
Class I, - -	12	96	6	3	3	13	208	26		3		3
Class II, - -	18	126	9			20	280	30				
Class III, - -	6	6	$\frac{1}{2}$	96		6	96					
Class IV, - -	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class V, - -	28	140	14			28	280	28				112
Class VI, - -	4	16	2			4	28	4				16
Class VII, - -	9	27	4 $\frac{1}{2}$			9		9		54		36
Class VIII, - -	8		4			8			4	48		
Totals, - -	86	411	43	96	32	89	904	97	4 $\frac{1}{2}$	102		164
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

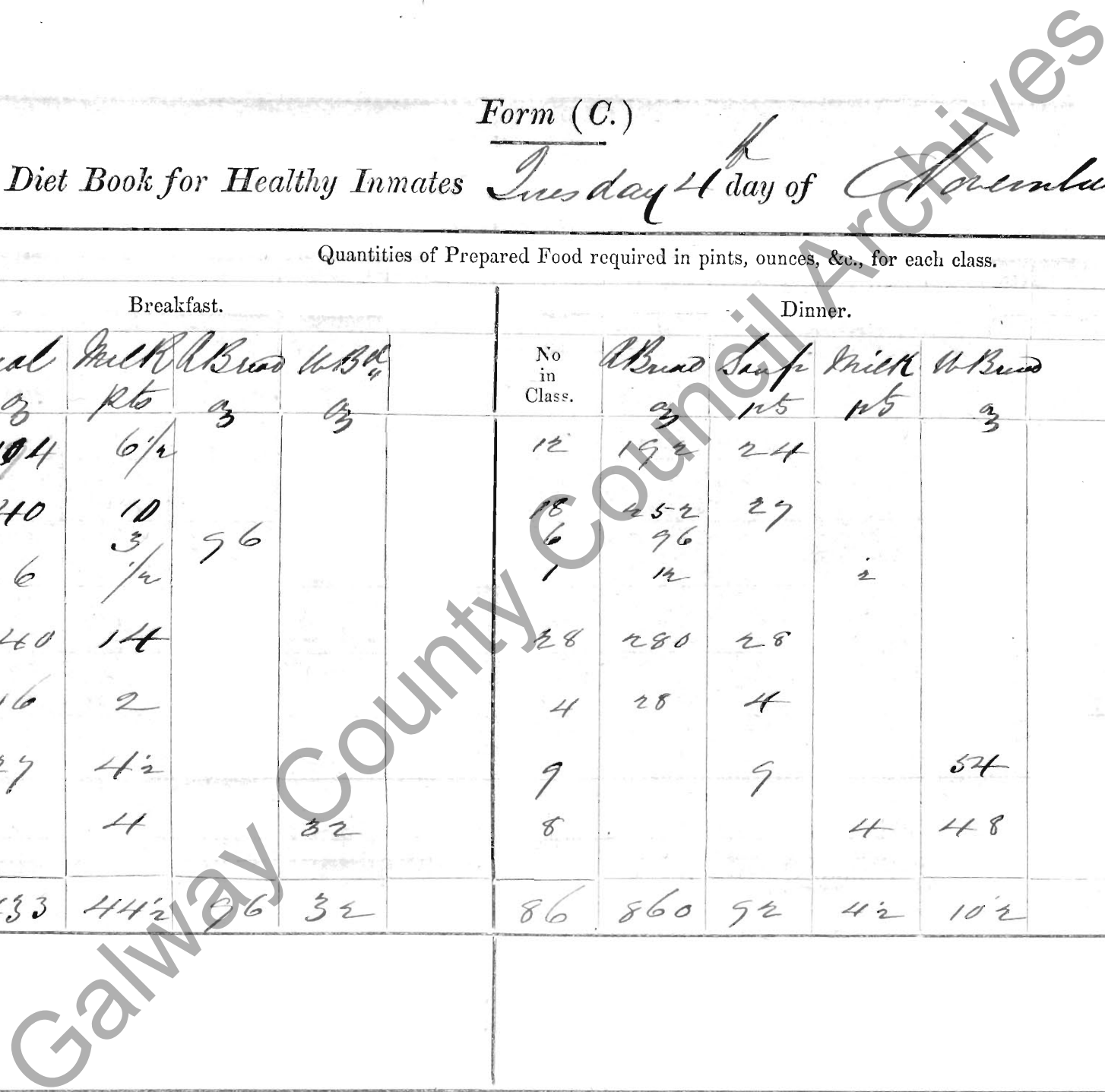
Daily Diet Book for Healthy Inmates

Tuesday 4th day of November 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
		oz	pints	oz		oz	pints	pints	oz		oz
Class I,	13	194	6 1/2		12	194	24				
Class II,	10	1240	10		18	252	27				
	6		3 1/2	96	6	96					
Class III,	1	6	1/2		1	12		2			
Class IV,	28	1260	14		28	280	28				112
Class V,	4	16	2		4	28	4				16
Class VI,	9	27	4 1/2		9		9		54		36
Class VII,	8		4		8			4	48		
Totals,	89	433	44 1/2	96	86	860	92	4 1/2	10 1/2		164

Articles to be taken from store for each meal,



Daily Diet Book for Healthy Inmates, Wednesday 5 day of November 1856

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

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Meal	Milk	R ^o B ^o	W ^o Bread	No. in Class.	R ^o B ^o	Soup	Milk	W ^o Bread	No. in Class.	R ^o B ^o
Class I, - -	12	96	6	93	3	13	208	26		3		
Class II, - -	18	126	93	96		20	280	30				
Class III, - -	6	6	1/2			6	90		2			
Class IV, - -	1	6				1	12					
Class V, - -	28	140	14			28	280	28				112
Class VI, - -	4	16	2			4	28	4				16
Class VII, - -	9	27	4 1/2			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, -	86	411	43	96	32	90	904	98	4 1/2	108		168

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

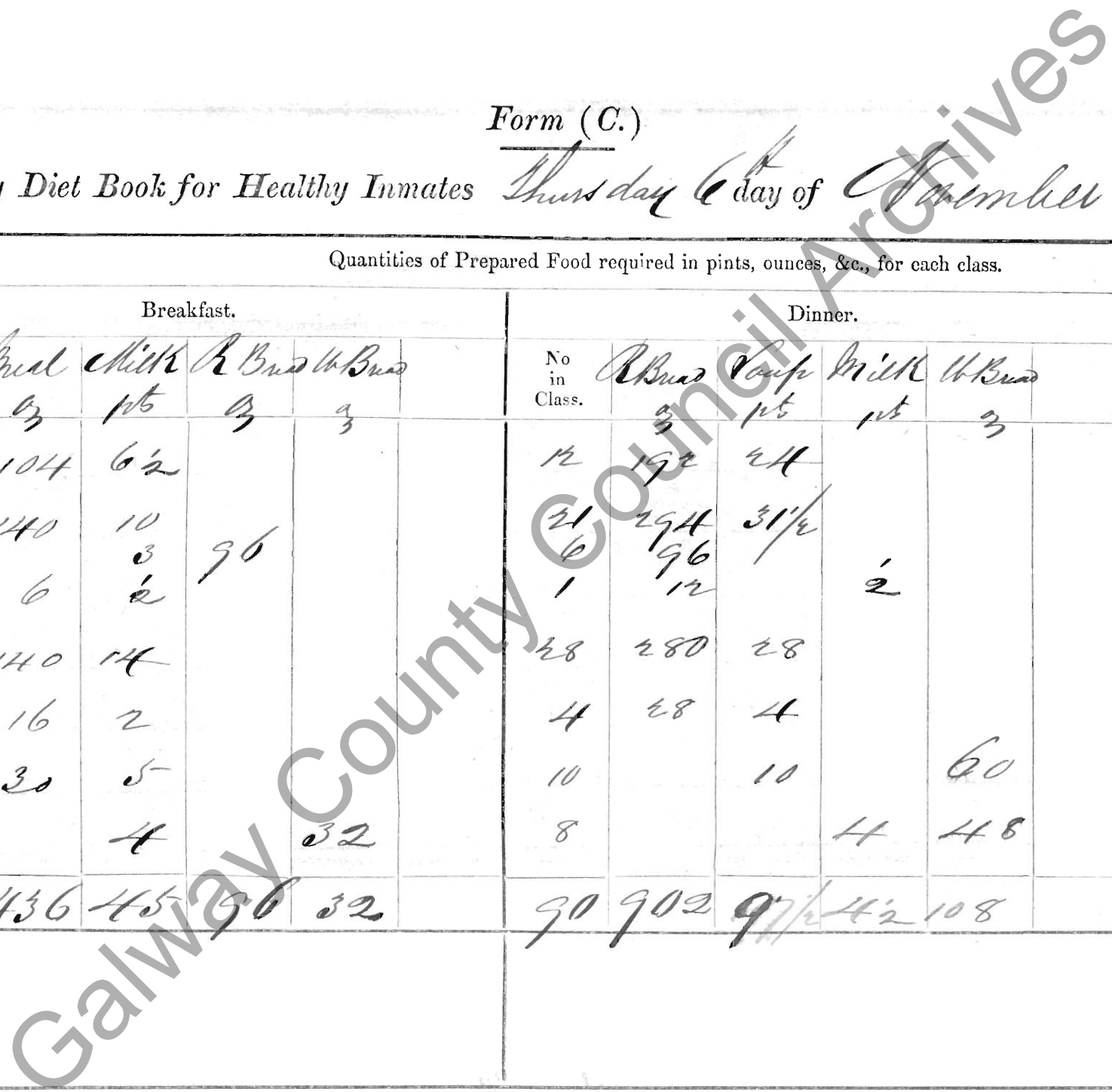
Daily Diet Book for Healthy Inmates

Thursday 6th day of November 1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Mead	Milk	R Buns	W Buns	No. in Class.	R Buns	Soup	Milk	W Buns	No. in Class.	R Buns
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	13	104	6 1/2			12	19 1/2	24				
Class II, - -	20	140	10			21	29 1/4	31 1/2				
Class III, - -	6		3	96		6	96		2			
Class III, - -	1	6	2			1	12					
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, - -	90	436	45	96	32	90	902	97 1/2	42	108		168

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates,

Friday 7th day of November 1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Small	Milk	Bread	W-Bread	No. in Class.	Bread	Soup	Milk	W-Bread	No. in Class.	Bread
Class I, -	12	96	6	3	3	13	208	26				3
Class II, -	21	147	10 1/2			21	204	3 1/2				
Class III, -	6 1	6	3 1/2	96		6 1	46 12					
Class IV, -	28	140	28			29	290	29				116
Class V, -	4	16	2			3	21	3				12
Class VI, -	10	30	5			10		10			60	40
Class VII, -	8		4		32	8			4		48	
Totals, -	90	435	45	96	32	91	921	99 1/2	4 1/2	108		168
Articles to be taken from store for each meal, -												

Galway County Council Archives

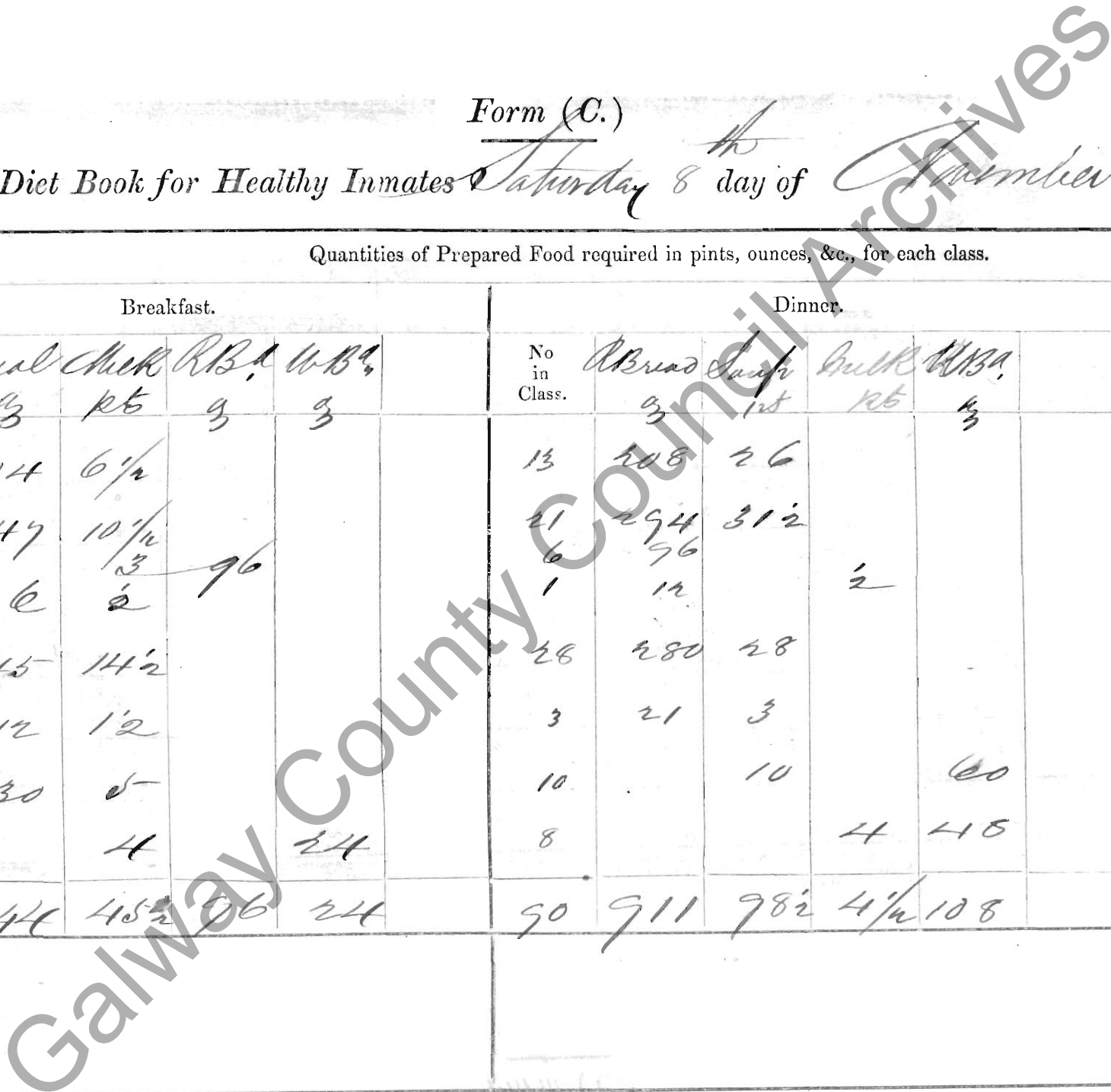
Form (C.)

Daily Diet Book for Healthy Inmates *Saturday* 8 day of *November* 1856.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Chick	RTB, WBA	No. in Class.	ABread	Soup	Bull	WBA	No. in Class.	ABread
		oz	pt	oz	oz	oz	pt	pt	oz		oz
Class I, - -	13	104	6 1/2		13	208	26				
Class II, - -	21	147	10 1/2		21	294	31 1/2				
Class III, - -	6		3	96	6	96					
Class III, - -	1	6	2		1	12		2			
Class IV, - -	29	145	14 1/2		28	280	28				112
Class V, - -	3	12	1 1/2		3	21	3				12
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	8		4	24	8			4	48		
Totals, - -	91	444	45 1/2	96	90	911	98 1/2	4 1/2	108		164

Articles to be taken from store for each meal, -

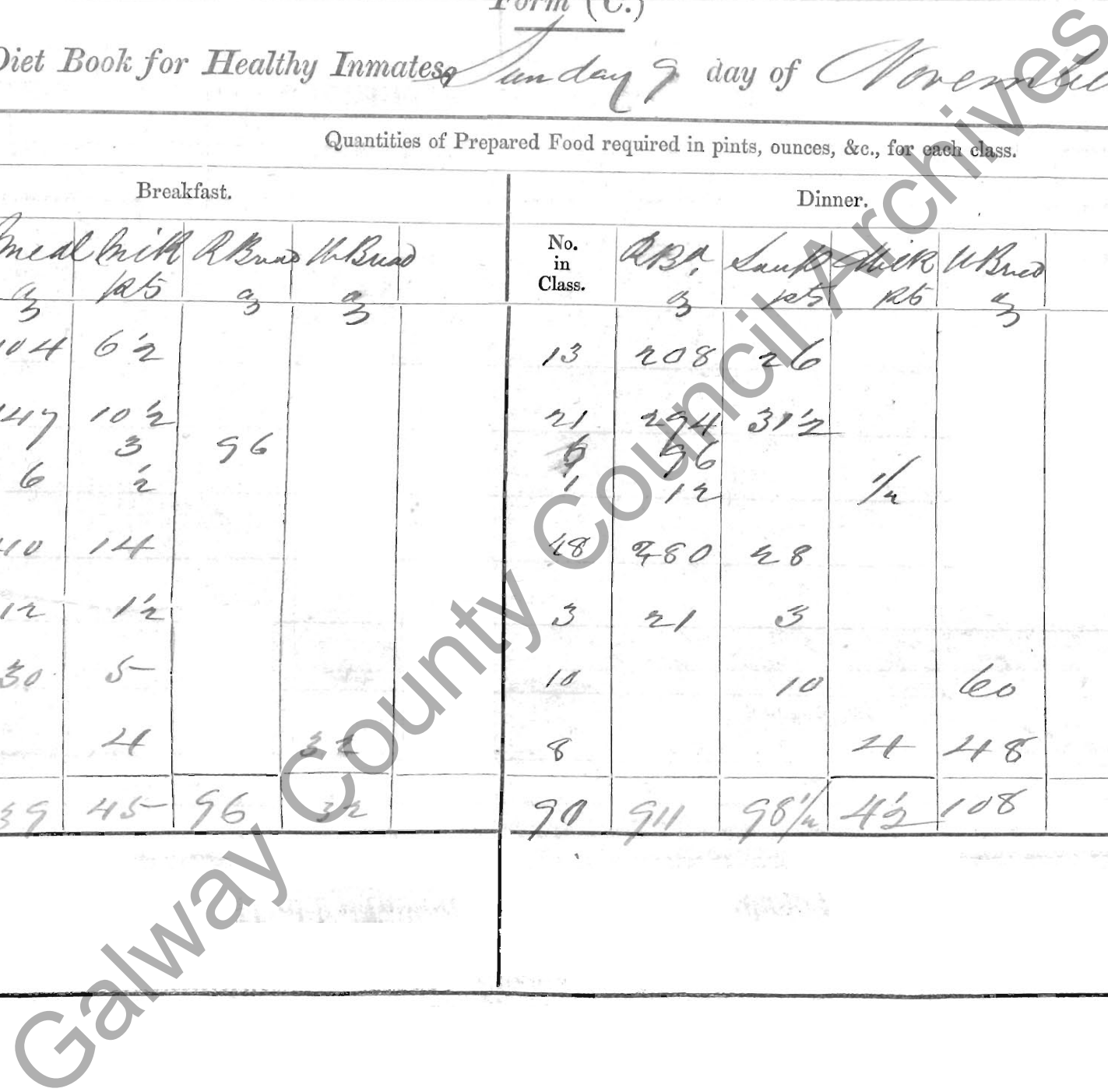


Daily Diet Book for Healthy Inmates Sunday 7 day of November 1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	with	R Bread	W Bread	No. in Class.	R.P.	Sauk	Meat	W Bread	No. in Class.	R Bread
Class I, - -	13	104	6 1/2			13	208	26				3
Class II, - -	21	147	10 1/2			21	274	31 1/2				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	1/2			1	12		1/2			
Class IV, - -	28	140	14			28	480	48				112
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, - -	90	439	45	96	32	90	911	98 1/2	4 1/2	108		164

Articles to be taken from store for each meal, -



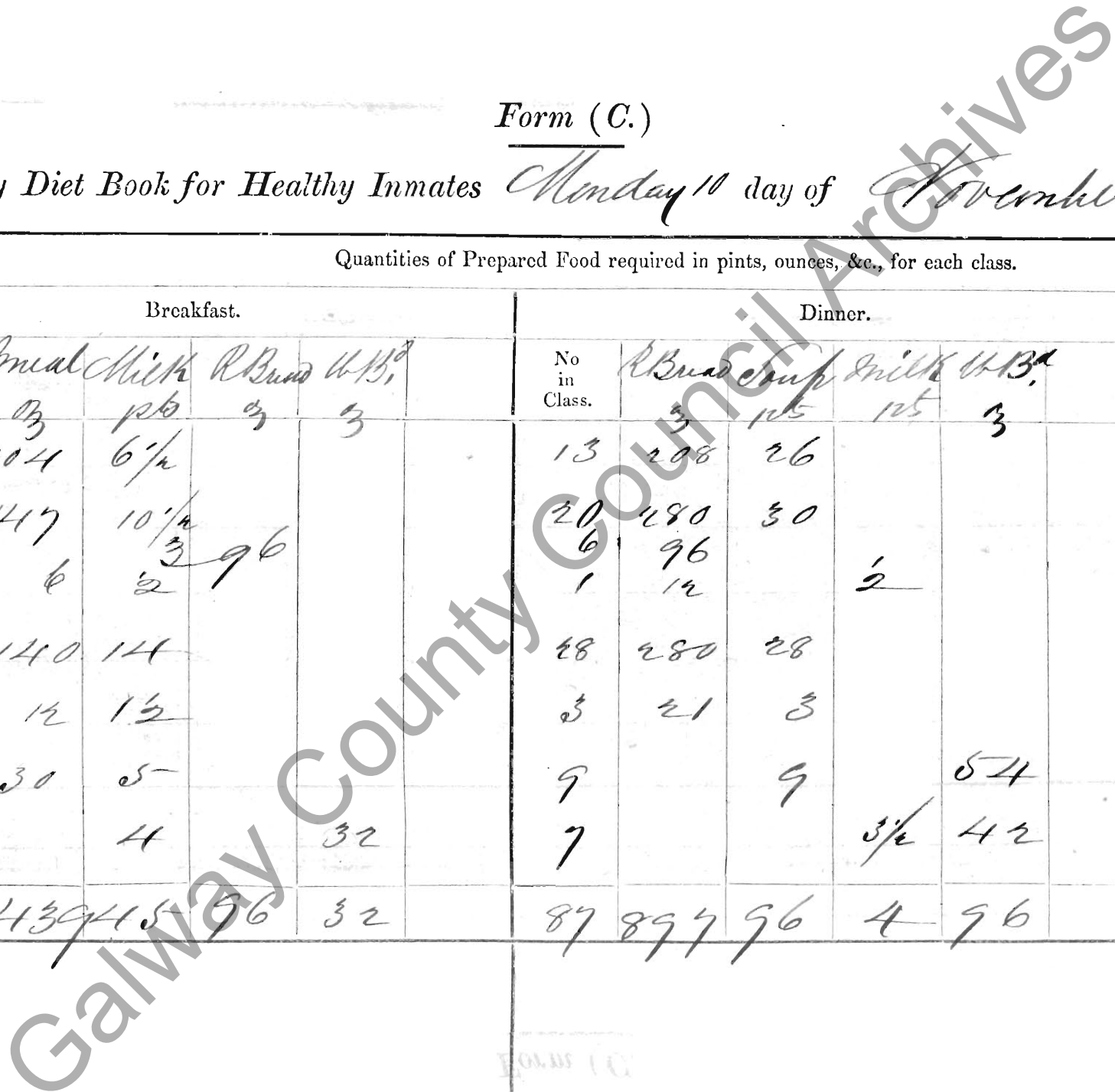
Form (C.)

Daily Diet Book for Healthy Inmates *Monday* 10 day of *November* 185 *6*

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Grain	Milk	R Bread	W.B.	No. in Class.	R Bread	Cup	Milk	W.B.	No. in Class.	R Bread
Class I, - -	13	104	6 1/2	3	3	13	208	26		3		
Class II, - -	21	147	10 1/2	3	96	20	280	30				
Class III, - -	1	6	2			1	12		2			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	10	30	5			9		9		54		36
Class VII, - -	8		4		32	7			3 1/2	42		
Totals. - -	90	439	41 1/2	96	32	87	897	96	4	96		760

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	Saupe	Milk	W Bread	No. in Class.	R Bread
Class I,	13	104	6 1/2	3	3	13	208	26	15	4		
Class II,	20	140	10			20	280	30				
Class III,	1	6	3	96		1	12		12			
Class IV,	28	140	14			28	270	27				108
Class V	3	12	1 1/2			3	21	3				12
Class VI,	9	27	4 1/2			7		7		42		28
Class VII,	7		3 1/2		28	7			3 1/2	42		
Totals,	87	429	43 1/2	96	28	82	887	93	4	84		148

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* 12 day of *January* 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	6 1/2			13	208	26				
Class II,	20	140	10			20	350	37 1/2				
Class III,	6		3	96		6	96					
	1	6	1/2			1	12		1/2			
Class IV,	27	135	13 1/2			27	270	27				108
Class V,	3	12	1 1/2			4	28	4				16
Class VI,	7	21	3 1/2			9		9		54		36
Class VII,	7		3 1/2		28	8			4	48		
Totals.	84	248	21 1/2	96	28	93	964	103 1/2	4 1/2	102		160
Articles to be taken from store for each meal, -												

Galway County Council Archives

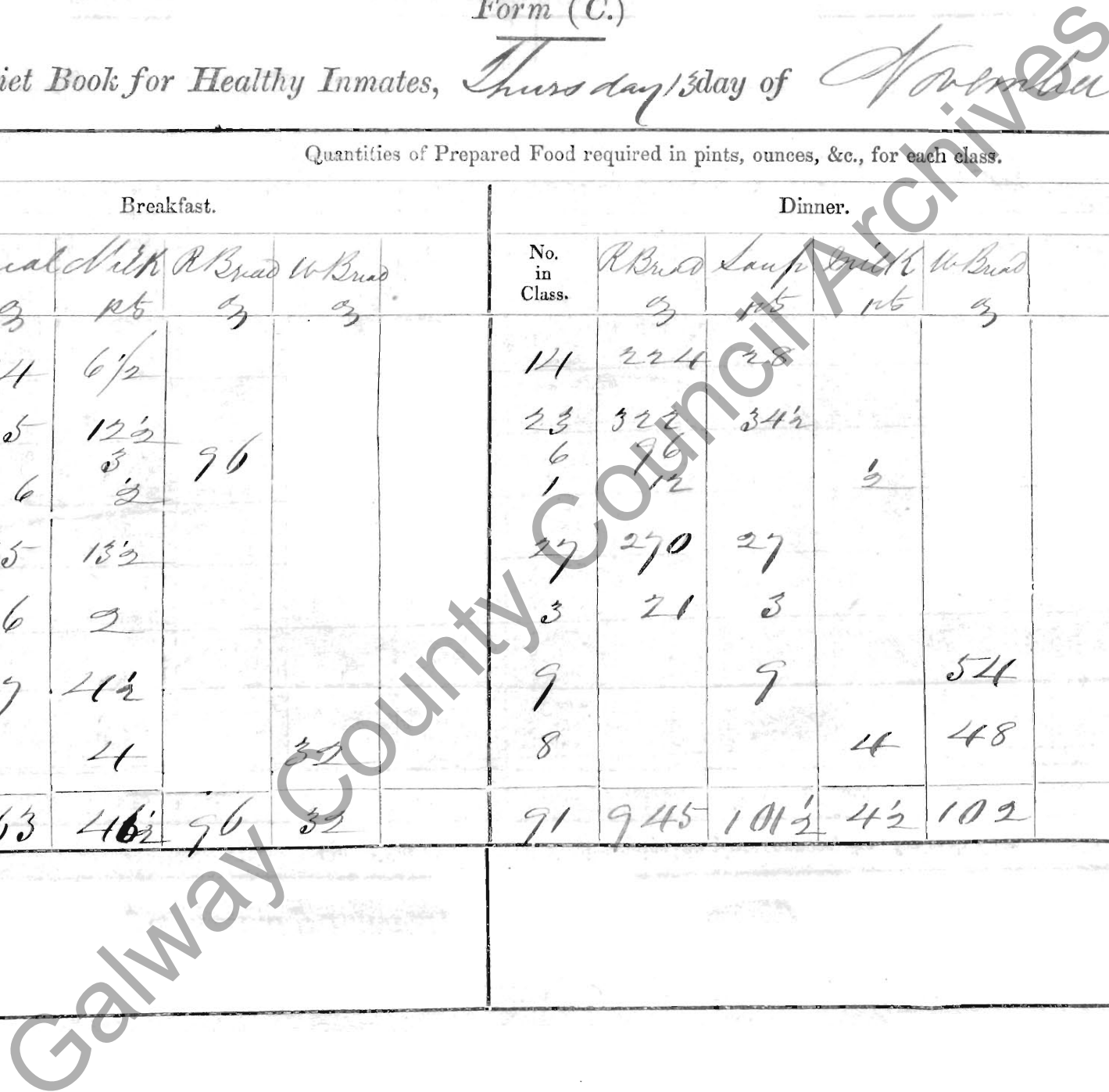
Daily Diet Book for Healthy Inmates,

Thursday 13 day of November 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, - -	18	104	6 1/2			14	224	28				
Class II, - -	25	175	12 1/2			23	322	34 1/2				
Class III, - -	6	17 1/2	3	96		1	96		1/2			
Class IV, - -	1	6	2			27	270	27				108
Class V, - -	27	135	13 1/2			3	21	3				12
Class VI, - -	4	16	2			9		9		54		36
Class VII, - -	9	27	4 1/2			8			4	48		
Class VII, - -	8		4		32							
Totals, - -	98	463	46 1/2	96	32	91	945	101 1/2	4 1/2	102		156

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Monday 14 day of November 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	R B read	W B read	No. in Class.	R B read	Soup	Milk	W B read	No. in Class.	R B read
Class I,	14	112	7			14	254	28				
Class II,	23	161	11 1/2			23	308	33				
Class III,	1	6	2	96		1	12		2			
Class IV,	27	135	13 1/2			27	270	27				108
Class V,	3	12	1 1/2			3	21	3				12
Class VI,	9	27	4 1/2			9		9		54		36
Class VII,	8		4		32	8			4	48		
Totals,	91	453	45 1/2	96	32	90	931	100	4 1/2	10 1/2		156
Articles to be taken from store for each meal, -												

Galway County Council Archives

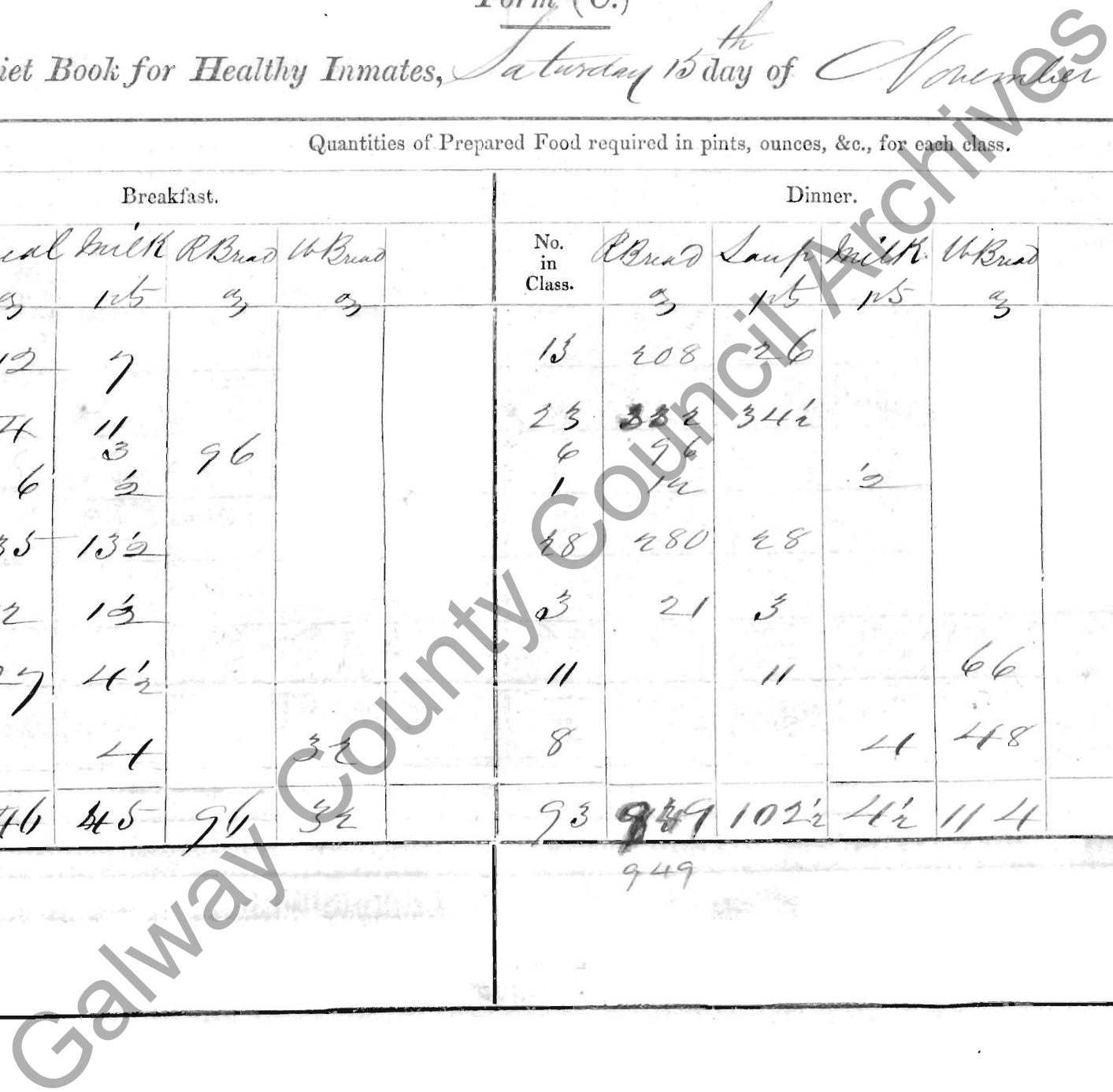
Daily Diet Book for Healthy Inmates, *Saturday 15th day of November 1856.*

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Bread	Butter	U. Bread	No. in Class.	Bread	Soup	Milk	U. Bread	No. in Class.	Bread
Class I, - -	14	112	7			13	208	26				
Class II, - -	22	154	11			23	322	34½				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	½			1	12		½			
Class IV, - -	24	135	13½			28	280	28				112
Class V, - -	3	12	1½			3	21	3				12
Class VI, - -	9	27	4½			11		11		66		114
Class VII, - -	8		4		32	8			4	48		
Totals, - -	90	546	45	96	32	93	949	102½	4½	114		168

949

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 16 day of November 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,	13	104	6 1/2			13	208	26				3
Class II,	23	161	11 1/2			23	332	34 1/2				
Class III,	6	6	3	96		6	96					
Class IV,	1		2			1	12		1/2			
Class V,	28	140	14			28	280	28				112
Class VI,	3	12	1 1/2			3	21	3				12
Class VII,	11	33	5 1/2			11		11		66		44
Class VII,	8		4		32	8			44	48		
Totals,	93	456	46 1/2	96	32	93	949	102 1/2	44 1/2	114		168
Articles to be taken from store for each meal, -												

Daily Diet Book for Healthy Inmates, *Monday* 17 day of *November* 185 *6*

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
Class I, - -	18	10 1/4	6 1/2	3	3	208	26			3		3
Class II, - -	23	161	11 1/2			23	35 1/2	34 1/2				
Class III, - -	6 1	6	3 1/2	96		6 1	96 12		1/2			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	11	33	5 1/2			10		10		60		40
Class VII, - -	8		11			8			11	48		
Totals, - -	93	456	46 1/2	96	33	92	949	101 1/2	4 1/2	108		168

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, Tuesday 18 day of November 1856

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Small	Milk	Bread	No. in Class.	Bread	Soup	Milk	Bread	No. in Class.	Bread
Class I,	13	104	6 1/2		13	208	26				
Class II,	23	161	11 1/2		23	332	34 1/2				
Class III,	6		3	96	6	96					
Class IV,	1	6	3		1	12		1/2			
Class V,	28	140	14		28	280	28				112
Class VI,	3	12	1 1/2		3	21	3				12
Class VII,	10	30	5		10		10		60		40
Class VII,	8		4		8			24	48		
Totals,	92	453	46	32	92	949	101 1/2	4 1/2	108		164

Articles to be taken from store for each meal, -

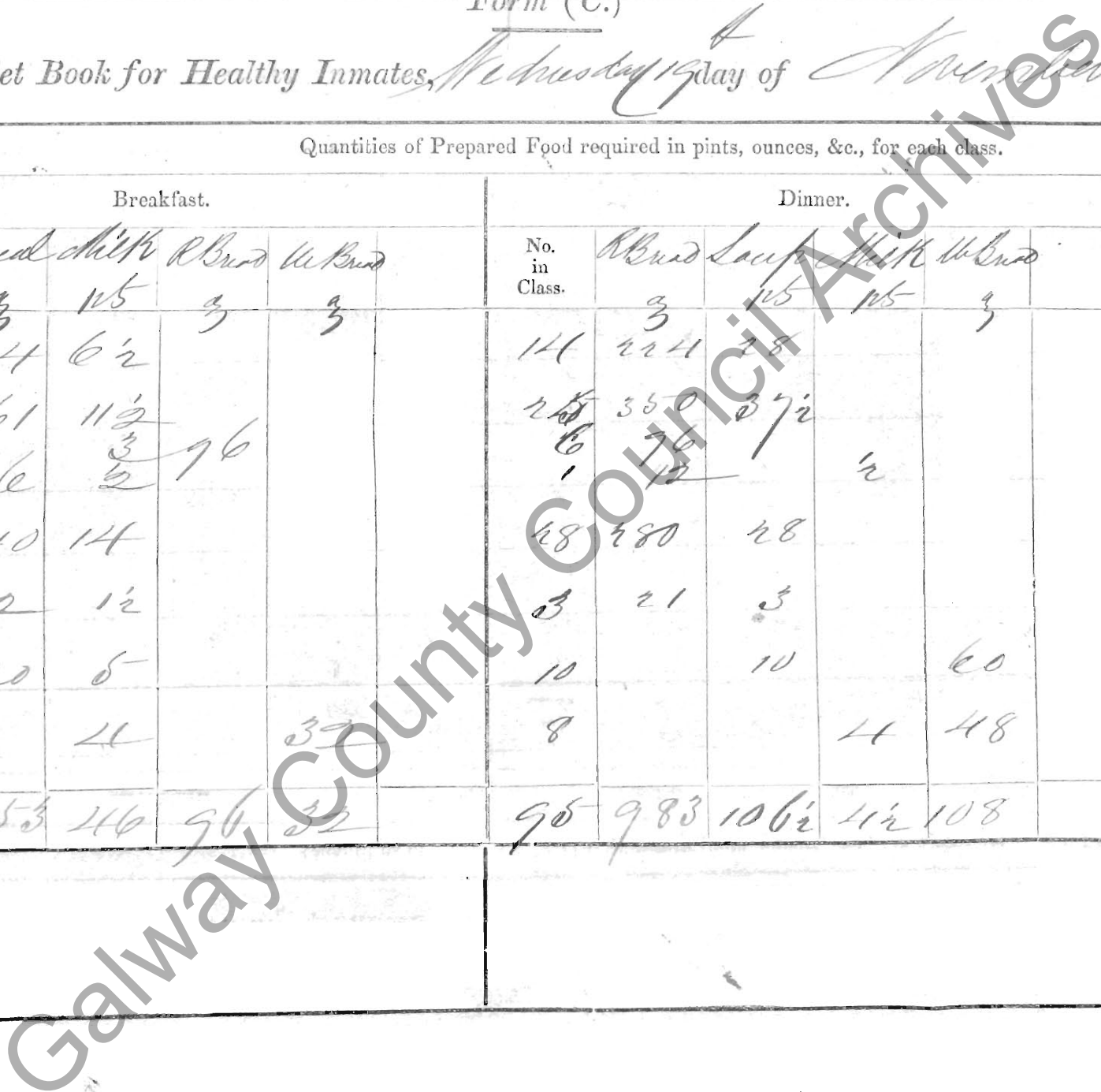
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Wednesday* day of *November* 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
Class I, - -	13	104	6 1/2	3	3	14	224	28	15	3		3
Class II, - -	23	161	11 1/2			25	350	37 1/2				
Class III, - -	6	6	3	96		1	12		1/2			
Class IV, - -	28	140	14			28	280	28				112
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		24		32	8			44	48		
Totals, - -	92	453	46	96	32	95	983	106 1/2	4 1/2	108		164

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, Thursday 10 day of November 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,	14	11 2	7	3	3	13	2 2 8	2 6				3
Class II,	25	17 5	12 2			23	3 3 2	3 4 2				
Class III,	6	6	3	9 6		6	9 6					
Class IV,	1	6	2			1	1 2		2			
Class V,	28	14 0	14			27	2 7 0	2 7				10 8
Class VI,	3	1 2	1 2			3	2 1	3				1 2
Class VII,	10	3 0	5			9	9			5 4		3 6
Class VII,	8		4		3 2	8			4	4 8		
Totals,	95	4 7 5	4 7 2	9 6	3 2	90	9 3 9	9 9 2	4 2	10 2		1 5 6
Articles to be taken from store for each meal, -												

Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Friday* ^{21st} day of *November* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Wine	No. in Class.	Wine	Soup	Milk	Wine	No. in Class.	Wine
Class I.	13	1024	0 1/2	3	12	192	24		3		
Class II.	23	161	11 1/2		13	336	34 1/2				
Class III.	6		2	96	6	96					
Class III.	1	6	1/2		1	12		12			
Class IV.	27	135	13 1/2		27	270	27				108
Class V.	3	12	1 1/2		3	21	3				12
Class VI.	9	27	4 1/2		9		7		54		36
Class VII.	8		4	32	8			4	48		
Totals.	90	445	45 1/2	96	89	923	97 1/2	4 1/2	102		156

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Saturday 22nd day of November 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,	12	96	6	3	3	13	208	26		3		3
Class II,	23	161	11 1/2			23	332	3 1/2				
Class III,	1	6	2	96		1	12		1/2			
Class IV,	27	135	13 1/2			27	270	27				108
Class V,	3	12	1 1/2			3	21	3				12
Class VI,	9	27	4 1/2			9	9			54		36
Class VII,	8		4		32	8			4	48		
Totals,	89	437	44 1/2	96	32	90	959	99 1/2	4 1/2	102		156

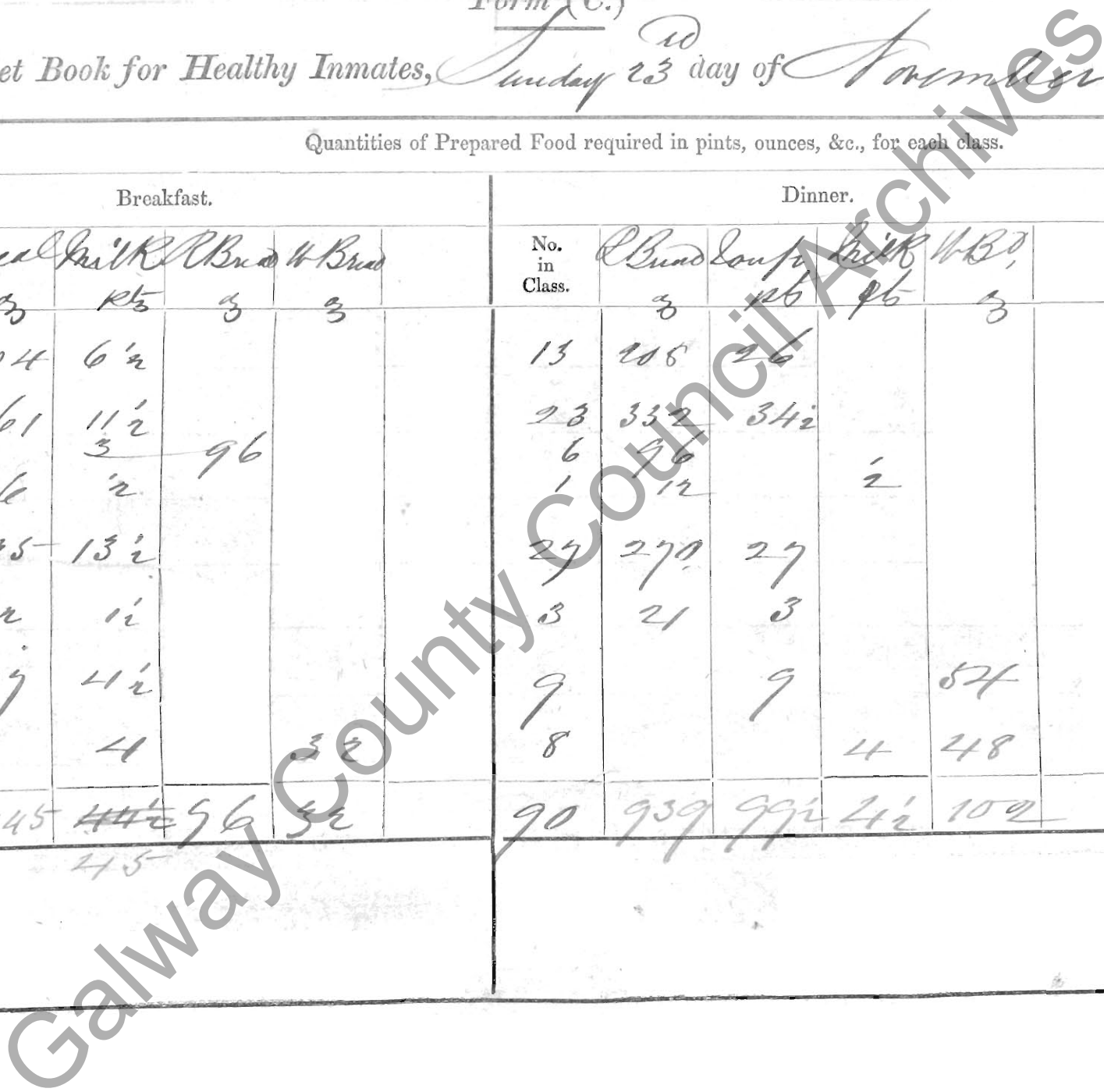
Articles to be taken from store for each meal, -

Galway County Council Archives

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	13	104	6 1/2			13	205	2 1/2				
Class II, - -	23	161	11 1/2			23	332	3 1/2				
Class III, - -	6		3	96		6	96					
Class III, - -	1	6	1/2			1	12		2			
Class IV, - -	27	135	13 1/2			27	270	27				108
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	9	27	4 1/2			9		9		54		36
Class VII, - -	8		4		32	8			4	48		
Totals, ⁹⁰ 87		445	44 1/2 56	32		90	939	99 1/2	4 1/2	102		156

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Monday 24 day of November 1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W.B.O.	No. in Class.	Bread	Soup	Milk	W.B.O.	No. in Class.	Bread
Class I,	13	104	6 1/2	3	3	14	224	28	15	3		
Class II,	23	161	11 1/2			23	332	34 1/2				
Class III,	6		3	96		6	96					
Class IV,	1	6	2			1	12		2			
Class V,	27	135	13 1/2			27	270	27				108
Class VI,	3	12	1 1/2			3	21	3				12
Class VII,	7	27	4 1/2			7		9		524		36
Class VII,	8		4		32	8			4	48		
Totals,	90	445	45	96	32	91	955	101 1/2	4 1/2	1022		156

Articles to be taken from store for each meal,

Galway County Council Archives

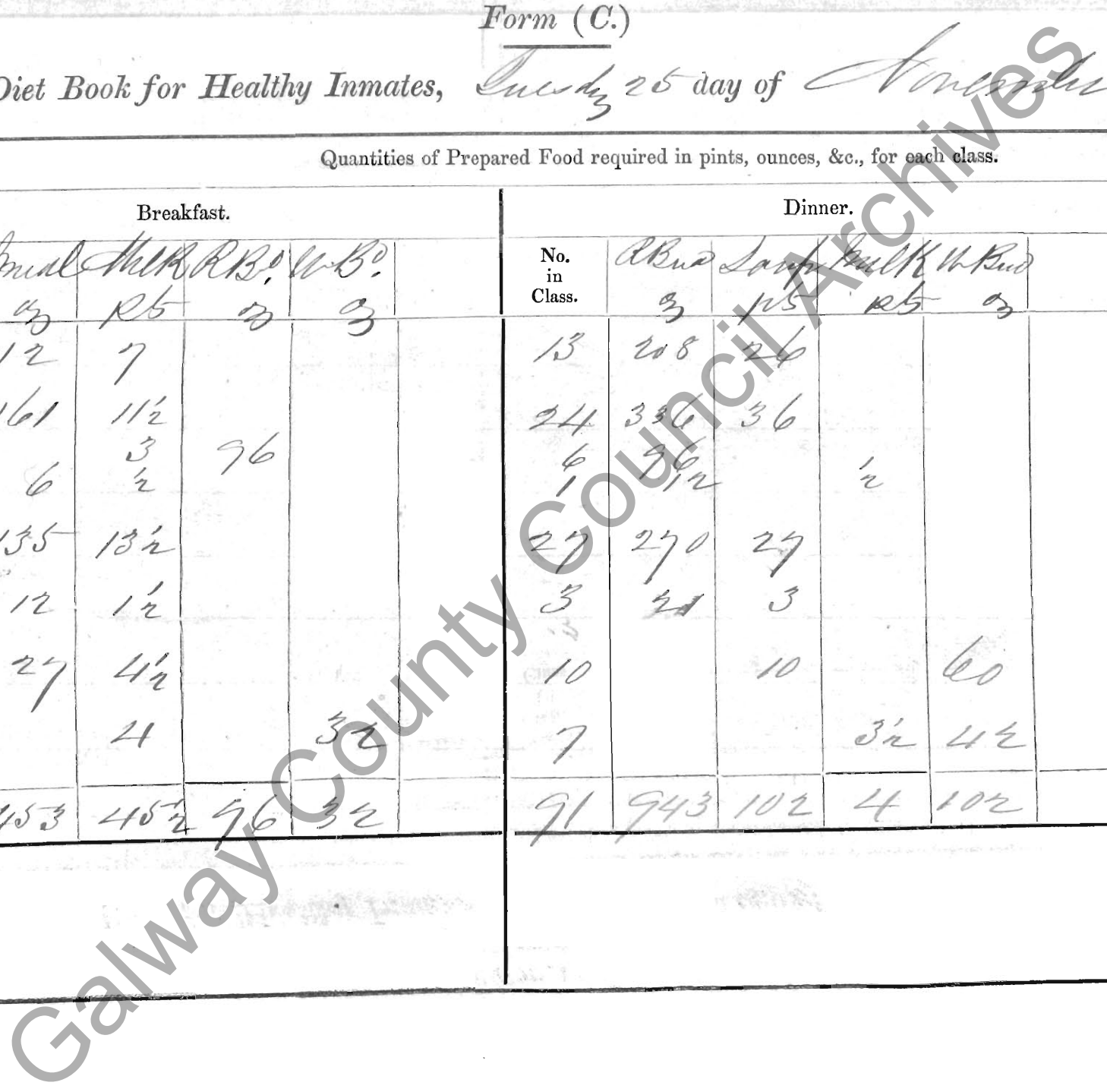
Daily Diet Book for Healthy Inmates,

Tuesday 25 day of November 1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	R.B.	W.B.	No. in Class.	Bread	Soup	Milk	W.B.	R.B.	No. in Class.
Class I, - -	14	112	7			13	208	24				
Class II, - -	23	161	11½			24	336	36				
Class III, - -	6	6	3½	96		6	96		12			
Class IV, - -	27	135	13½			27	270	27				108
Class V, - -	3	12	1½			3	36	3				12
Class VI, - -	9	27	4½			10		10		60		40
Class VII, - -	8		4		32	7			3½	4½		
Totals, - -	91	453	45½	96	32	91	943	102	4	102		160

Articles to be taken from store for each meal, -



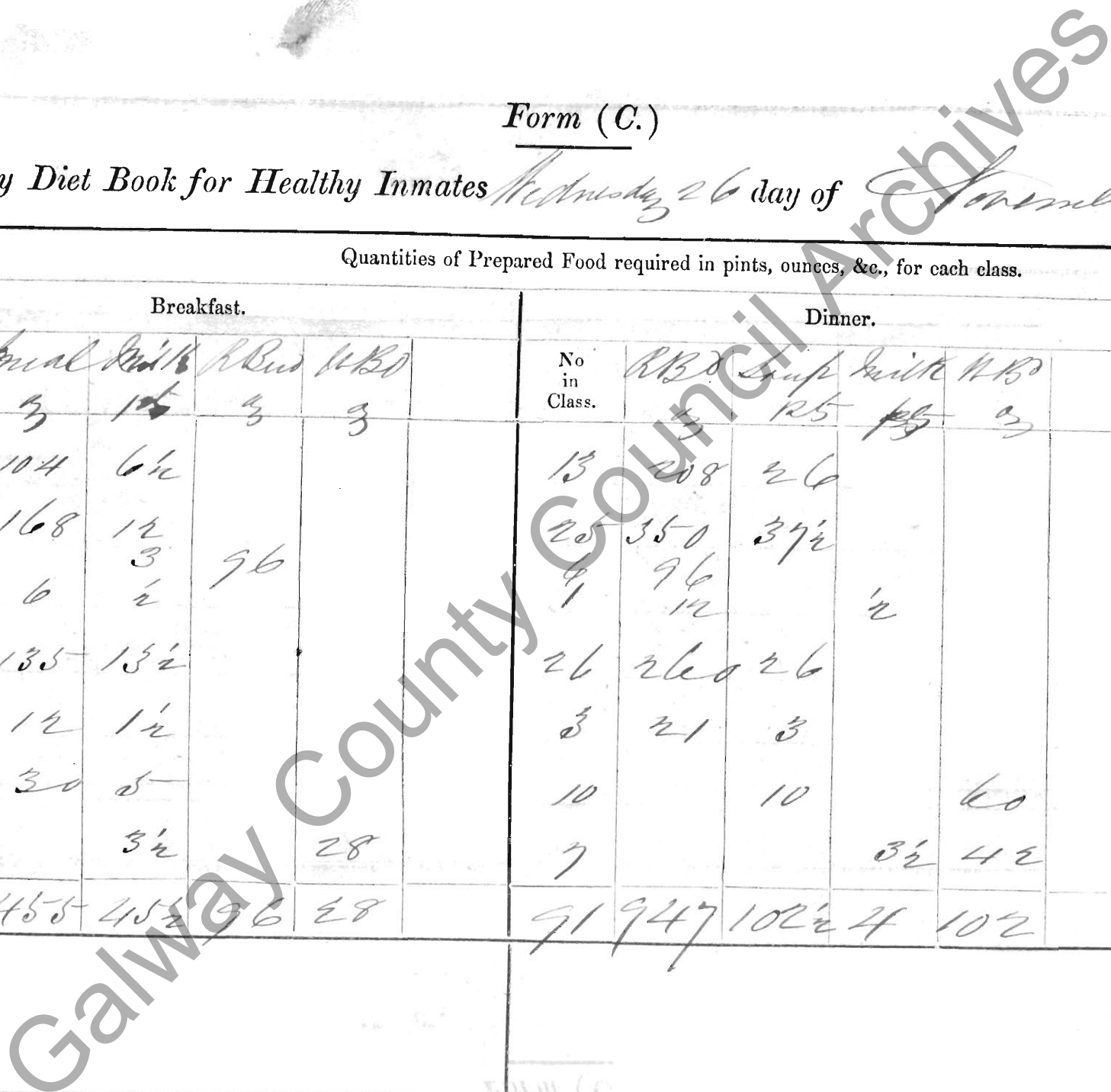
Form (C.)

Daily Diet Book for Healthy Inmates *Wednesday 26 day of November 1856*

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Butter	W.B.D.	No. in Class.	W.B.D.	Sup	Butter	W.B.D.	No. in Class.	W.B.D.
Class I,	13	104	6 1/2	3	13	208	26				
Class II,	24	168	12		25	350	37 1/2				
Class III,	6	6	3	96	6	96					
Class IV,	1		1/2		1	12		1/2			
Class V,	27	185	13 1/2		26	260	26				104
Class VI,	3	12	1 1/2		3	21	3				12
Class VII,	10	30	5		10		10				40
Class VII,	7		3 1/2	28	7			3 1/2	42		
Totals,	91	455	45 1/2	28	91	947	102 1/2	4	102		186

Articles to be taken from store for each meal,

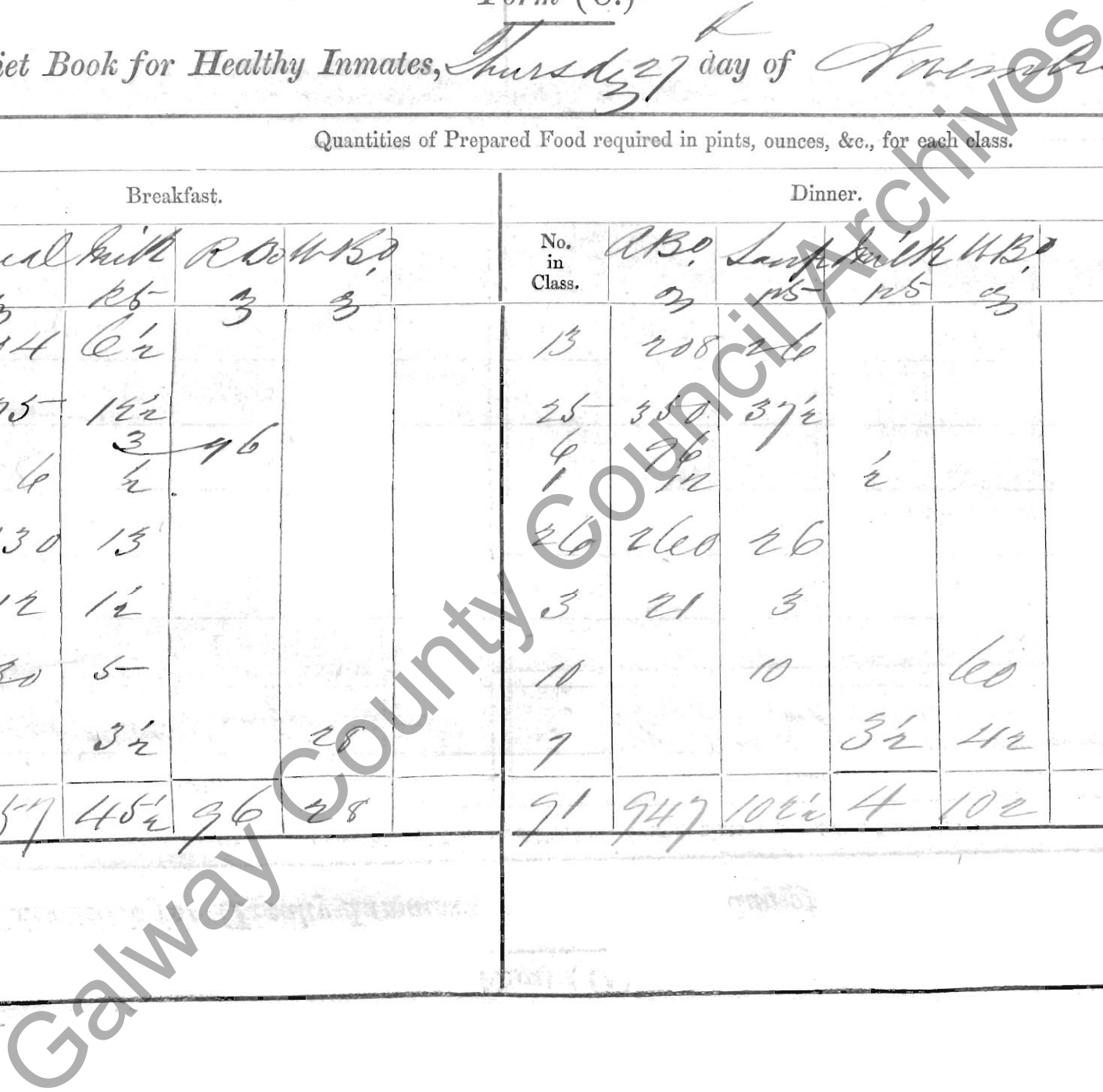


Daily Diet Book for Healthy Inmates, *Thursday* day of *November* 185*6*

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	R. B. W. B.	No. in Class.	R. B. W. B.	Sauces	Milk	W. B.	No. in Class.	R. B. W. B.
Class I, - -	13	104	6 1/2	3	3	13	208	26			
Class II, - -	25	175	12 1/2			25	350	37 1/2			
Class III, - -	6		3	46		6	46				
Class III, - -	1	4	1/2			1	12		1/2		
Class IV, - -	26	130	13			26	260	26			104
Class V, - -	3	12	1 1/2			3	21	3			12
Class VI, - -	10	30	5			10		10		60	40
Class VII, - -	7		3 1/2		28	7			3 1/2	42	
Totals, - -	91	457	45 1/2	96	28	91	947	102 1/2	4	102	156

Articles to be taken from store for each meal, -



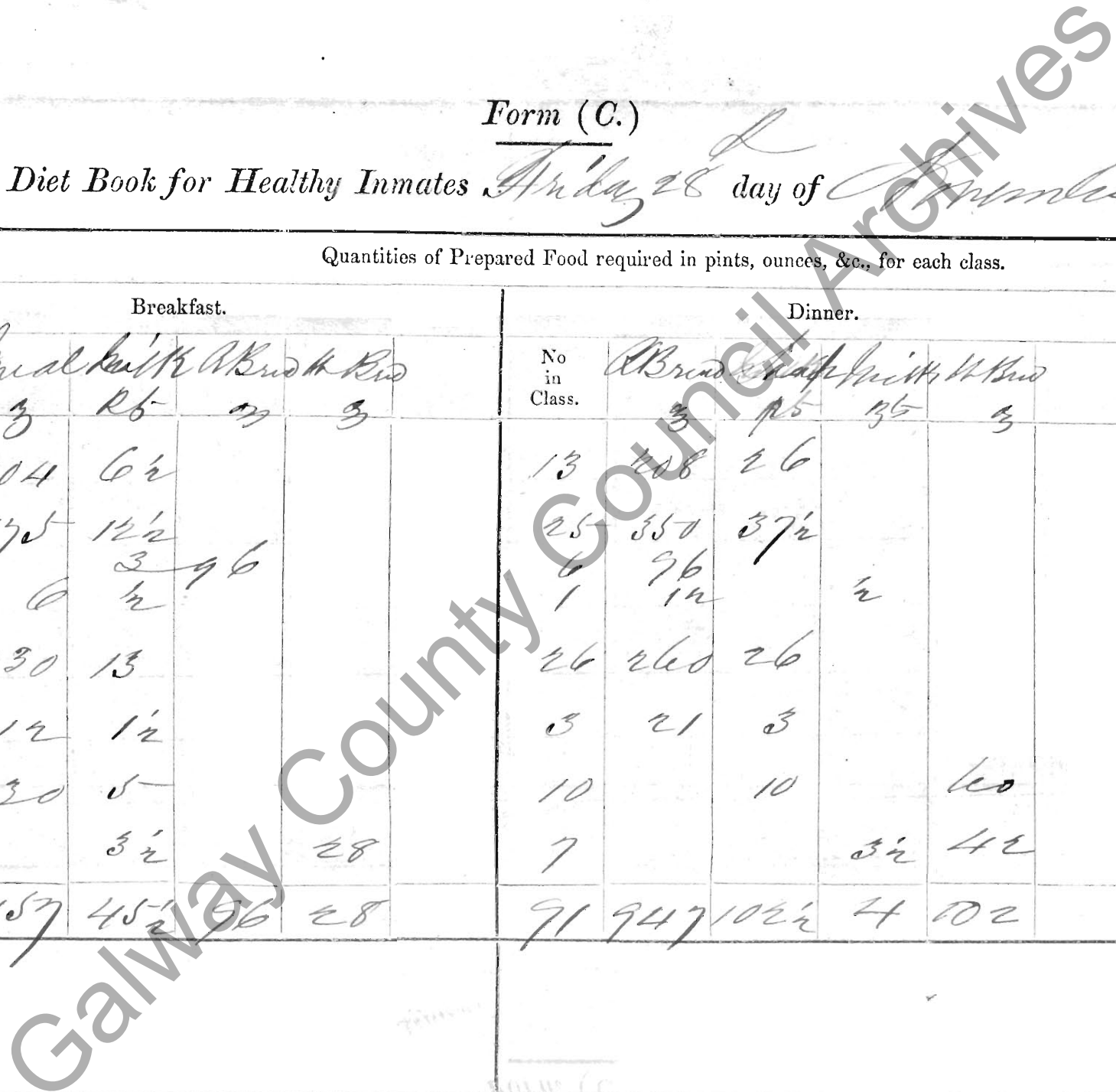
Form (C.)

Daily Diet Book for Healthy Inmates *Friday 28* day of *November* 185*6*

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal	Bread	Butter	No. in Class.	Bread	Butter	Meat	No. in Class.	Bread
Class I, - -	13	104	6 1/2	3	13	108	26			
Class II, - -	25	175	12 1/2		25	350	37 1/2			
Class III, - -	6		3	96	6	96				
Class III, - -	1	6	1/2		1	12		1/2		
Class IV, - -	26	130	13		26	260	26			104
Class V, - -	3	12	1 1/2		3	21	3			12
Class VI, - -	10	30	5		10		10			40
Class VII, - -	7		3 1/2	28	7			3 1/2		42
Totals, - -	91	457	45 1/2	56 28	91	947	102 1/2	4		186

Articles to be taken from store for each meal,



Daily Diet Book for Healthy Inmates,

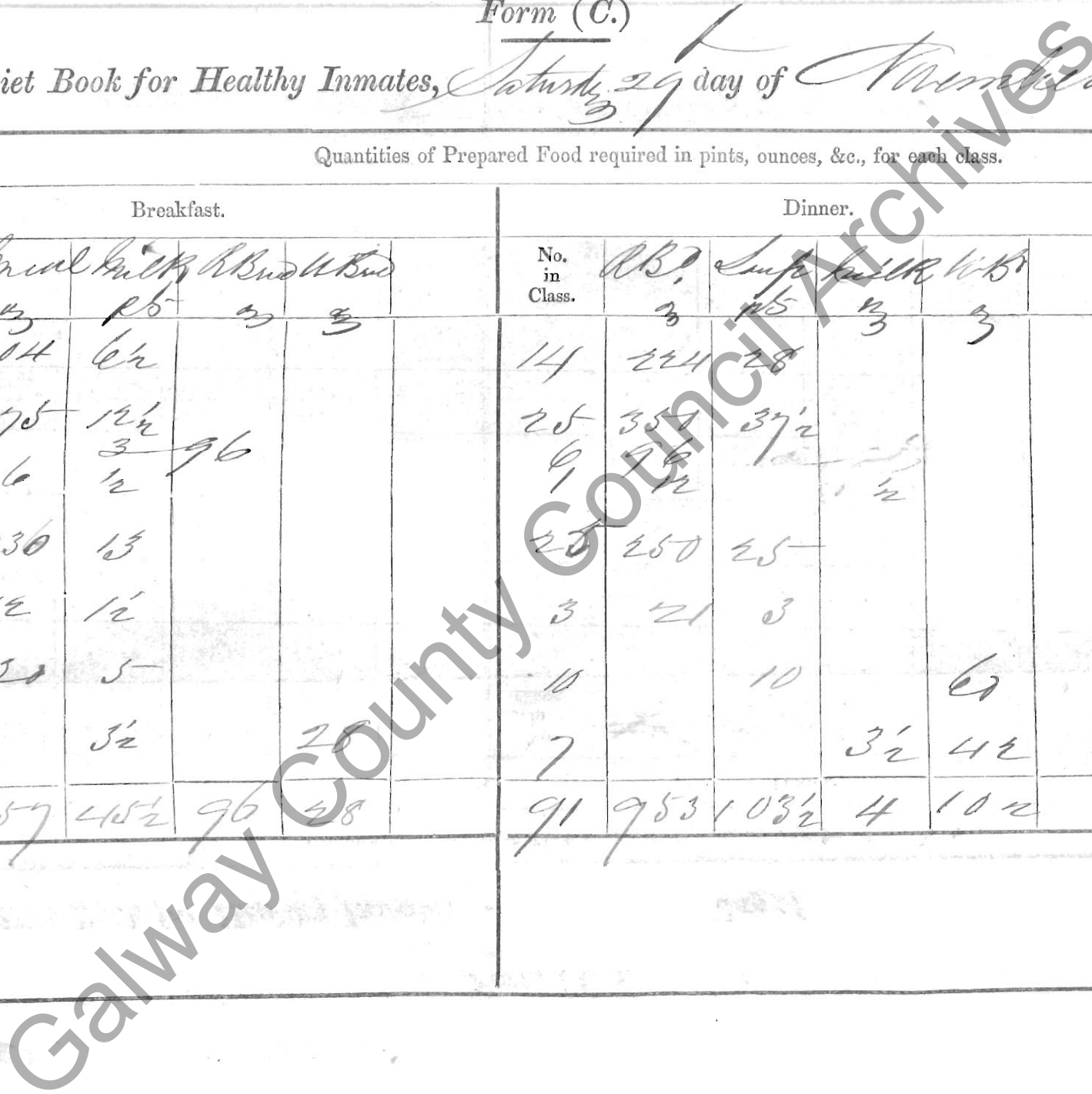
Saturday 29 day of November 1856

1856

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Bread	Milk	Bread	Bread	No. in Class.	B.B.	Supper	Milk	Bread	No. in Class.	Bread
Class I, - -	13	104	6 1/2			14	224	28				3
Class II, - -	28	175	12 1/2			25	354	37 1/2				
Class III, - -	6	6	1/2	96		9	96					
Class IV, - -	26	230	13			25	250	25				100
Class V, - -	3	12	1 1/2			3	21	3				12
Class VI, - -	10	50	5			10		10		60		40
Class VII, - -	7		3 1/2		20	7			3 1/2	42		
Totals, - -	91	457	45 1/2	96	28	91	953	103 1/2	4	102		156

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

July 30 day of

Number 185

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.	Meal Soup	Milk	W. Bread	No. in Class.	R. Bread
		oz	pt	oz	oz		oz	pt	oz		oz
Class I, - -	134	112	7			15	208	26			
Class II, - -	25	175	12½			25	350	37½			
Class III, - -	4	6	3	96		1	96		½		
Class IV, - -	1	6	½				12				
Class V, - -	25	125	12½			25	250	25			100
Class VI, - -	5	12	1½			5	21	3			12
Class VII, - -	10	30	5			10	10		60		40
Class VII, - -	7		3½	28		7			3½	42	
Totals, - -	91	2460	45½	96	28	90	937	101½	11	102	152

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	Bread	Milk	Bread	Milk	Bread	No. in Class.	Bread
Class I, - -	13	104	6½	3	3	13	208	46	3	3
Class II, - -	25	175	12½			25	350	37½		
Class III, - -	6	6	3	96		6	46			
Class IV, - -	1	6	2			1	12			
Class V, - -	25	125	13½			25	250	25		100
Class VI, - -	3	12	1½			3	21	3		12
Class VII, - -	10	30	5			10		10	60	40
Class VII, - -	7		3½		28	6		3	36	
Totals, - -	90	452	45	96	28	89	937	101½	3½	96

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday* 2nd day of *December* 185*6*.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Bread	W Bread	W Bread	No. in Class.	W Bread	Soup	Milk	W Bread	No. in Class.	W Bread
Class I, -	15	104	6 1/2	3	3	15	218	26		3		3
Class II, -	25	175	12 1/2			25	350	37 1/2				
Class III, -	6	6	3	96		6	96		1/2			
Class IV, -	25	125	12 1/2			25	250	25				100
Class V, -	3	12	1 1/2			3	21	3				12
Class VI, -	10	30	5			10		10		60		40
Class VII, -	6		3		24	6			3	36		
Totals, -	89	452	44 1/2	96	24	89	937	101 1/2	3 1/2	96		152

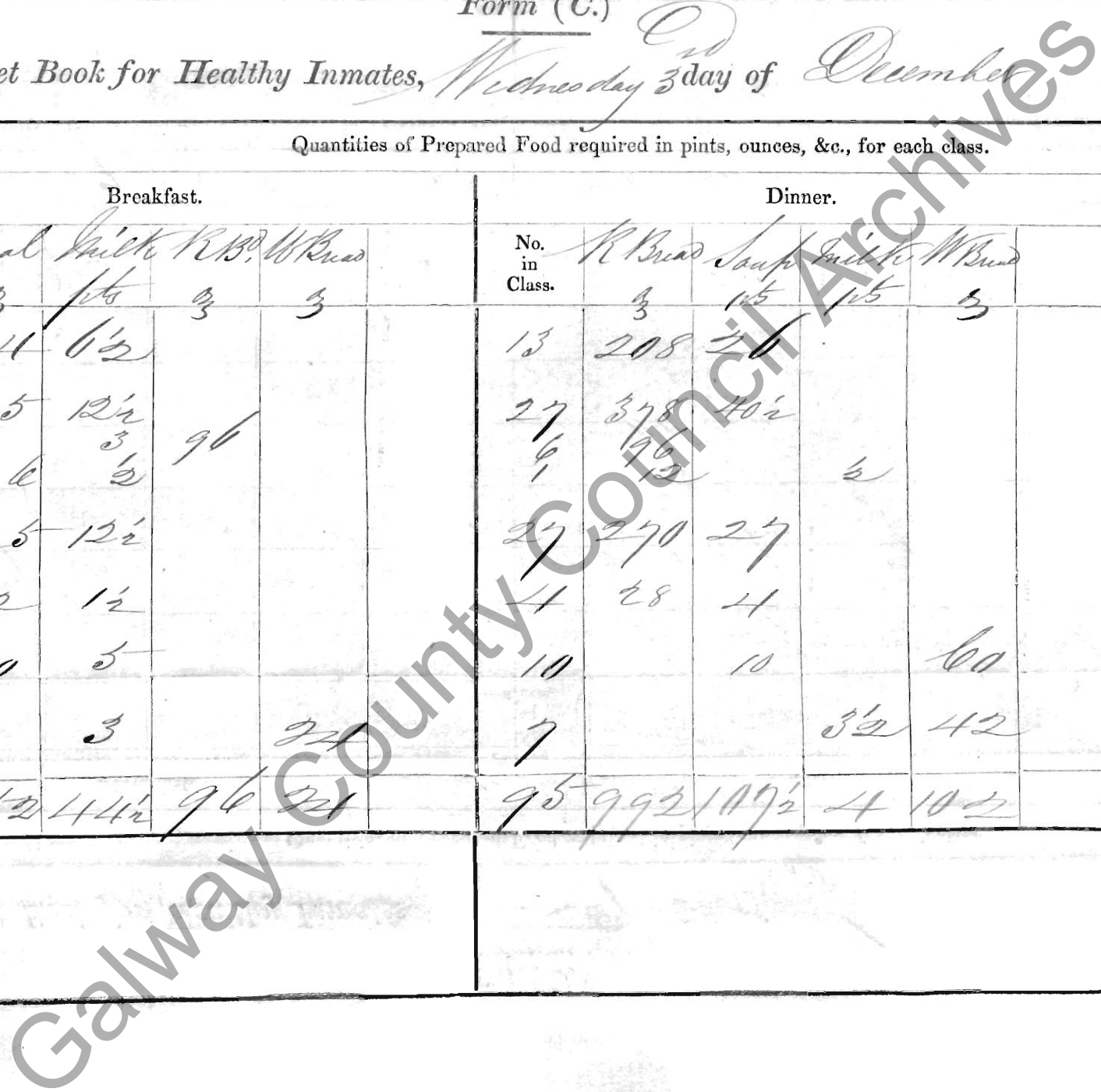
Articles to be taken from store for each meal, -

Daily Diet Book for Healthy Inmates, *Wednesday* 3 day of *December* 185 *6*

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	R B, W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
Class I, - -	13	104	6 1/2	3 3	13	208	46	15 3			3
Class II, - -	25	175	12 1/2		27	378	40 1/2				
Class III, - -	6	6	3 1/2	96	9	126		1/2			
Class IV, - -	25	125	12 1/2		27	270	27				108
Class V, - -	3	12	1 1/2		4	28	4				16
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	6		3	24	7			3 1/2	42		
Totals, - -	89	415 1/2	44 1/2	96 24	95	992	107 1/2	4	10 1/2		164

Articles to be taken from store for each meal,



Form (C)

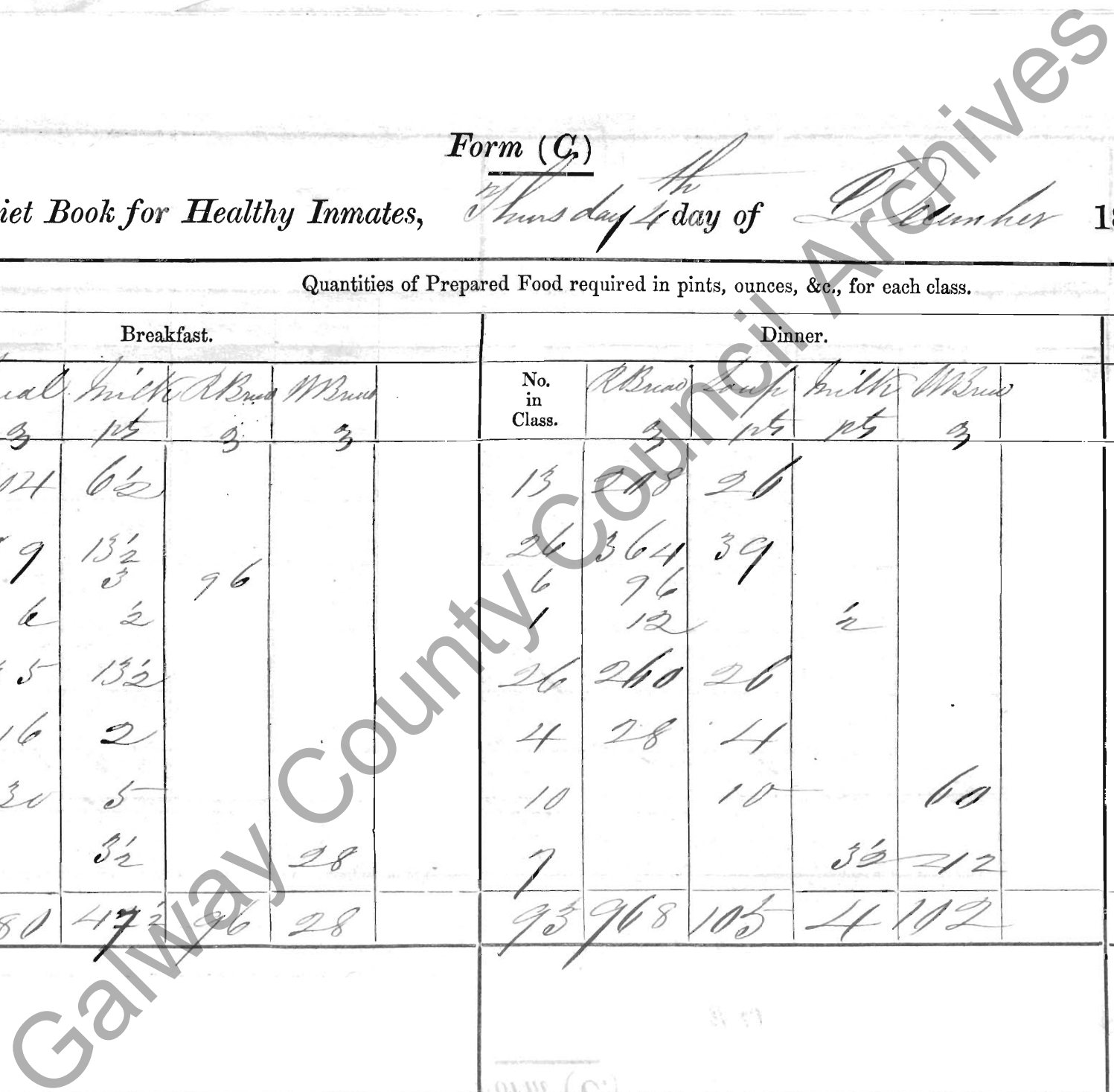
Daily Diet Book for Healthy Inmates,

Thursday 4 day of December 185

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
Class I,	13	1024	6 1/2			13	248	26				
Class II,	27	189	13 1/2			26	364	39				
Class III,	1	6	2		96	1	96		2			
Class IV,	27	135	13 1/2			26	260	26				104
Class V,	4	16	2			4	28	4				16
Class VI,	10	30	5			10		10		60		40
Class VII,	7		3 1/2		28	7			3 1/2	212		
Totals,	95	480	47 1/2		96	93	968	105	4	102		160

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates.

Friday 5th day of December 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.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
Class I, - -	13	1074	6 1/2	3	3	13	208	26	105	3		3
Class II, - -	26	182	13			27	378	40 1/2				
Class III, - -	6	6	5	96		16	95			2		
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	4	16	2			4	28	4				16
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	7		3 1/2		28	8				4	48	
Totals, - -	93	468	46 1/2	96	28	95	982	106 1/2	4 1/2	108		160

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

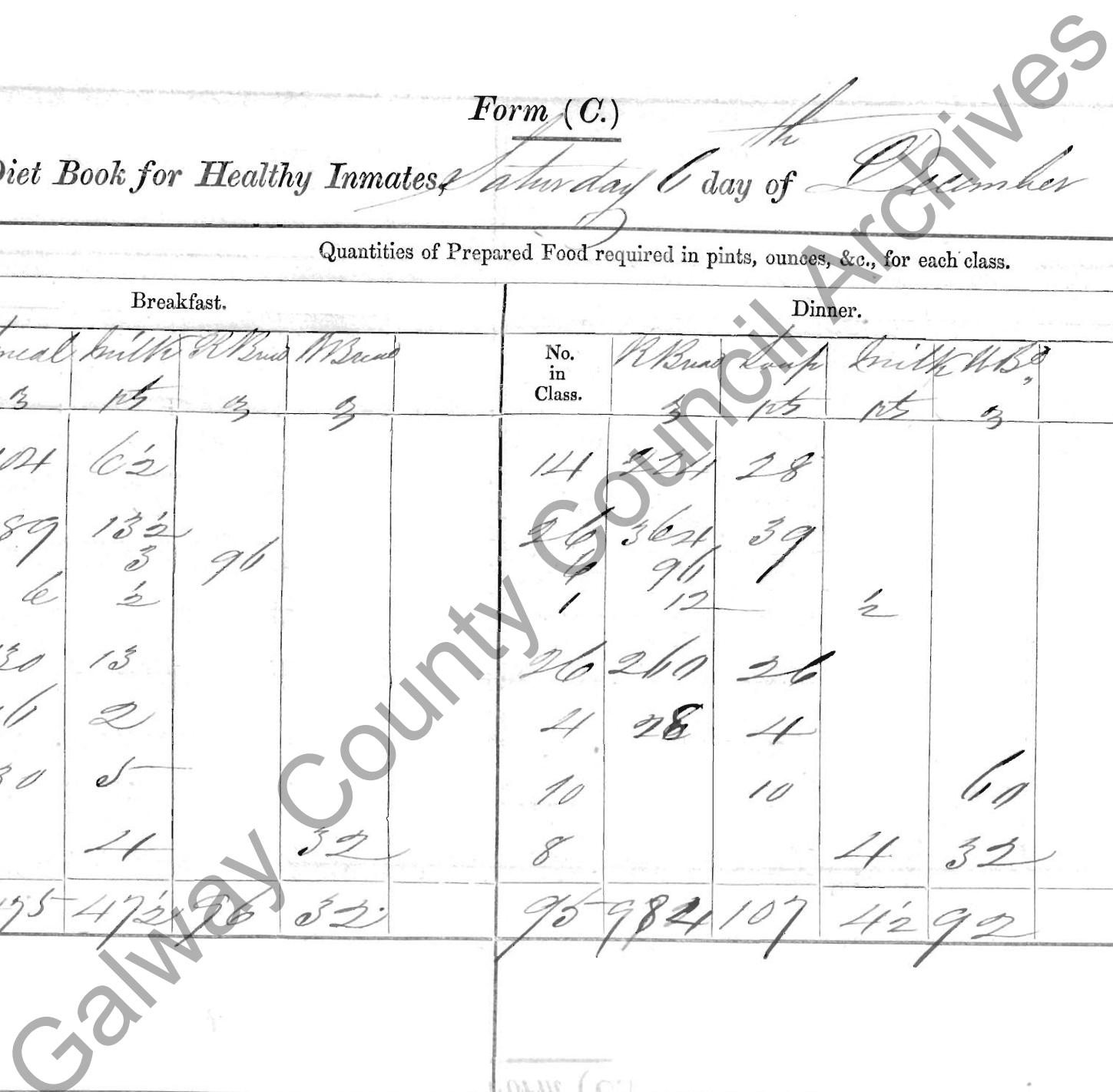
Saturday 6 day of December

185

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	W. Bread	No. in Class.	W. Bread	Soup	Milk	W. Bread	No. in Class.	W. Bread
Class I,	13	104	6 1/2		14	22 1/2	28				
Class II,	27	189	13 1/2		26	36 1/2	39				
Class III,	6	6	3	96	1	96					
Class IV,	26	130	13		26	260	26			10	4
Class V,	4	16	2		4	28	4				16
Class VI,	10	30	5		10	10			60		40
Class VII,	8		4		8			4	32		
Totals,	95	475	47 1/2	96	95	98 1/2	107	42	92		160

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, Sunday day of December 1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	W Bread	W Bread	No. in Class.	W Bread	Soup	W Bread	W Bread	No. in Class.	W Bread
Class I, - -	14	112	15	3	3	14	224	28				3
Class II, - -	26	182	13			26	364	39				
Class III, - -	6	6	3	96		6	48					
Class III, - -	1	6	2			1	12		2			
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	4	16	2			3	21	3				16
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		3 1/2		32	8			4	48		
Totals, - -	95	476	47 1/2	96	32	94	977	106	4 1/2	108		160

Articles to be taken from store for each meal,

Galway County Council Archives

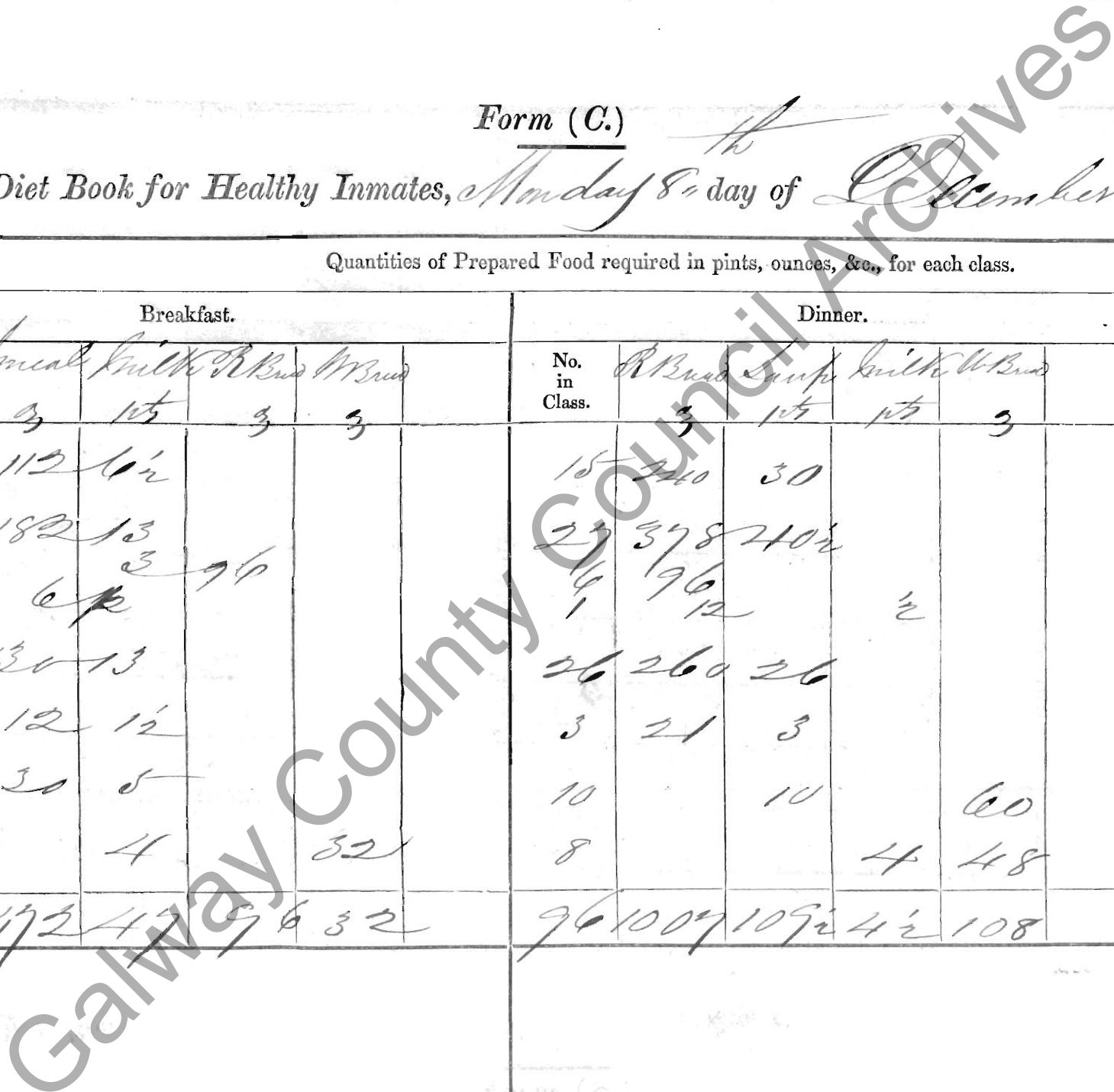
Form (C.)

Daily Diet Book for Healthy Inmates, Monday 8th day of December 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	6 1/2	3	3	15	240	30				
Class II,	26	182	13			27	378	240 1/2				
Class III,	1	6 p				1	96					
Class IV,	26	130	13			26	260	26				104
Class V,	3	12	1 1/2			3	21	3				12
Class VI,	10	30	5			10		10		60		40
Class VII,	8		4		32	8			4	48		
Totals,	94	472	47 1/2	6	32	96	1007	109 1/2	4 1/2	108		156

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, - -	15	120	7 1/2			14	224	28				
Class II, - -	27	189	13 1/2			26	304	39				
Class III, - -	16	6	3	96		6	96					
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	3	12	12			3	21	3				12
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, - -	96	487	48	96	32	94	977	106	4 1/2	108		156

Articles to be taken from store for each meal,

Galway County

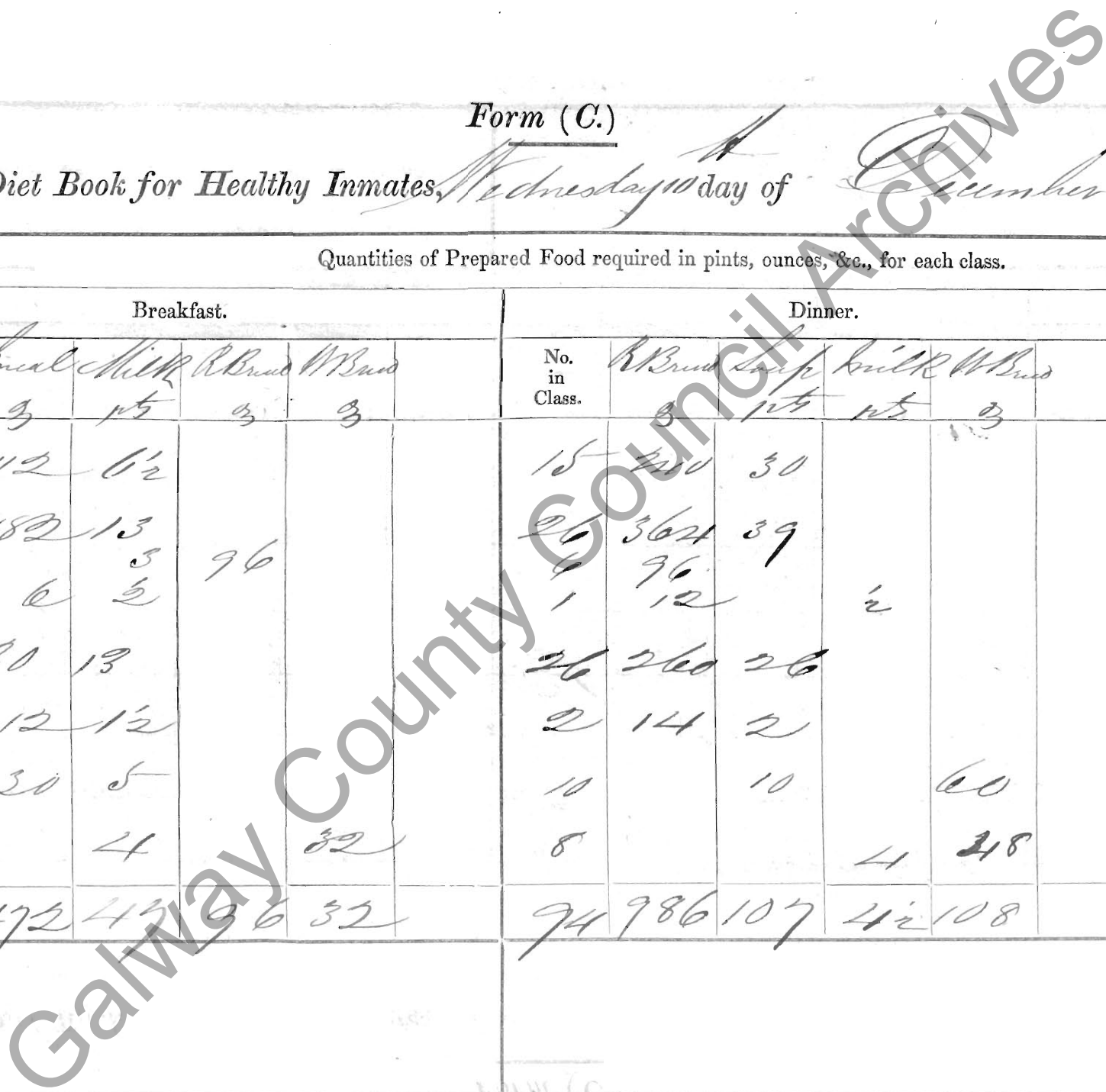
Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* 10 day of *December* 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	R Bread	No. in Class.	R Bread
Class I,	14	112	6 1/2			15	420	30				3
Class II,	26	182	13			26	362	39				
Class III,	1	6	2	96		1	96					
Class IV,	26	130	13			26	260	26				104
Class V,	3	12	1 1/2			2	14	2				8
Class VI,	10	30	5			10		10		60		40
Class VII,	8		4		32	8			4	248		
Totals,	94	472	43	96	32	94	986	107	4 1/2	108		152

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	W.B.	M.Bud	No. in Class.	AlBud	Soup	Milk	W.Bud	No. in Class.	AlBud
		oz	pts	oz	oz		oz	pts	pts	oz		oz
Class I, - -	15	120	7 1/2			15	220	3 1/2				
Class II, - -	26	182	13			27	378	4 1/2				
Class III, - -	6		3	96		16	194					
Class III, - -	1	6	2			1	12		2			
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, - -	94	476	47	96	32	95	990	108 1/2	4 1/2	108		152

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Friday* day of *December* 185*6*

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Bread	Meat	W.B.S.	No. in Class.	Bread	Meat	W.B.S.	No. in Class.	Bread
Class I,	15	120	7 1/2		14	144	28			3
Class II,	27	189	13 1/2		26	364	39			
Class III,	6	6	3	96	6	96				
Class IV,	1		2		1	12				
Class V,	26	130	13		26	260	26			104
Class VI,	2	8	1		2	14	2			8
Class VII,	10	30	5		10		10		60	240
Class VIII,	8		4	32	8			4	48	
Totals,	96	483	47 1/2	32	93	1970	107	4 1/2	108	152
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.B.	U.B.	No. in Class.	R.B.	Soup	Milk	U.B.	No. in Class.	R.B.
Class I, - -	14	112	7			13	208	26				3
Class II, - -	26	182	13			28	392	42				
Class III, - -	6	6	3	96		6	96					
Class IV, - -	1	6	2			1	12		2			
Class V, - -	26	130	13			26	260	26				104
Class VI, - -	2	8	1			2	14	2				8
Class VII, - -	10	30	5			10		10		60		40
Class VII, - -	8		4		32	8			4	48		
Totals, - -	93	468	46 1/2	96	32	94	982	106	4 1/2	108		152

Articles to be taken from store for each meal,

Galway County Council Archives