

Form (C.)

Daily Diet Book for Healthy Inmates, Sunday 14 day of December 1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	RB ¹	WB ⁰	No. in Class.	RB ¹	Soup	Milk	WB ⁰	No. in Class.	RB ¹
Class I,	13	104	6 1/2	3	3	13	208	26				3
Class II,	28	195	14			28	406	43 1/2				
Class III,	6	60	3	96		16	96					
Class IV,	1		1/2			1	12		1/2			
Class V,	26	130	13			26	260	26				104
Class VI,	2	8	1			1	7	1				4
Class VII,	10	30	5			10		10		60		40
Class VII,	8		4		32	8			4	48		
Totals,	94	473	47		32	94	989	106 1/2	4 1/2	108		118
Articles to be taken from store for each meal, -												

Galway County Council Archives

Daily Diet Book for Healthy Inmates

Monday 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.	Bread	Soup	Milk	W. Bread	No. in Class.	Bread
Class I, - -	13	104	6 1/2	3	3	13	208	26				
Class II, - -	24	203	14 1/2			28	397	412				
Class III, - -	16		3	96		6	196					
Class III, - -	1	6	2			1	12		2			
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	1	4	2									
Class VI, - -	10	30	5			9		9		24		40
Class VII, - -	8		4		30	8			4	48		
Totals, - -	94	477	47	96	30	90	968	103	4 1/2	102		144
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday 16th* 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 B!	No. in Class.	R Bred	Soup	Milk	W Bred	No. in Class.	R Bred
Class I, - -	13	104	6 1/2	3	3	14	244	28				3
Class II, - -	28	196	14			29	406	43 1/2				
Class III, - -	6	6	3	96		1	96		3			
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	1	4	1/2			1	7	1				4
Class VI, - -	9	27	4 1/2			9	9			54		36
Class VII, - -	8		4		32	8			4	48		
Totals, - -	91	467	45 1/2	96	32	94	1005	107 1/2	4 1/2	102		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	Bread	Butter	No. in Class.	Bread	Soup	Butter	No. in Class.	Bread
Class I, - -	14	112	7		14	224	28			
Class II, - -	29	205	14 1/2		30	448	48			
Class III, - -	1	6	2	96	1	12		2		
Class IV, - -	26	130	13		26	260	26			104
Class V, - -	1	4	2		1					
Class VI, - -	9	27	4 1/2		9		9			54
Class VII, - -	8		4		10			5		60
Totals, - -	94	482	47	96	98	1040	111	5 1/2		144
Articles to be taken from store for each meal, -										

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Thursday 15 day of

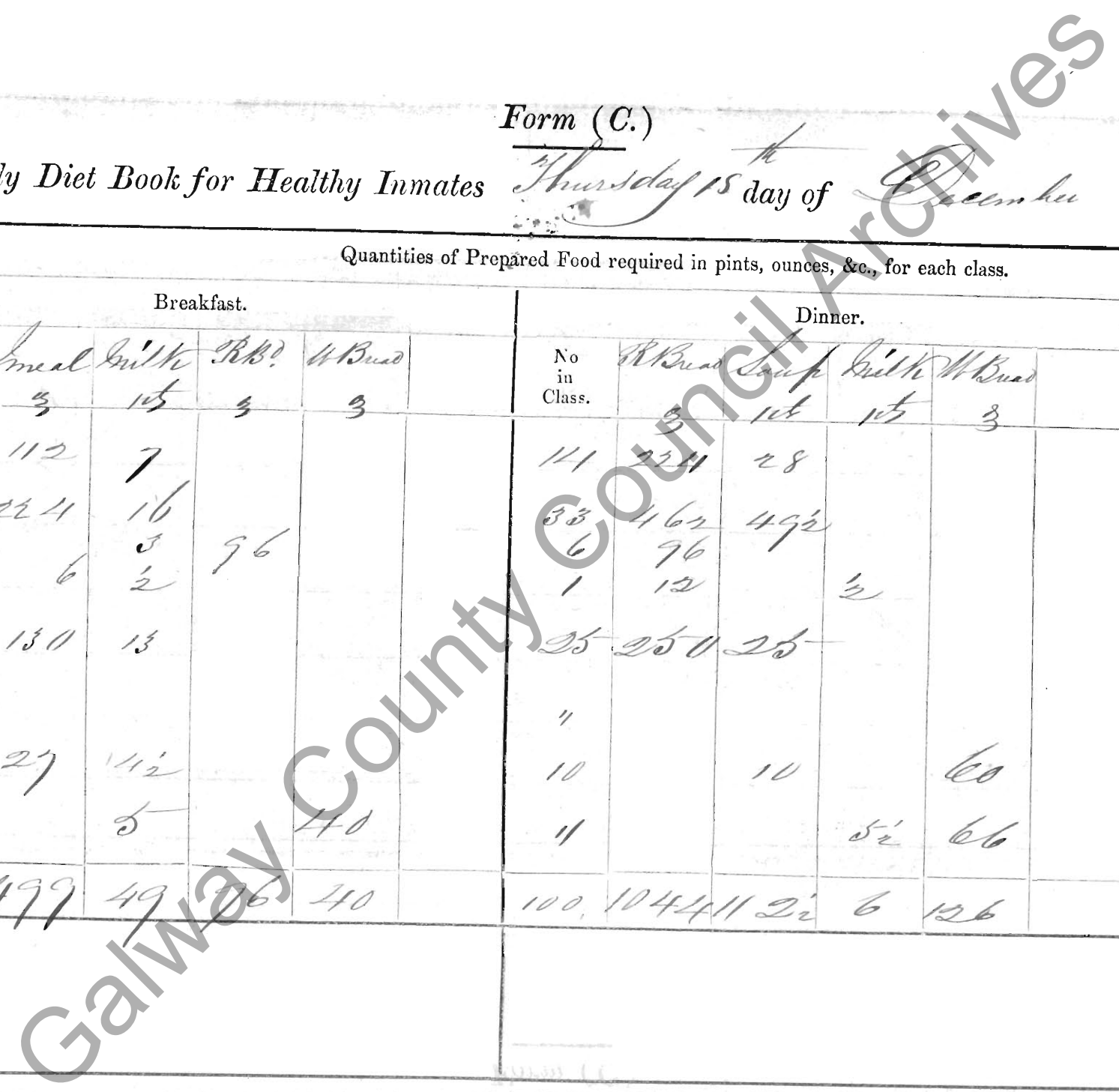
December

1856

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	RR?	WBread	No. in Class.	RRBread	Soup	Milk	WBread	No. in Class.	RRBread
Class I,	14	112	7		3							3
Class II,	32	224	16									
Class III,	6	6	3	96								
Class IV,	1		2									
Class V,	26	130	13									100
Class VI,	7	27	14 1/2				10			60		40
Class VII,	10		5		40				5 1/2	66		
Totals,	98	499	49	96	40	100	1044	112 1/2	6	126		140

Articles to be taken from store for each meal,

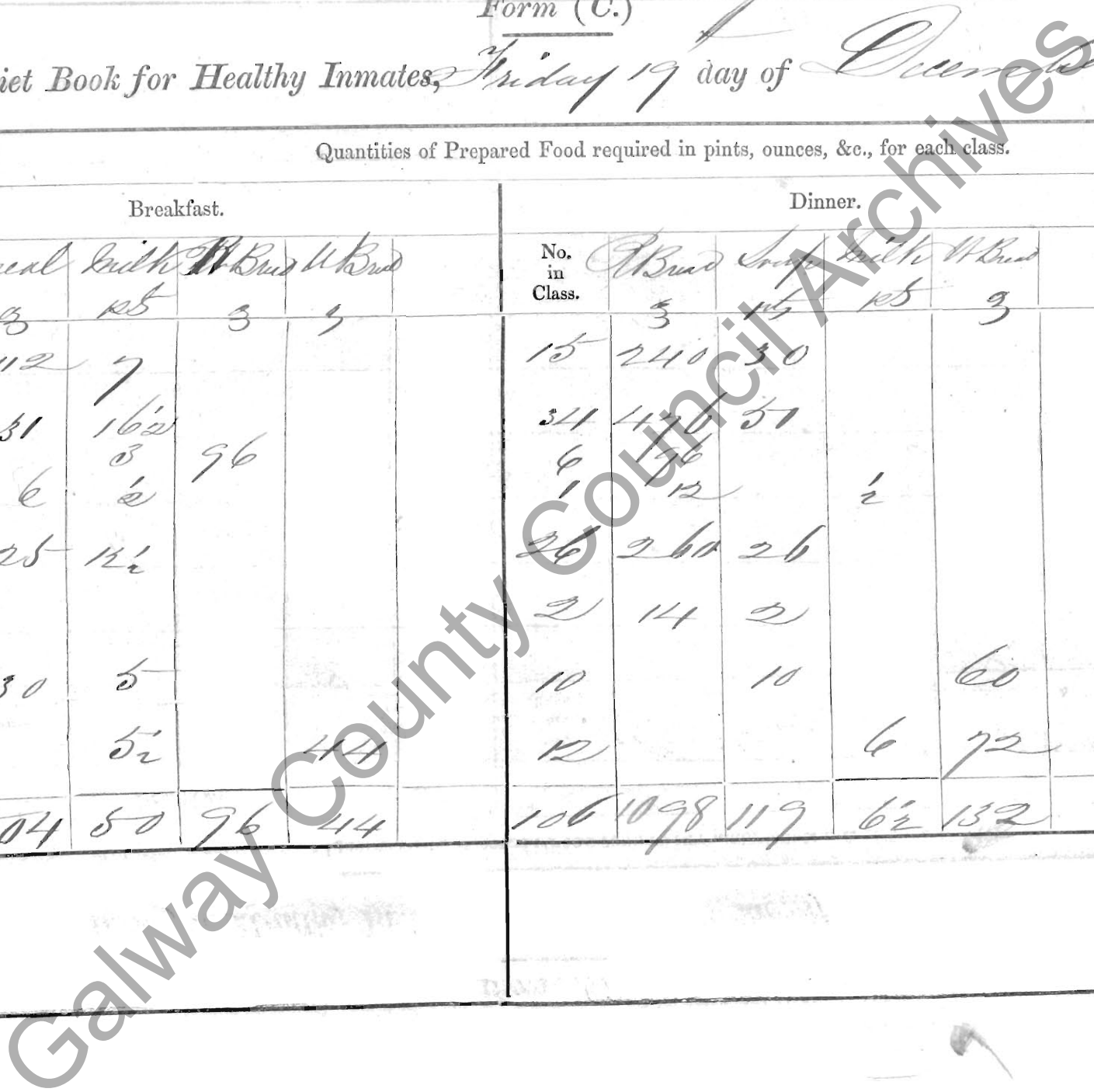


Daily Diet Book for Healthy Inmates, Friday 19 day of December 1856.

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal	Milk	W Bread	W Bread	Soup	Milk	W Bread	No. in Class.	W Bread
Class I, -	14	112	7	3	3	240	30			
Class II, -	33	231	16 1/2		34	410	51			
Class III, -	6	6	3	96	6	150				
Class IV, -	1	6	2		1	12		1/2		
Class V, -	25	125	12 1/2		26	260	26			104
Class VI, -	1				2	14	2			8
Class VII, -	10	30	5		10		10			40
Class VII, -	11		5 1/2		12			6		72
Totals, -	100	504	50	96	106	1098	119	6 1/2		152

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Saturday* 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	W B?	No. in Class.	R Bread
Class I,	15	120	7 1/2	3	3	13	408	26				3
Class II,	34	238	17			35	490	52 1/2				
Class III,	4		13	96		6	96					
Class IV,	1	6	2			1	12		1/2			
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,	12		6		48	12			6	72		
Totals,	106	532	53	96	48	105	1080	116 1/2	6 1/2	182		152

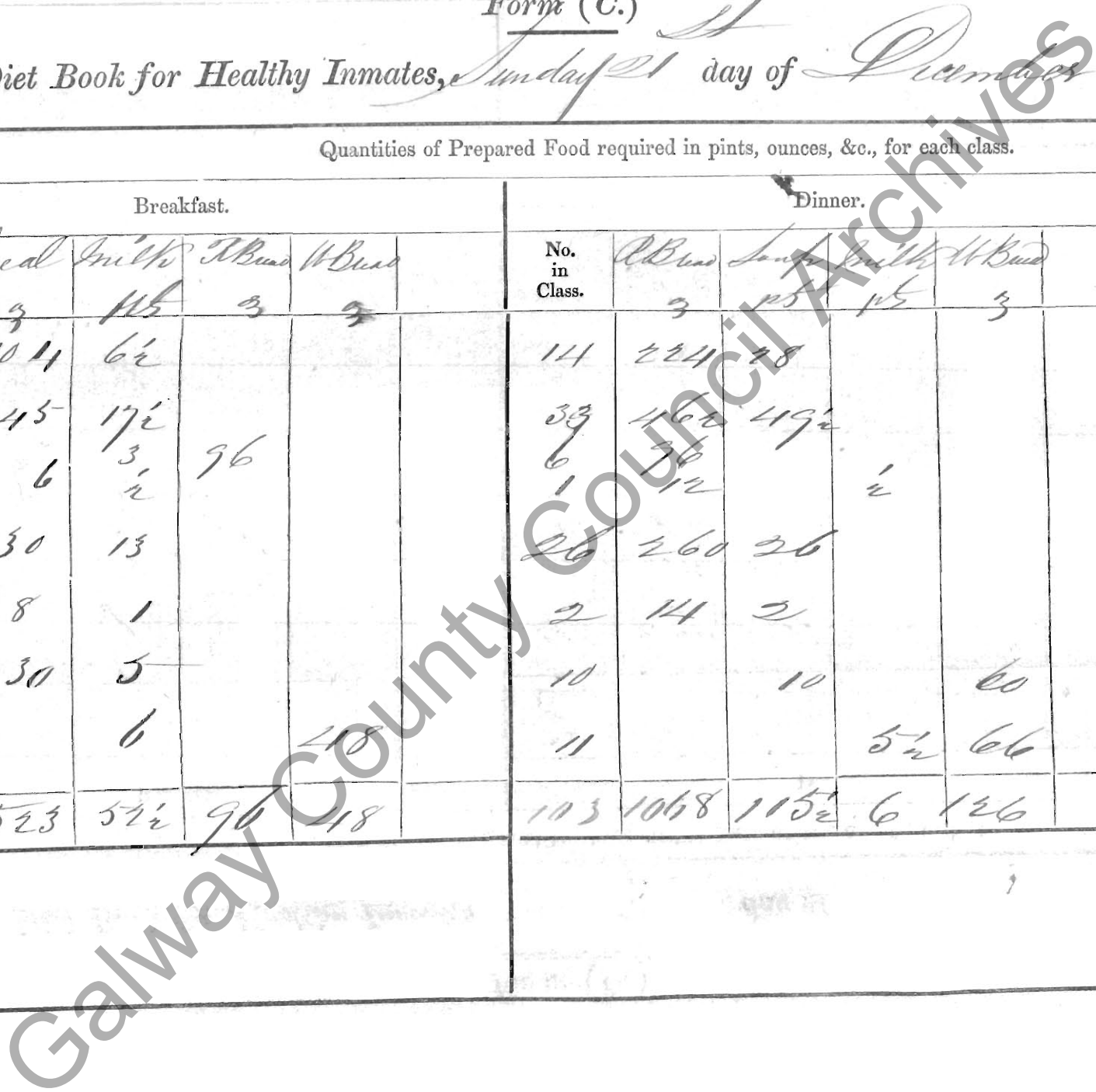
Articles to be taken from store for each meal,

Galway County Council Archives

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	T Bread	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
Class I, - -	13	10 1/4	6 1/2			14	22 1/4	48				
Class II, - -	35	24 1/2	17 1/2			33	11 1/2	49 1/2				
Class III, - -	6	6	3 1/2	96		6	7 1/2					
Class IV, - -	1		1/2			1	12		1/2			
Class V, - -	36	130	13			26	260	26				104
Class VI, - -	2	8	1			2	14	2				8
Class VII, - -	10	30	3			10		10		60		40
Class VII, - -	12		6		48	11			5 1/2	66		
Totals, - -	105	523	54 1/2	96	18	103	1068	115 1/2	6	126		15 1/2

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates *Monday* 22 day of *December* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Bread	Milk	W.B. ^o	No. in Class.	W.B. ^o	Soup	Milk	W.B. ^o	No. in Class.	W.B. ^o
Class I, - -	121	112	7	3	15	240	30				3
Class II, - -	33	231	16½		33	2162	29½				
Class III, - -	6	6	3	96	1	96					
Class IV, - -	36	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, - -	4		5½	44	11			5½	66		
Totals, - -	103	517	51½	96	104	1084	117½	6	126		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	RB ^o	WB ^o	No. in Class.	RB ^o	Soup	Milk	WB ^o	No. in Class.	RB ^o
Class I, - -	15	140	7 $\frac{1}{2}$	3	3	15	240	50	.			3
Class II, - -	33	231	16 $\frac{1}{2}$			34	270	51				
Class III, - -	6 1	6	3 2	96		6 1	12		1/2			
Class IV, - -	26	130	15			26	260	26				104
Class V, - -	2	8	1			2	14	2				8
Class VI, - -	10	30	5			11		11		66		44
Class VII, - -	11		5 $\frac{1}{2}$		44	11			5 $\frac{1}{2}$	66		
Totals, -	104	535	52	96	44	106	1098	120	6	132		156
Articles to be taken from store for each meal, -												

Galway County Council Archives

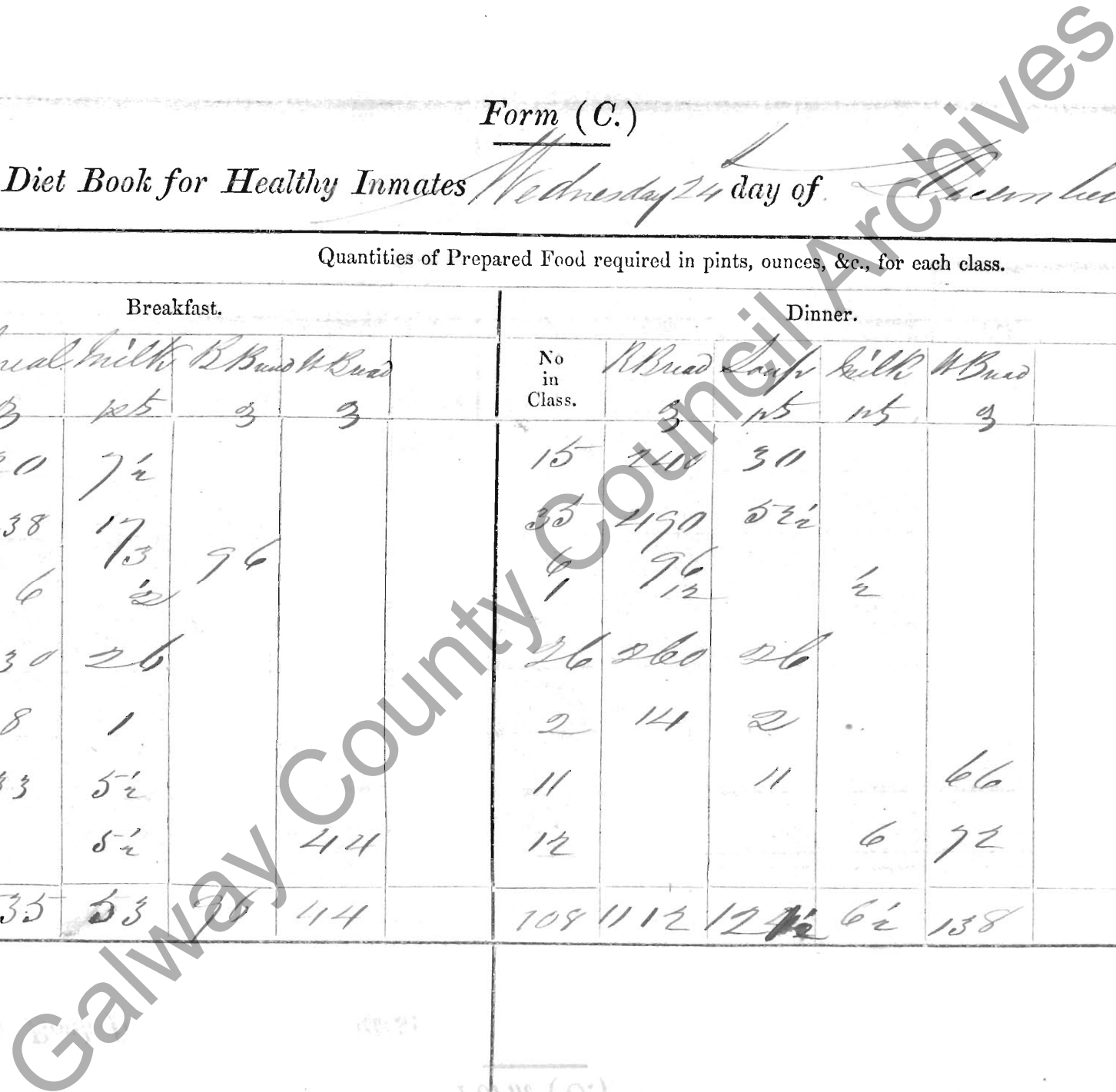
Form (C.)

Daily Diet Book for Healthy Inmates *Wednesday* 24 day of *December* 1856.

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
Class I, -	15	120	7½		15	240	30				
Class II, -	34	238	17		35	210	52½				
Class III, -	6	6	12	96	6	96		½			
Class IV, -	1				1	12					
Class V, -	26	130	26		26	260	26				104
Class VI, -	2	8	1		2	14	2				8
Class VII, -	11	33	5½		11		11		66		44
Class VII, -	11		5½	44	12			6	72		
Totals, -	106	535	53	144	108	1112	124½	6½	138		156

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Thursday 25* 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	Bread	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I, - -	15	120	7 1/2			15	240	30				
Class II, - -	35	245	17 1/2			35	490	52 1/2				
Class III, - -	6 1	6	3 1/2	96		6 1	96 12		1/2			
Class IV, - -	26	130	15			26	260	26				104
Class V, - -	2	8	1			2	11	2				8
Class VI, - -	11	33	5 1/2			11		11		66		44
Class VII, - -	12		6		48	12			6	72		
Totals, - -	108	542	37	96	48	108	1112	121 1/2	6 1/2	138		156
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

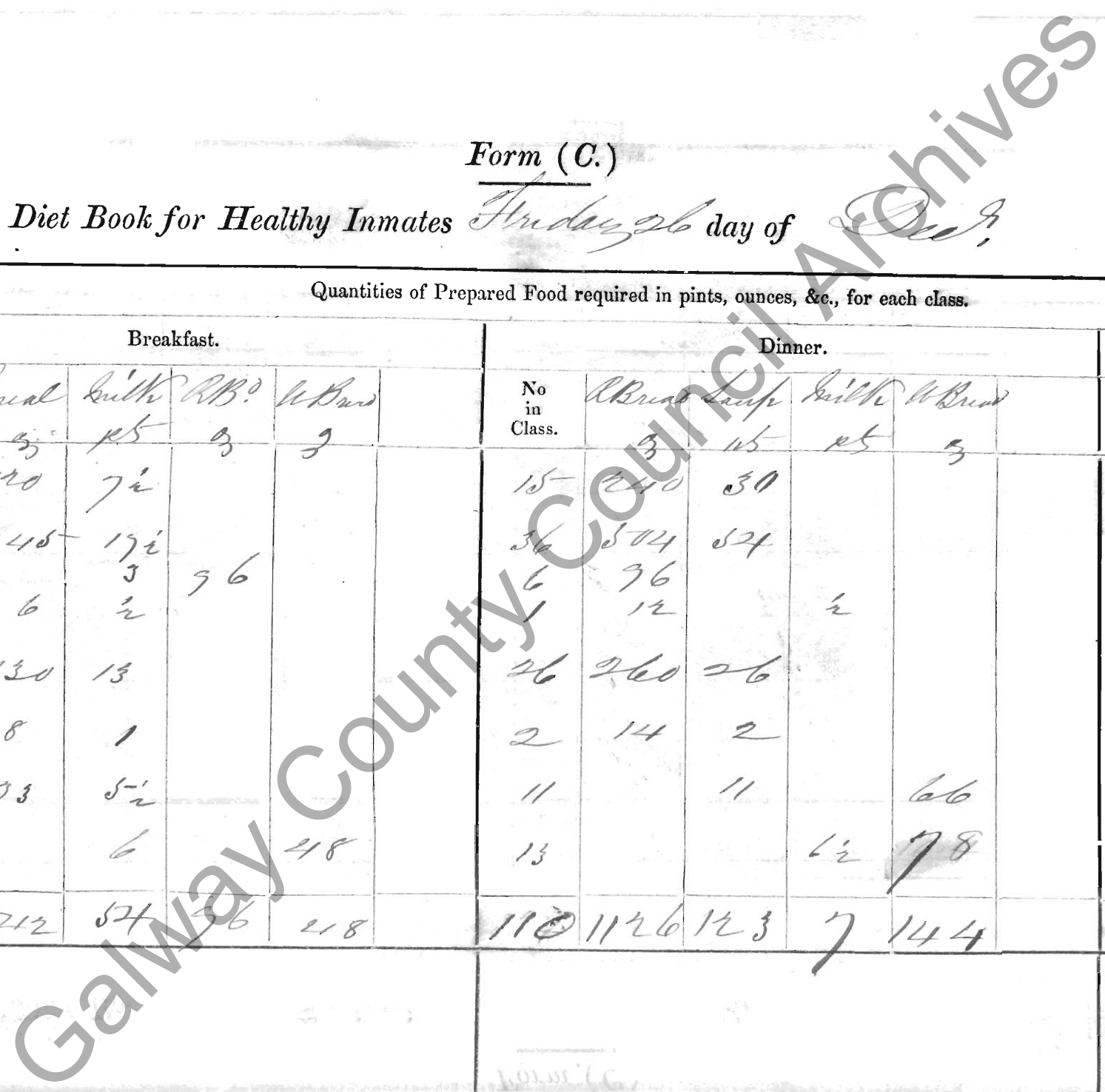
Sunday 26 day of Decr,

1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	RB ^d	W Bread	No. in Class.	RB ^d	Soup	Milk	W Bread	No. in Class.	RB ^d
Class I, - -	15	120	7 $\frac{1}{2}$	3	2	15	240	30				
Class II, - -	35	240	17 $\frac{1}{2}$			35	504	54				
Class III, - -	6	6	3	36		6	36					
Class IV, - -	1	6	$\frac{1}{2}$			1	12		$\frac{1}{2}$			
Class V, - -	26	130	13			26	260	26				104
Class VI, - -	2	8	1			2	14	2				8
Class VII, - -	11	33	5 $\frac{1}{2}$			11		11		66		44
Class VII, - -	12		6		48	13			6 $\frac{1}{2}$	78		
Totals, - -	108	5212	54	36	218	110	1126	123	7	144		156

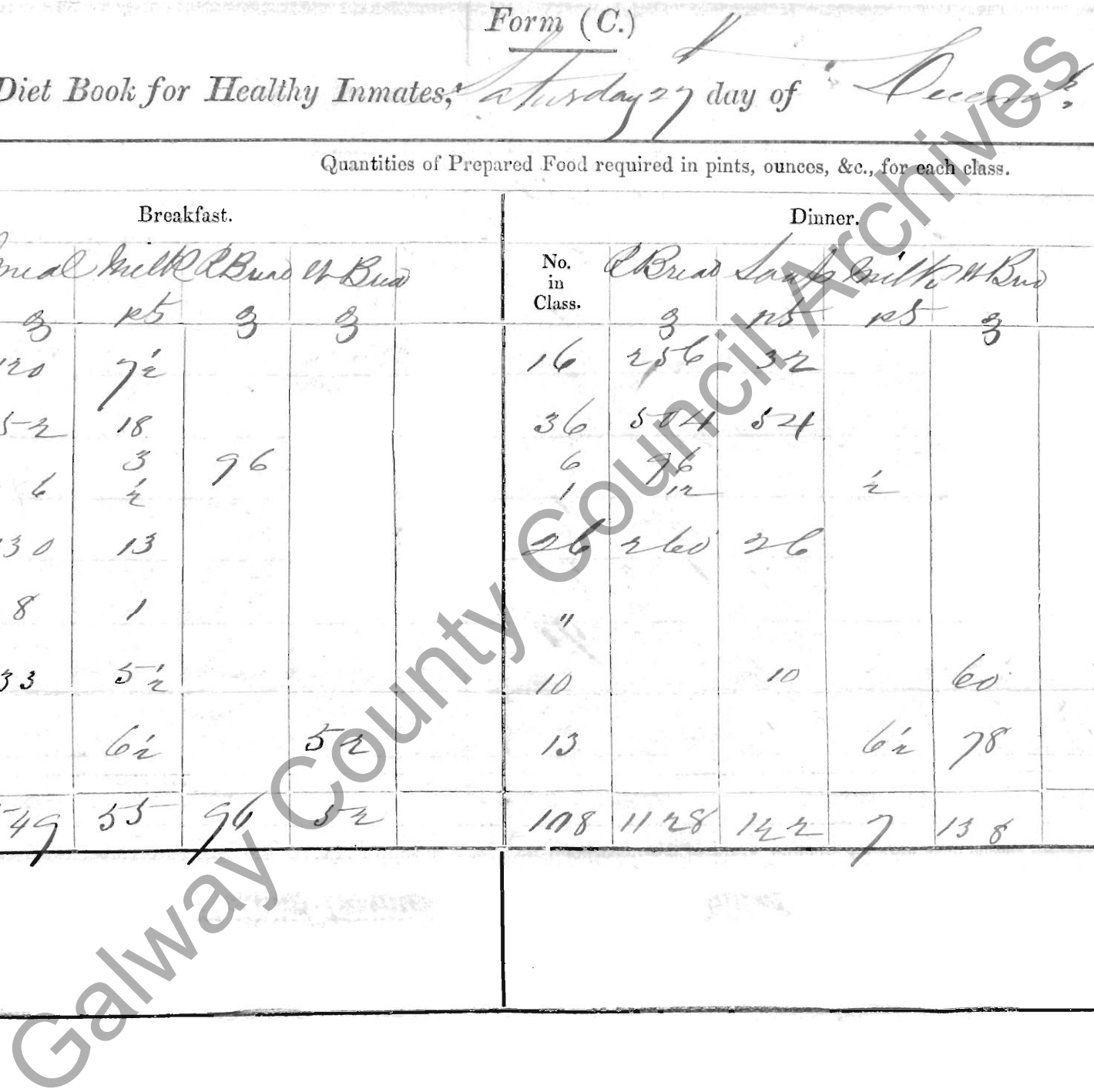
Articles to be taken from store for each meal,



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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	Bread	W Bread	No. in Class.	Bread	Sauce	Milk	W Bread	No. in Class.	Bread
Class I,	15	120	7 1/2	3	3	16	256	32				3
Class II,	36	252	18			36	504	54				
Class III,	6	6	3	96		6	96					
Class IV,	1	6	1/2			1	12		1/2			
Class V,	2	8	1			"						
Class VI,	11	33	5 1/2			10		10		60		40
Class VII,	13		6 1/2		52	13			6 1/2	78		
Totals,	110	549	55	96	52	108	1128	142	7	138		144

Articles to be taken from store for each meal,



Form (C.)

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

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	RB? UB?	No. in Class.	RB	Soup	Milk	UB	No. in Class.	RB?
Class I,	16	128	5	3	16	256	32				3
Class II,	36	252	18		36	504	54				
Class III,	6	6	3	96	6	96					
Class IV,	1		2		1	12		4			
Class V,	26	130	13		26	260	26				104
Class VI,	4				4						4
Class VII,	10	30	5		10		10		60		40
Class VII,	13		6 1/2	52	13			6 1/2	78		
Totals,	108	546	54	52	108	1128	122	7	138		144

Articles to be taken from store for each meal, -

Daily Diet Book for Healthy Inmates, *Sunday* 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 ^d	W B ^d	No. in Class.	R B ^d	Soup	Milk	W Bread	No. in Class.	R B ^d
Class I, - -	16	148	8	3	3	15	240	20		3		3
Class II, - -	36	252	18			35	450	52				
Class III, - -	6 1	6	3 2	46		6 1	96 12			2		
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	4					4						
Class VI, - -	10	30	5			10		10		60		40
Class VII, - -	13		62		52	13			62	78		
Totals, - -	108	546	54	96	52	106	1098	1182	7	138		144

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *July 30* day of *December* 185*6*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Small Milk	W.B.	W.B.	No. in Class.	R. Bread	Sup	Milk	W. Bread	No. in Class.	R. Bread
Class I,	15	120	7 1/2	3	15	440	30				3
Class II,	35	245	17 1/2	3	35	490	5 1/2				
Class III,	6	6	2	96	6	96					
Class IV,	1				1	12					
Class V,	26	130	13		26	260	26				104
Class VI,	9				9						
Class VII,	10	30	5		10		10				40
Class VII,	13		6 1/2	52	13			9 1/2	78		
Totals,	106	531	53	96	52	106	1098	118 1/2	7	138	144

Articles to be taken from store for each meal, -

Daily Diet Book for Healthy Inmates, March 31 st 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 B	No. in Class.	R Bread
Class I, - -	15	120	7 1/2	3	3	15	220	30		3		3
Class II, - -	35	245	19 1/2			38	532	57				
Class III, - -	6	6	2	96		6	96					
Class IV, - -	26	130	13			26	260	26				104
Class V, - -	1											
Class VI, - -	10	300	5			10		10		60		40
Class VII, - -	18		6 1/2		52	15			7 1/2	90		
Totals, - -	106	531	53	96	52	111	1141	123	8	150		144

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Monday* 1 day of *January* 185*7*.

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, U/B	Soup	Milk	U/B	No. in Class.	R/B, U/B
Class I,	15	120	7 1/2		14	224	28				
Class II,	38	266	19		38	532	57				
Class III,	6	6	2	96	6	96					
Class IV,	1				1	12		2			
Class V,	26	130	13		27	270	27				108
Class VI,	9				7						
Class VII,	10	30	8		10		10		60		48
Class VII,	15		7 1/2		15			7 1/2	90		
Totals,	111	552	55 1/2	96	111	1134	122	8	150		148

Articles to be taken from store for each meal, -

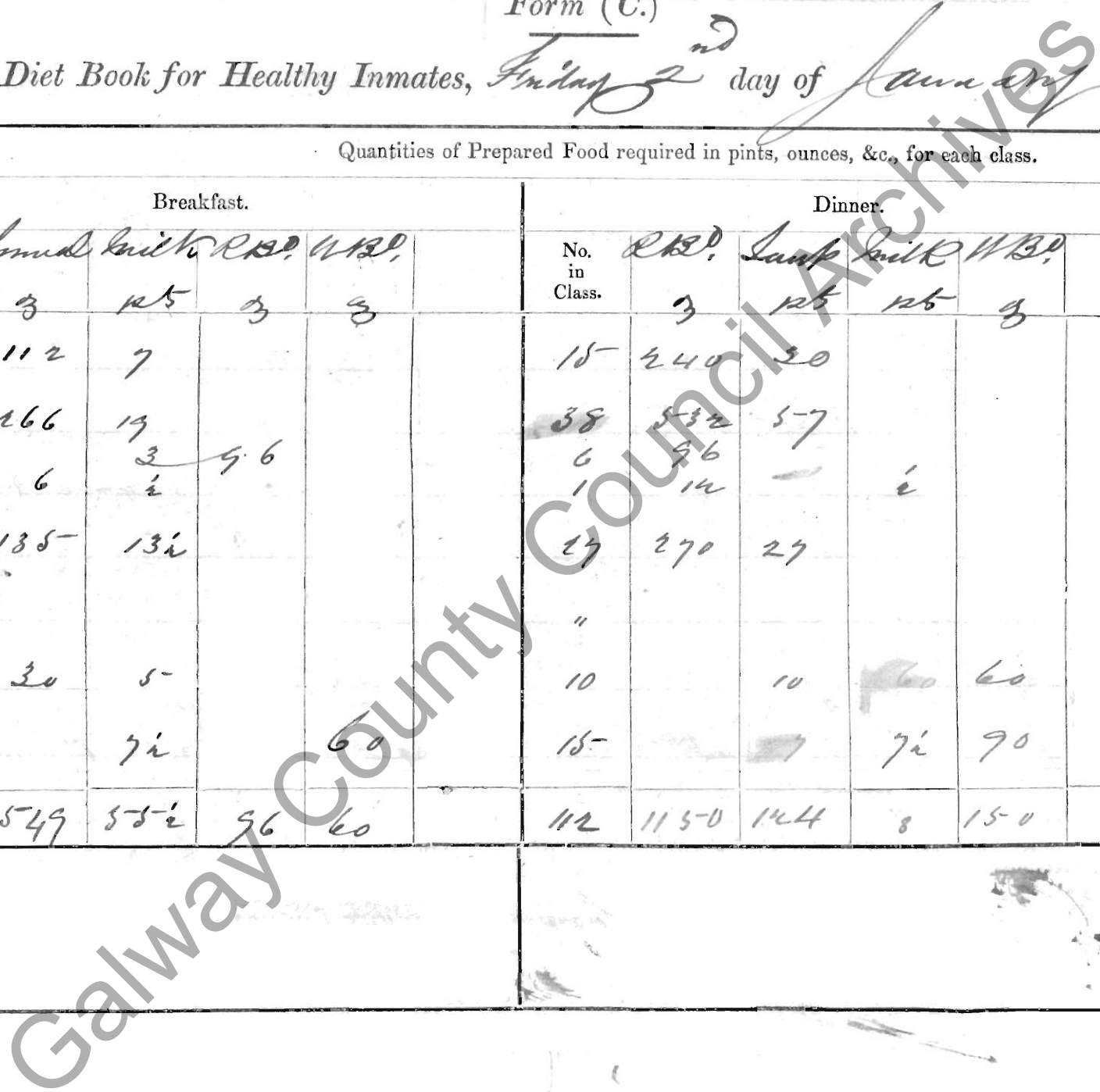
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Friday 2nd* day of *August* 1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Small	Milk	R.B.P.	W.B.P.	No. in Class.	R.B.P.	Small	Milk	W.B.P.	No. in Class.	R.B.P.
Class I, - -	14	112	7			15	240	20				
Class II, - -	38	266	19			38	532	57				
Class III, - -	6 1	6	3 1/2	9.6		6 1	46 14		1			
Class IV, - -	27	135	13 1/2			27	270	27				108
Class V, - -	0					"						
Class VI, - -	10	30	5			10		10	60	60		40
Class VII, - -	15		7 1/2			15		7 1/2	90	90		
Totals, - -	111	549	55 1/2	96	60	112	1150	144	8	150		148

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, *Saturday* 3 day of *January* 1857.

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

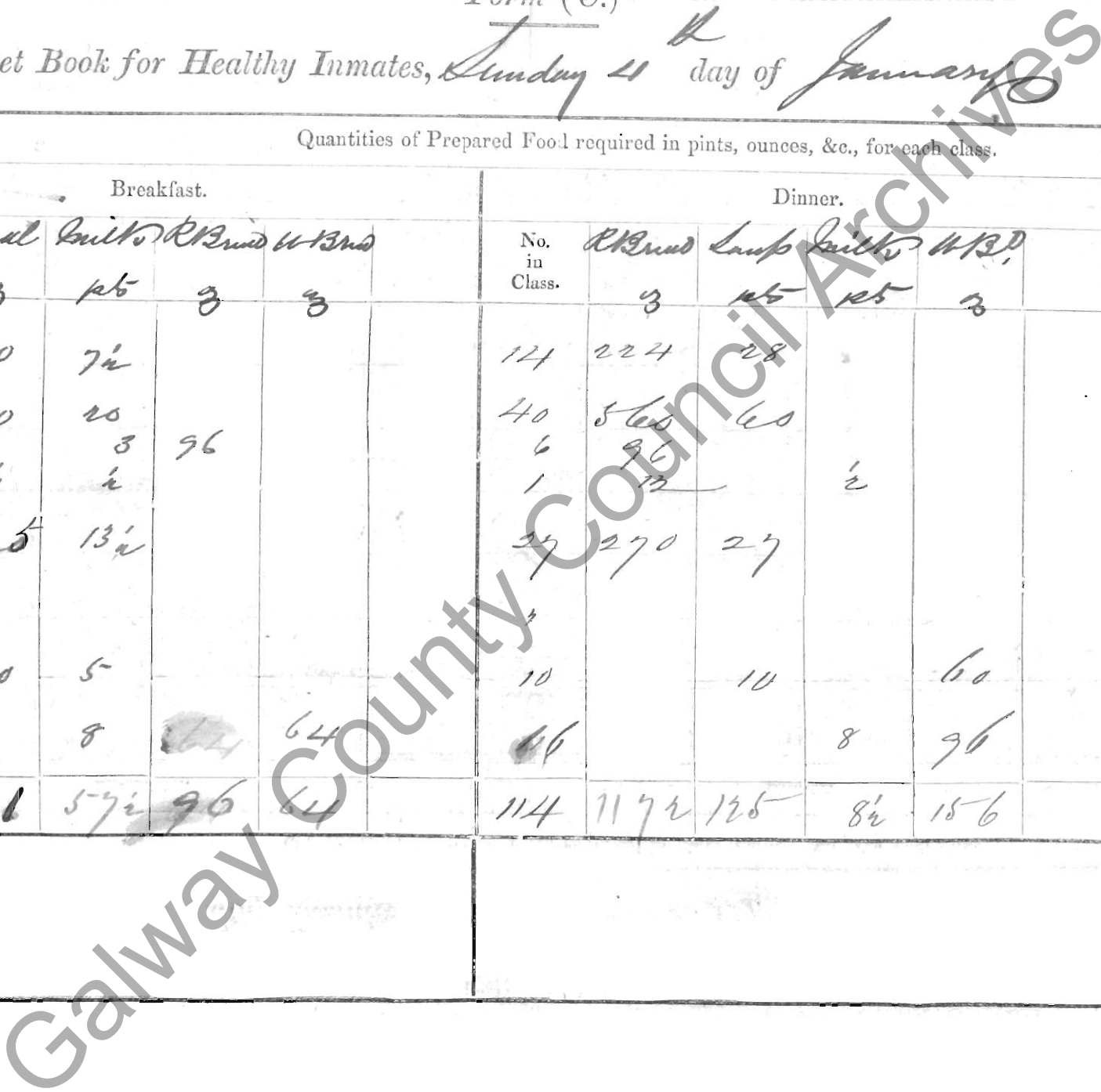
	Breakfast.				Dinner.				Supper.			
	No. in Class.	Bread	Milk	R.B.P.	W.B.P.	No. in Class.	R.B.P.	Soup	Milk	W.B.P.	No. in Class.	R.B.P.
Class I,	15	120	7 1/2	3	3	15	240	30				3
Class II,	38	266	19			40	560	60				
Class III,	6		3	96		6	96					
	1	6	1/2			1	12		1/2			
Class IV,	27	130	13 1/2			27	270	27				108
Class V,	4					4						
Class VI,	10	30	5			10		10		60		240
Class VII,	15		7 1/2		60	16			8	96		
Totals,	112	554	56	96	60	115	1178	127	8 1/2	156		148
Articles to be taken from store for each meal, -												

Daily Diet Book for Healthy Inmates, Sunday 21st day of January 1856.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Bread	Butter	W ^h B rd	No. in Class.	Bread	Soup	Butter	W ^h B rd	No. in Class.	Bread
Class I,	15	120	7 $\frac{1}{2}$			121	224	28				3
Class II,	40	280	20			40	560	60				
Class III,	6		3	96		6	96					
	1	6	$\frac{1}{2}$			1			$\frac{1}{2}$			
Class IV,	27	135	13 $\frac{1}{2}$			27	270	27				108
Class V,	7											
Class VI,	10	30	5			10		10		60		40
Class VII,	16		8		64	16			8	96		
Totals,	115	576	57 $\frac{1}{2}$	96	64	114	1172	125	8 $\frac{1}{2}$	156		148

Articles to be taken from store for each meal,



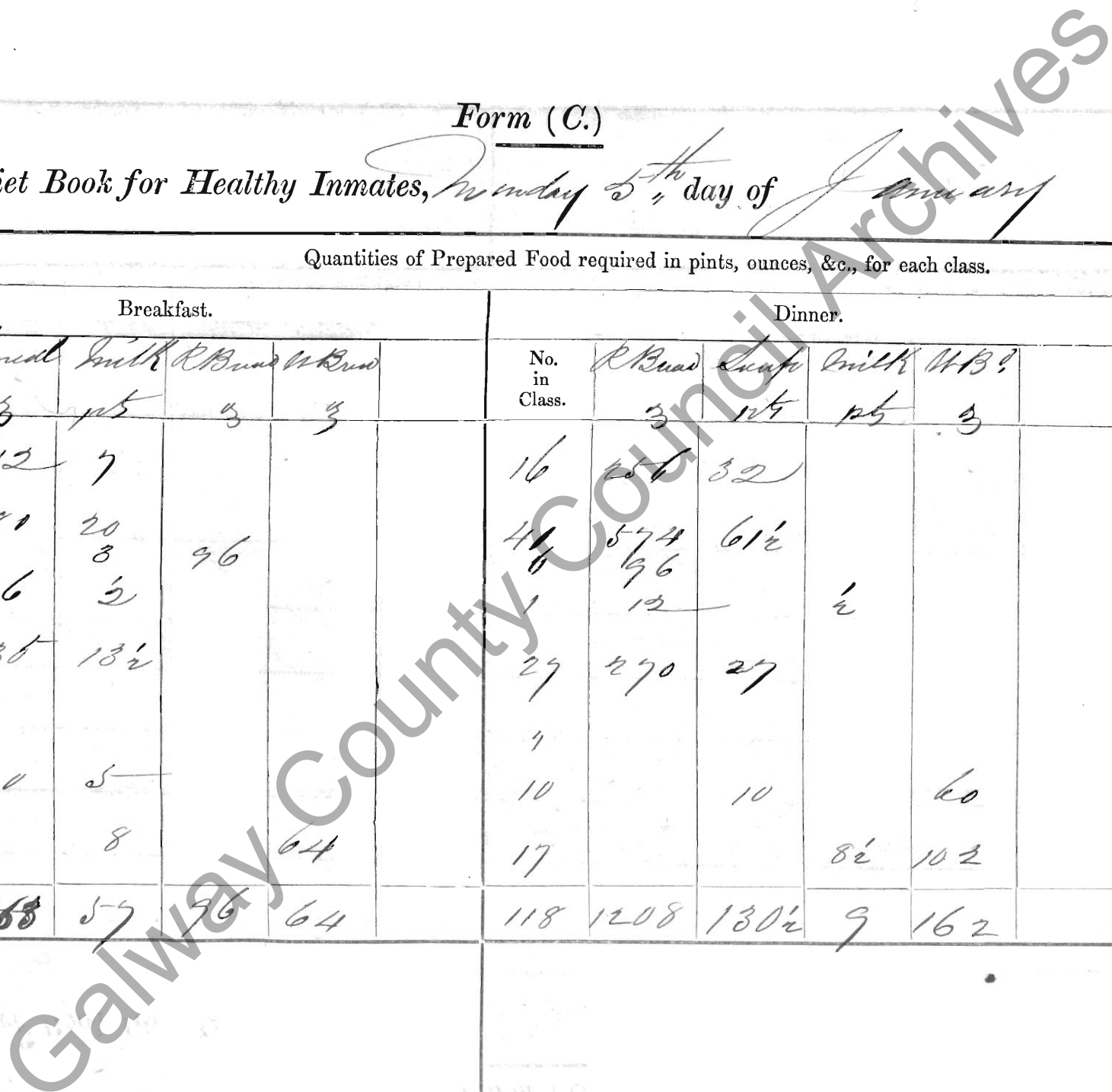
Form (C.)

Daily Diet Book for Healthy Inmates, *Monday 5th* day of *January* 1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Small	Milk	R Buns	W Buns	No. in Class.	R Buns	Soup	Milk	W B?	No. in Class.	R B?
Class I,	14	112	7			16	254	32				3
Class II,	40	280	20			44	574	61½				
Class III,	6	6	3	96		1	96		½			
Class IV,	27	135	13½			27	270	27				108
Class V,	7					7						
Class VI,	10	30	5			10		10		60		40
Class VII,	16		8		64	17			8½	102		
Totals,	114	568	57	96	64	118	1208	130½	9	162		148

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Tuesday* ^{the} *11* day of *January* 1857.

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. B?	No. in Class.	R. B?
Class I, - -	16	128	8	3	3	15	240	30				
Class II, - -	41	287	20 $\frac{1}{2}$			39	546	58 $\frac{1}{2}$				
Class III, - -	6		3	96		16	96					
Class IV, - -	1	6	2			1			2			
Class V, - -	27	135	13 $\frac{1}{2}$			27	270	27				108
Class VI, - -	3					3						
Class VII, - -	10	30	5			10		10		60		40
Class VII, - -	17		8 $\frac{1}{2}$		68	16			8	96		
Totals, - -	118	586	59	96	68	111	1164	125 $\frac{1}{2}$	8 $\frac{1}{2}$	156		148

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Wednesday 7 day of

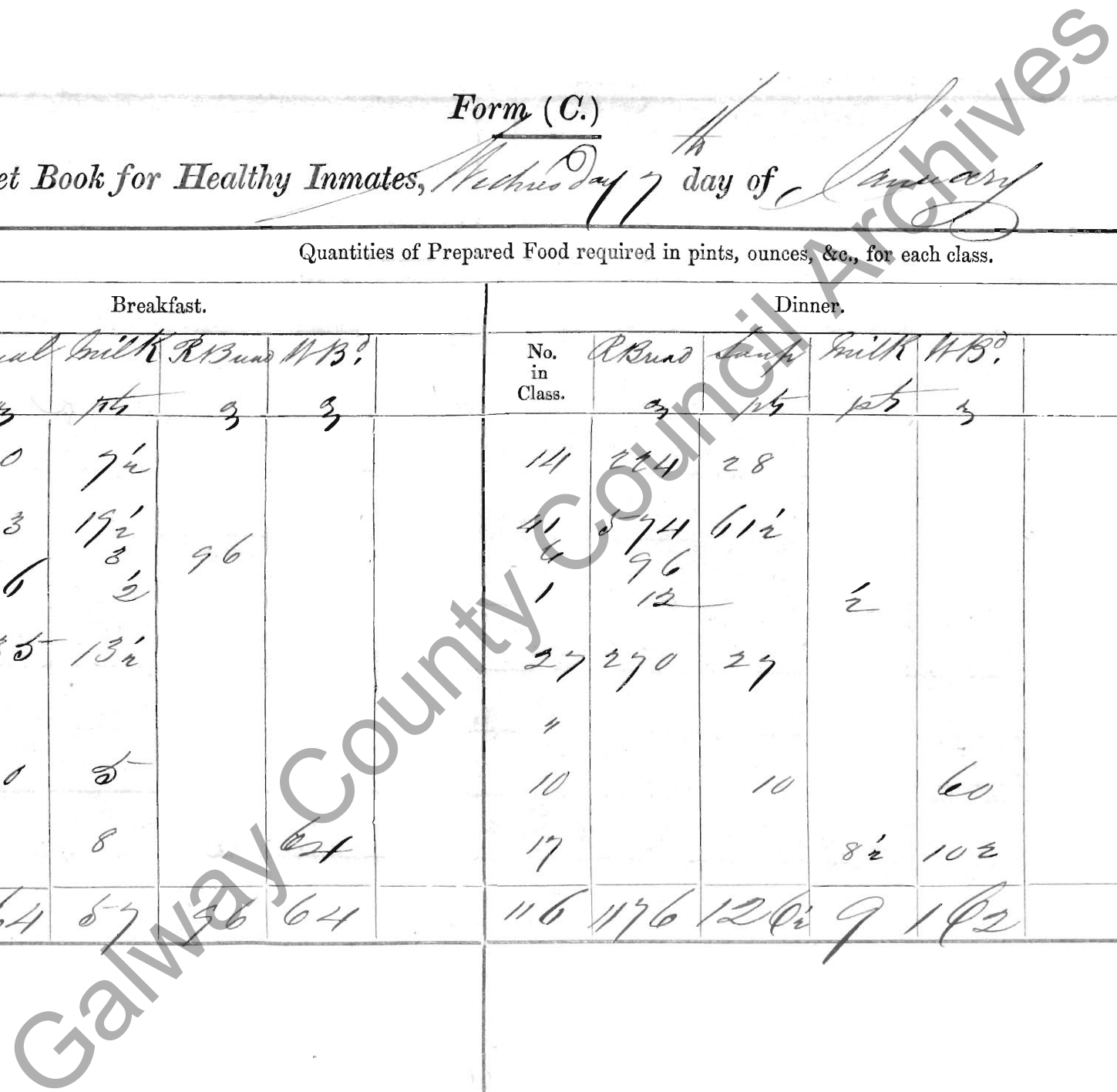
January

1857.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Animal	Milk	R Buns	W B?	No. in Class.	R Buns	Soup	Milk	W B?	No. in Class.	R B?
Class I,	15	120	7 1/2	3	3	14	224	28				3
Class II,	39	273	19 1/2	96		41	574	61 1/2				
Class III,	1	6	2			1	96		2			
Class IV,	27	135	13 1/2			27	270	27				108
Class V,	0					"						
Class VI,	10	30	5			10		10		60		40
Class VII,	116		8		64	17			8 1/2	102		
Totals,	144	564	57	96	64	116	1176	120 1/2	9	192		148

Articles to be taken from store for each meal, -

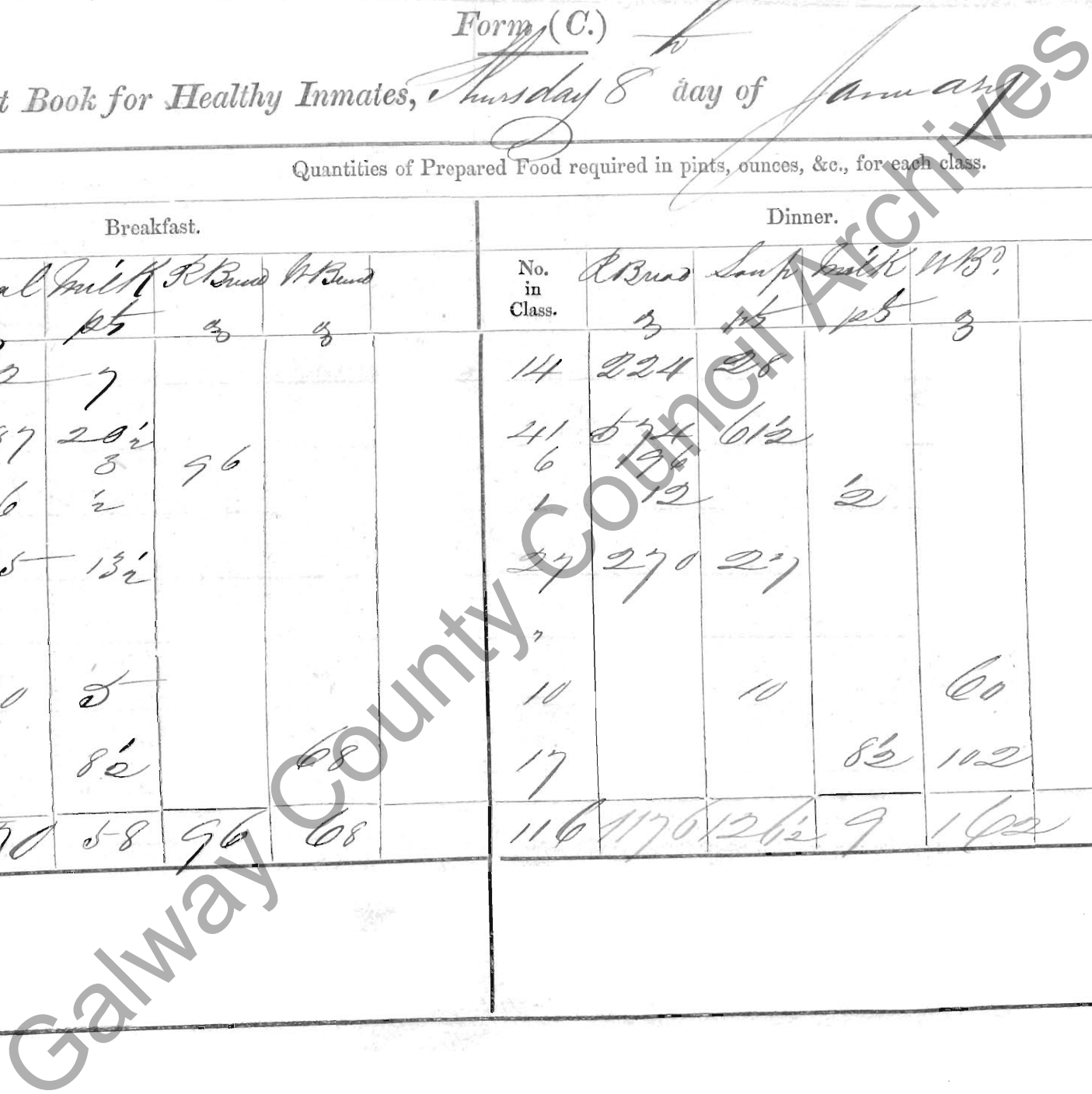


Daily Diet Book for Healthy Inmates, Thursday 8 day of January 1857.

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	WB?	No. in Class.	R Bread
		lb	oz	oz			lb	oz	oz	oz		oz
Class I, . . .	14	112	7			14	224	28				
Class II, . . .	41	287	20 ¹ / ₂			41	574	61 ¹ / ₂				
Class III, . . .	1	6	2			1	12		2			
Class IV, . . .	27	135	13 ¹ / ₂			27	270	27				108
Class V, . . .	1					1						
Class VI, . . .	10	30	5			10		10		60		210
Class VII, . . .	17		8 ¹ / ₂		68	17			8 ¹ / ₂	102		
Totals, . . .	116	570	58	96	68	116	1176	126 ¹ / ₂	9	162		148

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Friday 9th day of January

1857.

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

No. in Class.	Breakfast.				No. in Class.	Dinner.				Supper.	
	Meal	Milk	W. Bread	W. Bread		W. Bread	W. Bread	Milk	W. Bread	No. in Class.	W. Bread
Class I, -	3	pt	3	3	14	234	28		3	3	
Class II, -	44	287	20 $\frac{1}{2}$		40	560	60				
Class III, -	6		3	96	6	96					
Class IV, -	1	6	2		1	12		2			
Class V, -	27	135	13 $\frac{1}{2}$		27	270	27			108	
Class VI, -	7				7						
Class VII, -	10	30	5		10	10		60		40	
Class VII, -	17		8 $\frac{1}{2}$	68	17			8 $\frac{1}{2}$	102		
Totals, -	116	570	58	68	115	1162	125	9	162	148	

Articles to be taken from store for each meal,

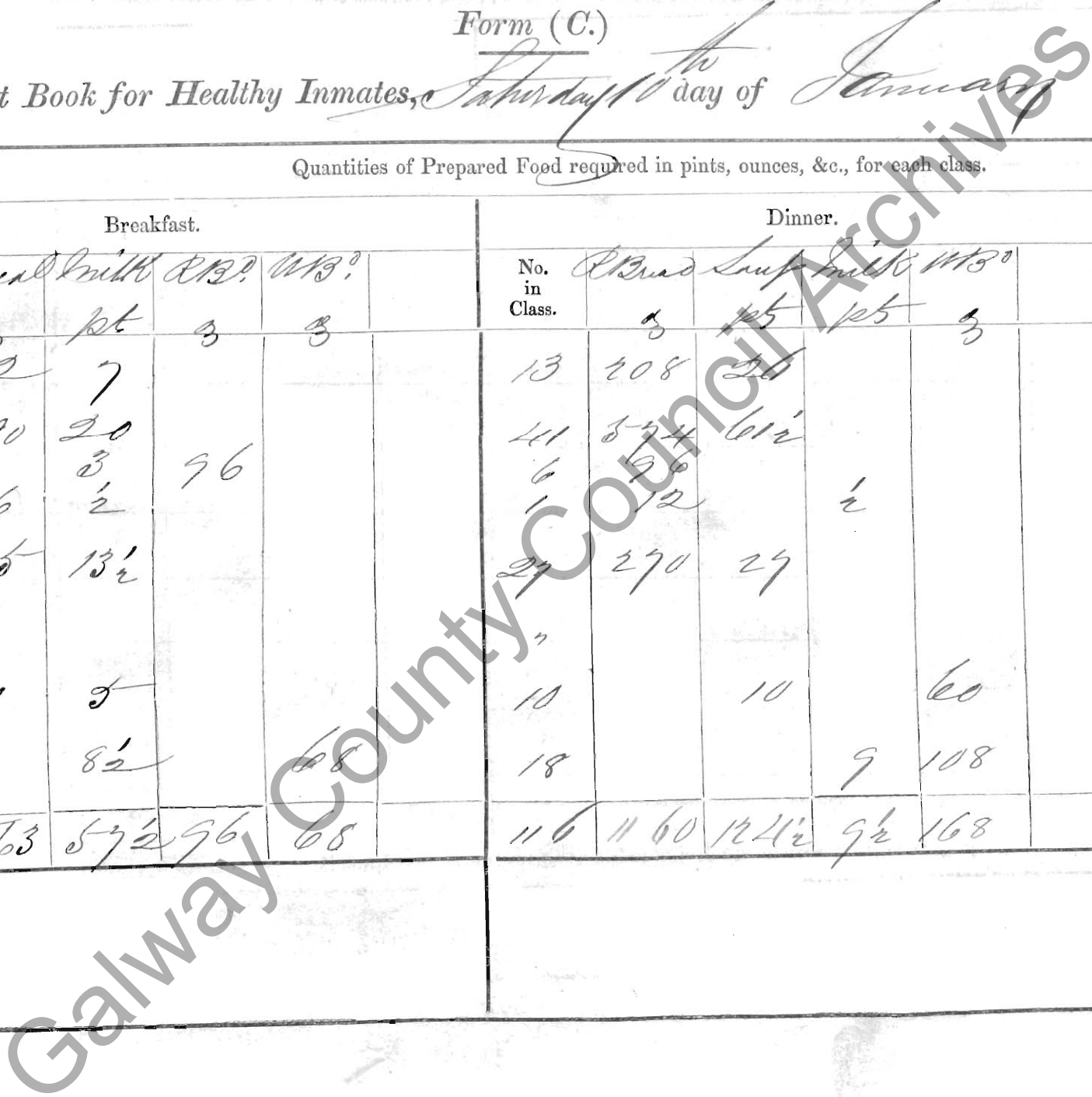
Galway County Council Archives

Daily Diet Book for Healthy Inmates, *Saturday* day of *January* 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	WB?	No. in Class.	Bread	Sup	Milk	WB?	No. in Class.	Bread
Class I,	14	112	7		13	208	26				
Class II,	20	280	20		41	574	61 1/2				
Class III,	6	6	3	96	6	96					
Class IV,	1	6	2		1	12		1/2			
Class V,	27	135	13 1/2		27	270	27				108
Class VI,	7										
Class VII,	10	80	5		10		10		60		40
Class VIII,	17		8 1/2		18		9		108		
Totals,	115	563	57 1/2	96	116	1160	124 1/2	9 1/2	168		148

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Sunday 11 day of January

1857.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Bread	Meat	No. in Class.	Bread	Soup	Milk	M.B.	No. in Class.	Bread
Class I, - -	13	11 4	6 1/2	3	3	13	40 8	2 6	1 1/2	3		3
Class II, - -	41	28 7	20 1/2			41	65 8	7 0 1/2				
Class III, - -	6	6	3	9 6		1	12		1/2			
Class IV, - -	27	13 5	13 1/2			27	27 0	2 7				10 8
Class V, - -	1					"						
Class VI, - -	10	30	5			10		10		6 0		4 0
Class VII, - -	18		9		7 2	18			9	10 8		
Totals, - -	116	57 2	58	9 6	7 2	116	11 4 8	13 3 1/2	9 1/2	16 8		14 8

Galway County Council Archives

Articles to be taken from store for each meal, -

Daily Diet Book for Healthy Inmates, *Monday 15*, day of *January* 1857.

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

	Breakfast.					Dinner.					Supper.	
	No. in Class.	Meal	Milk	Pat meal Bread	White Bread	No. in Class.	Pat meal Bread	Soup	Milk	WB?	No. in Class.	Pat Bread
Class I, - -	13	114	6 $\frac{1}{2}$	3	3	13	208	26	15	3		
Class II, - -	47	329	23 $\frac{1}{2}$			47	658	71 $\frac{1}{2}$				
Class III, - -	1	6	2			1	12		2			
Class IV, - -	27	135	13 $\frac{1}{2}$			27	270	27				108
Class V, - -	4					4						
Class VI, - -	10	50	5			10		10		60		40
Class VII, - -	18		9		7 $\frac{1}{2}$	18			9	108		
Totals, - -	116	614	58	3	7 $\frac{1}{2}$	116	1148	133 $\frac{1}{2}$	9 $\frac{1}{2}$	168		148
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday 13* day of *January* 1857.

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

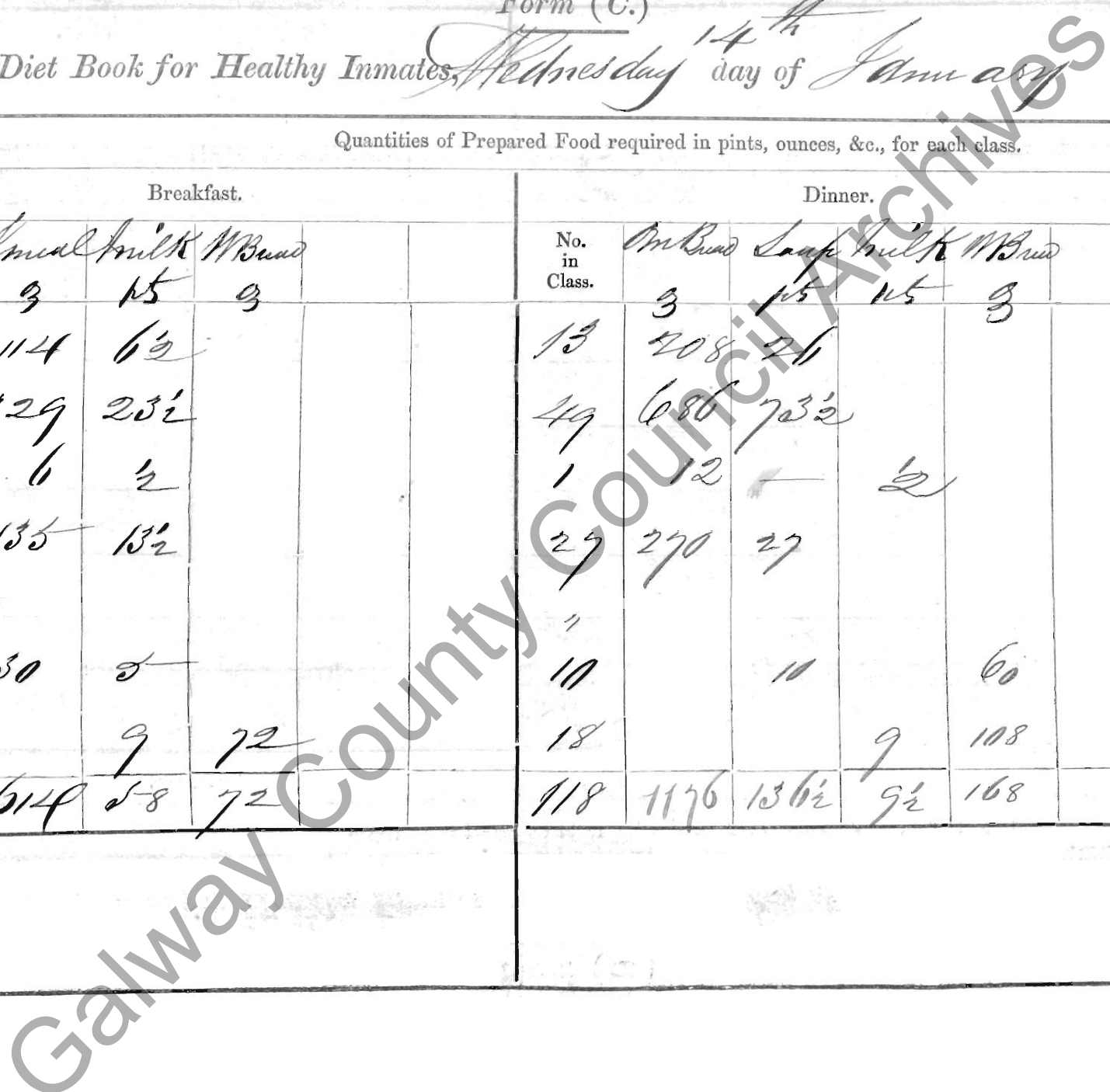
	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	W.B. ^o	No. in Class.	Out Meal	Soup	Milk	W.B. ^o	No. in Class.	W.B. ^o
Class I, - -	13	114	62	3	13	208	26	15	3		3
Class II, - -	47	329	232		47	658	702				
Class III, - -	1	6	2		1	12		2			
Class IV, - -	27	135	132		27	270	27				108
Class V, - -	1	1	1		1						
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	18		9	72	18			9	108		
Totals, - -	116	614	58	72	116	1148	1332	92	168		148

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 Bread	No. in Class.	M Bread	Soup	Milk	W Bread	No. in Class.	M Bread
Class I, - -	13	114	6 1/2	3	13	408	76		3		
Class II, - -	47	329	23 1/2		49	686	73 1/2				
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	29	135	13 1/2		29	270	27				108
Class V, - -	"				"						
Class VI, - -	10	30	3		10		10		60		40
Class VII, - -	18		9	72	18			9	108		
Totals, - -	116	614	58	72	118	1176	136 1/2	9 1/2	168		148

Articles to be taken from store for each meal, -



Form (C.)

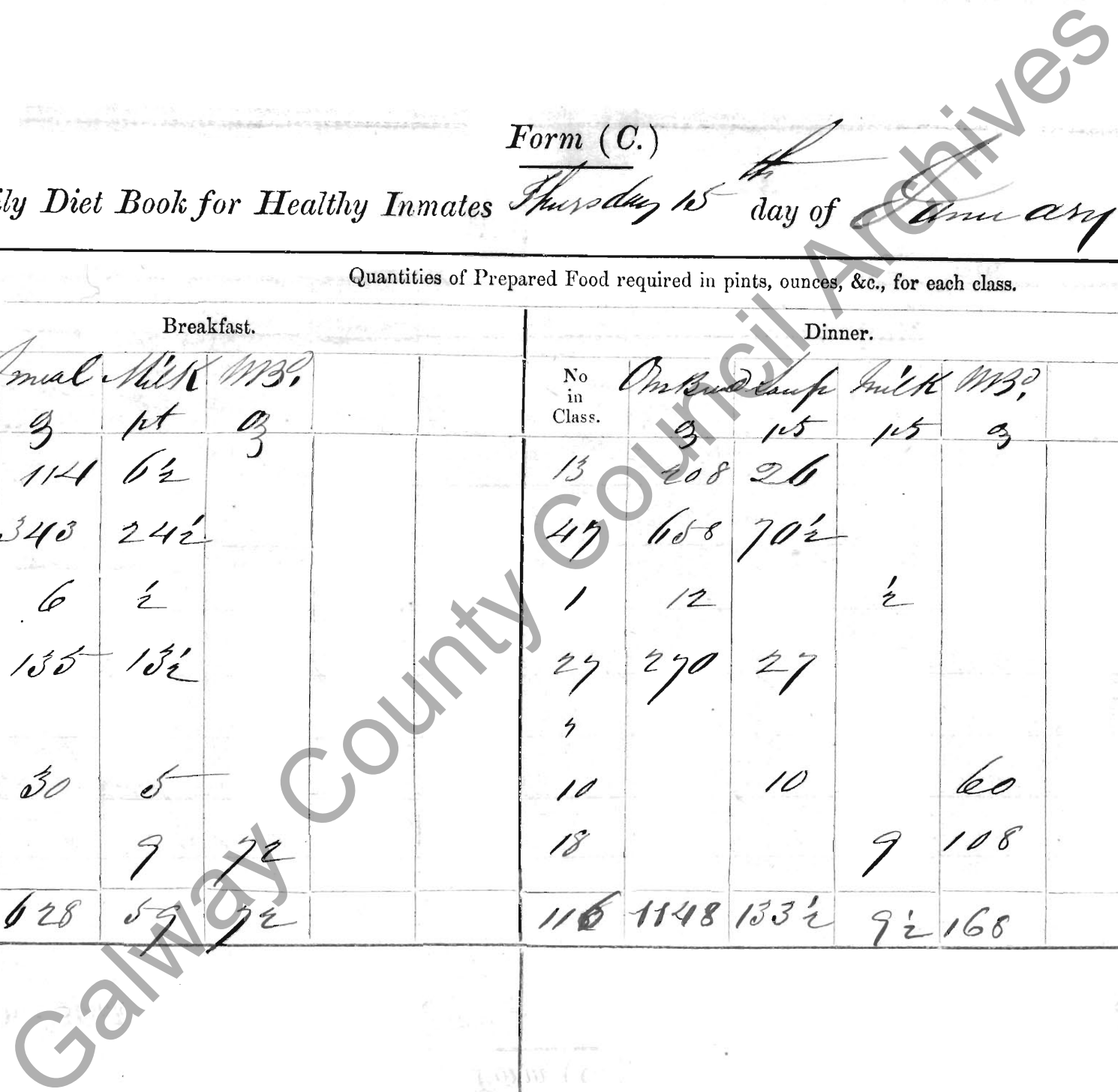
Daily Diet Book for Healthy Inmates

Thursday 15th day of January 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	MB?	No. in Class.	Ork Beef	Soup	Milk	MB?	No. in Class.	Ork Beef
Class I, - -	13	114	6½	3	13	208	26				3
Class II, - -	49	348	24½		49	688	70½				
Class III, - -	1	6	2		1	12		2			
Class IV, - -	27	185	18½		27	270	27				108
Class V, - -	7				7						
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	18		9	72	18			9	108		
Totals, - -	118	628	59	72	116	1148	133½	9½	168		148

Articles to be taken from store for each meal,



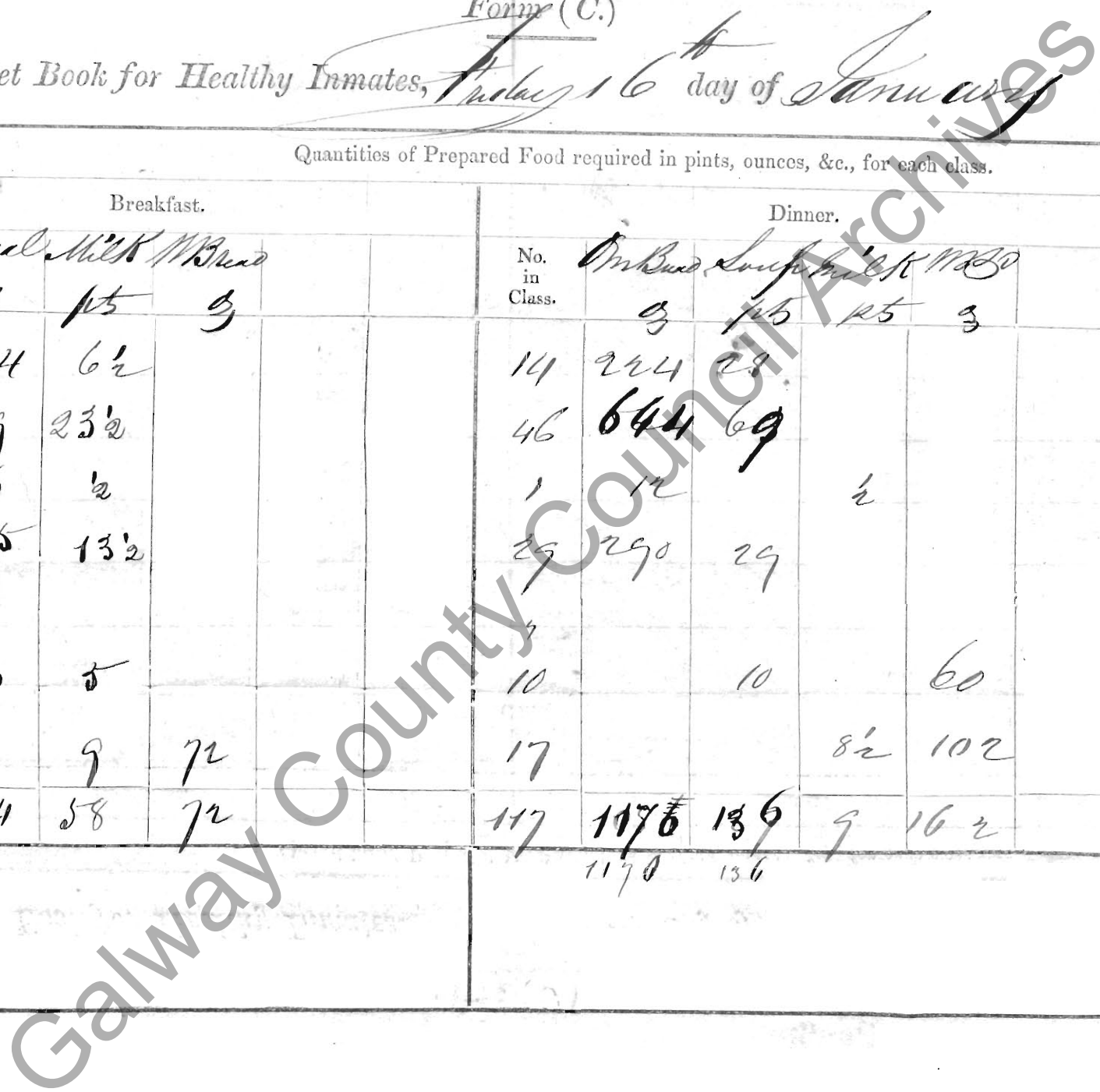
Daily Diet Book for Healthy Inmates, *Tuesday 16th* day of *January* 185*7*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Meal	Soup	Bread	Milk	No. in Class.	Meal
Class I, - -	13	114	6 1/2		14	224	28				3
Class II, - -	47	329	23 1/2		46	644	69				
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	29	135	13 1/2		29	290	29				11 1/2
Class V, - -	7				7						
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	18		9	72	17			8 1/2	102		
Totals, - -	116	614	58	72	117	1176	136	9	162		156

1170 136

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, *Saturday 17th day of January 1857.*

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal	Milk	W ^B	No. in Class.	Meal	Soup	Milk	W ^B	No. in Class.	Meal	W ^B
Class I,	14	11 2	7	3	14	22 1	28					
Class II,	46	322 27 2	23		46	24 1	69					
Class III,	1	6	1/2		1	12		1/2				
Class IV,	29	14 5	14 1/2		29	29 0	29				116	
Class V,	7				7							
Class VI,	10	30	5		10		10		60		40	
Class VII,	17		8 1/2	68	17			8	96			
Totals,	117	58 1/2 615	58 1/2	68	116	117 0	136	8 1/2	156		156	
Articles to be taken from store for each meal, -												

Daily Diet Book for Healthy Inmates,

Sunday 18th day of *January* 1857.

1857.

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

	No. in Class.	Breakfast.			No. in Class.	Dinner.				No. in Class.	Supper.
		Bread	Milk	W.B?		Milk	Soup	W.B?	W.Bread		Milk
Class I, - -	141	112	7	3	14	224	28	15	3		3
Class II, - -	46	322	23		46	630	67 1/2				
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	29	145	14 1/2		29	290	29				116
Class V, - -	7				7						
Class VI, - -	10	30	5		10		10		60		410
Class VII, - -	16		8 1/2	64	16			8	96		
Totals, - -	156	615	58	64	115	1156	134 1/2	8 1/2	156		156
Articles to be taken from store for each meal,											

Galway County Council Archives

Form (C.)

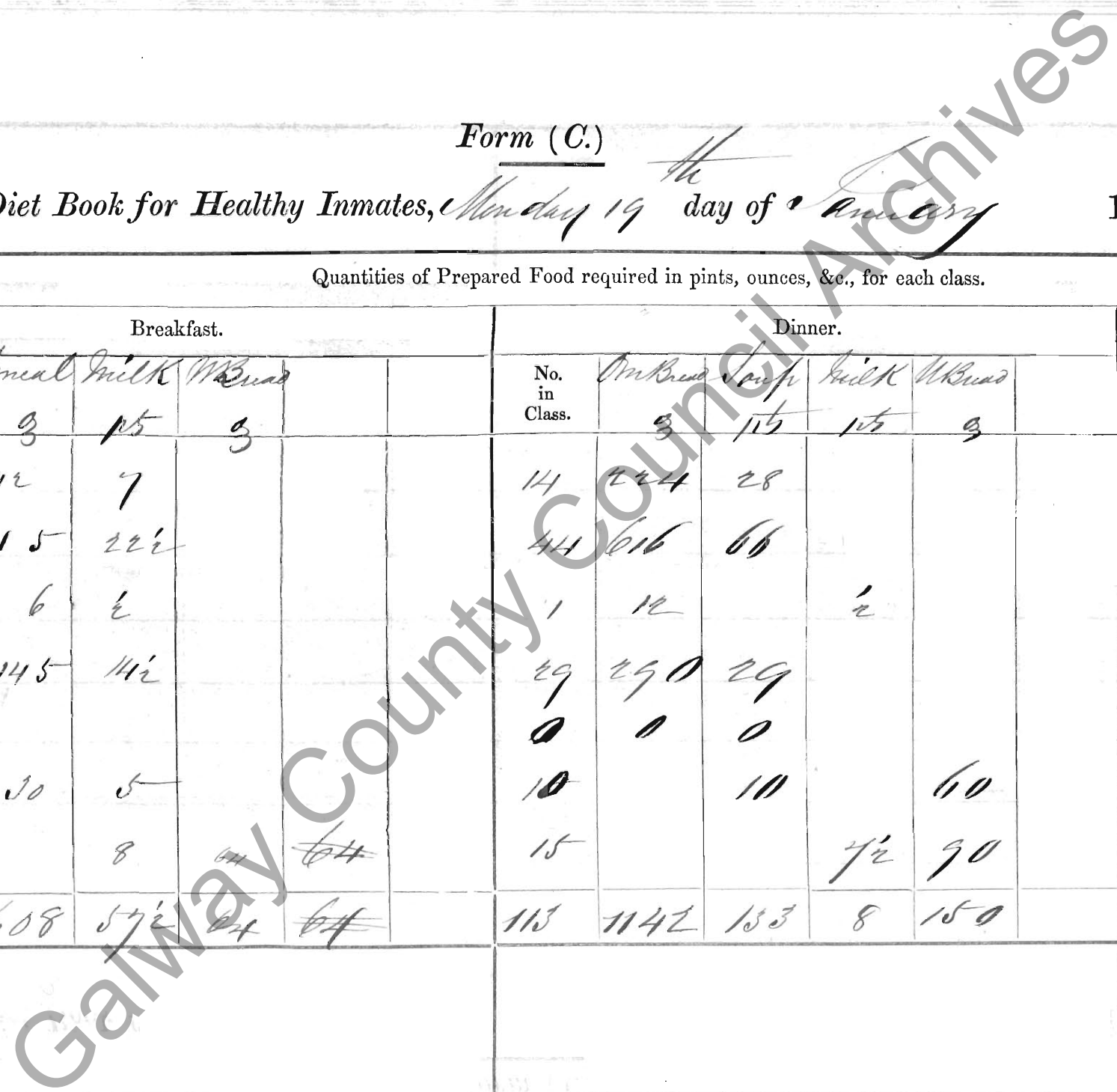
Daily Diet Book for Healthy Inmates, *Monday 19* day of *January*

1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	WBread	No. in Class.	WBread	Soup	Milk	WBread	No. in Class.	WBread
Class I,	14	112	7	3	14	224	28				3
Class II,	45	315	22½		44	616	66				
Class III,	1	6	½		1	12		½			
Class IV,	29	145	14½		29	290	29				116
Class V,	"				0	0	0				
Class VI,	10	30	5		10		10		60		40
Class VII,	16		8	64	15			7½	90		
Totals,	115	608	57½	64	113	1142	133	8	150		156

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Tuesday 20th* day of *January* 185*7*.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meat	Milk	W Bread	No. in Class.	Bread	Soup	Milk	W Bread	No. in Class.	Bread
Class I, - -	14	112	7	3	15	240	30	15	3		3
Class II, - -	44	308	22		43	600	112				
Class III, - -	1	6	1/2		1	14		1/2			
Class IV, - -	29	1115	14 1/2		29	290	29				116
Class V, - -	"										
Class VI, - -	10	30	5		10	10			60		40
Class VII, - -	15		7 1/2	60	15			7 1/2	90		
Totals, - -	113	601	56 1/2	60	113	1144	133 1/2	8	150		156
Articles to be taken from store for each meal,											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Wednesday 30 day of January

1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Bread	No. in Class.	Meal	Soup	Milk	Bread	No. in Class.	Butter
Class I,	15	120	7 1/2	3	19	304	38	15	3	3	
Class II,	43	301	21 1/2		45	430	67 1/2				
Class III,	1	6	2		12			2			
Class IV,	29	145	14 1/2		29	290	29				116
Class V,	"				"						
Class VI,	10	30	5		10		10		60		40
Class VII,	15		7 1/2	60	16			8	96		
Totals,	113	602	56 1/2	60	120	1236	144 1/2	8 1/2	156		156
Articles to be taken from store for each meal,											62

Daily Diet Book for Healthy Inmates, *Thursday* 22nd day of *January* 1857.

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

	Breakfast.				Dinner.				Supper.					
	No. in Class.	Meal	Milk	W.B.	No. in Class.	Milk	Soup	Milk	W.B.	Bread	No. in Class.	Milk	Bread	
Class I, - -	19	152	9 1/2	3	17	272	34				3			
Class II, - -	25	315	22 1/2		25	600	67 1/2							
Class III, - -	1	6	1/2		1	12		1/2						
Class IV, - -	29	145	14 1/2		29	290	29					116		
Class V, - -	"				5									
Class VI, - -	10	30	5		10		10			60		40		
Class VII, - -	16		8	64	16			8	96					
Totals, - -	120	648	60	64	118	1104	141 1/2	8 1/2	156			156		
Articles to be taken from store for each meal,					1104									

Galway County Council Archives

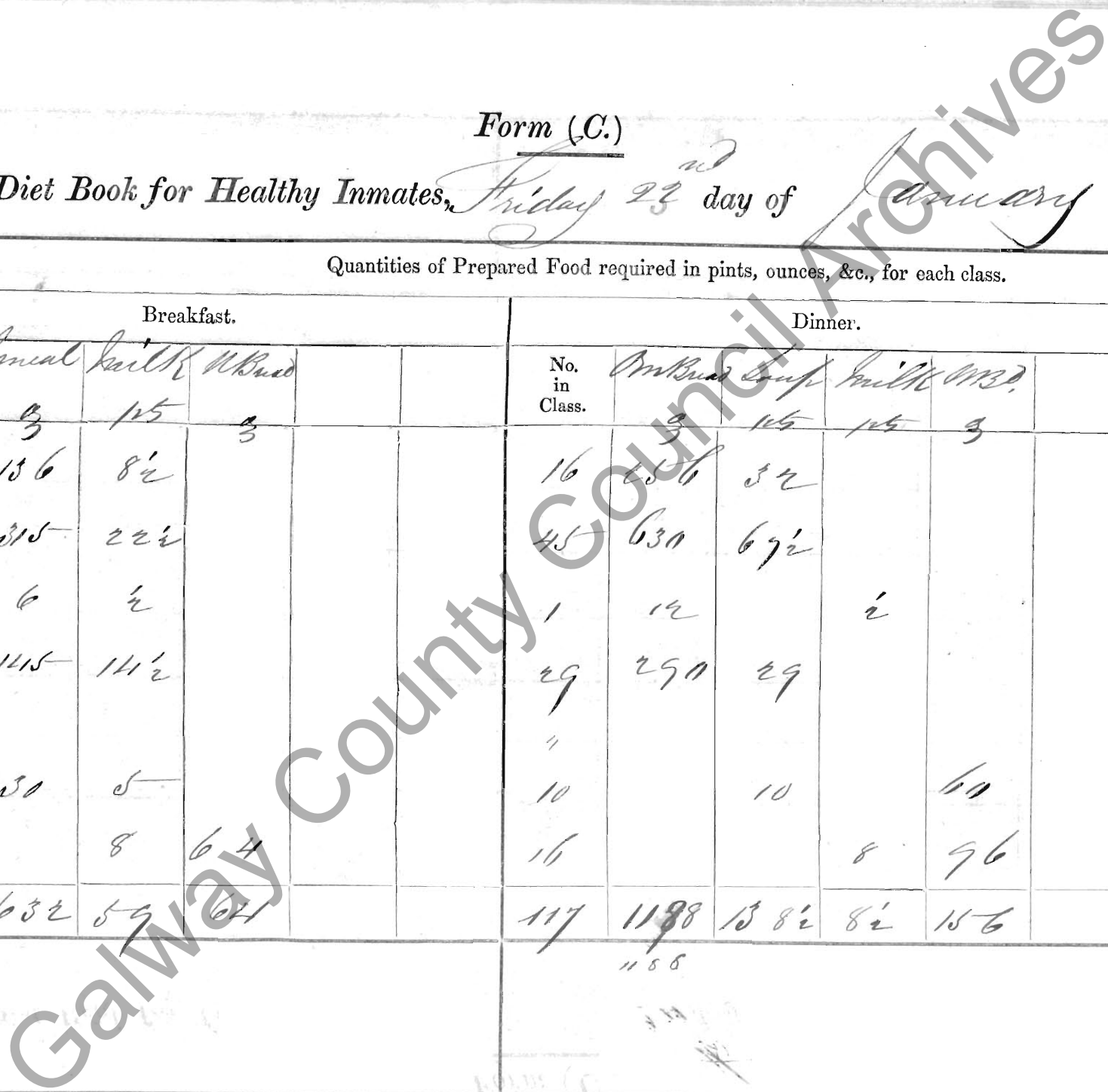
Form (C.)

Daily Diet Book for Healthy Inmates, *Friday 23rd* day of *January* 1857.

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.	Meal	Soup	Milk	W Bread	No. in Class.	Meal
Class I,	17	136	8 1/2	3		16	656	32				3
Class II,	45	315	22 1/2			45	630	67 1/2				
Class III,	1	6	2			1	12		2			
Class IV,	29	145	14 1/2			29	290	29				116
Class V,	7					7						
Class VI,	10	50	5			10		10		60		40
Class VII,	16		8	64		16			8	96		
Totals,	118	632	59	64		117	1188	138 1/2	8 1/2	156		156

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Saturday 24 day of January* 1857.

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.	Broth	Soup	Milk	W Bread	No. in Class.	Broth	W Bread
Class I, - -	16	128	8	3	15	2110	30					3
Class II, - -	45	315	22i		45	630	67i					
Class III, - -	1	6	i		1	10		i				
Class IV, - -	29	145	14i		29	290	29					116
Class V, - -	4				4							
Class VI, - -	10	30	5		10		111		60			40
Class VII, - -	16		8	624	16			8	96			
Totals, - -	118	624	59	644	116	1172	136i	8i	156			156

Articles to be taken from store for each meal,

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

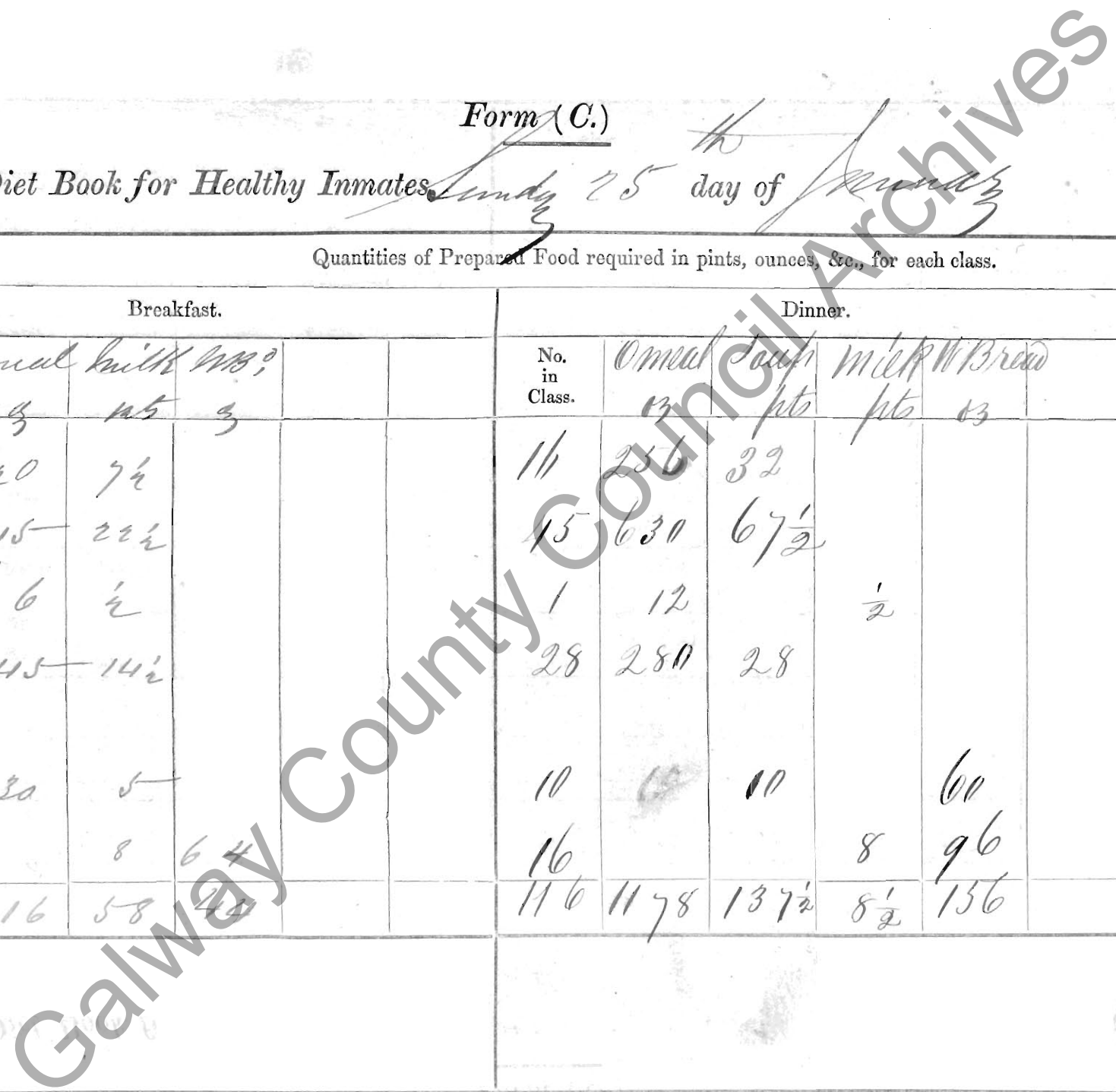
Monday 25 day of March

1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Omeal	Butt	Milk	No. in Class.	Omeal	Soup	Milk	Bread	No. in Class.	Omeal	B?
Class I,	15	120	7 1/2		11	256	32					
Class II,	45	315	22 1/2		45	630	67 1/2					
Class III,	1	6	1/2		1	12		1/2				
Class IV,	29	145	14 1/2		28	280	28				112	
Class V,	"											
Class VI,	20	30	5		10	60	10		60		40	
Class VII,	16		8	64	16			8	96			
Totals,	116	616	58	44	116	1178	137 1/2	8 1/2	156		152	

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Monday* 2nd day of *January* 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	W/B [?]	No. in Class.	Om Bread	Soup	Milk	W/Bread	No. in Class.	Om Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I, - -	16	128	8		16	256	32				83
Class II, - -	46	322	23		45	630	67½				
Class III, - -	1	6	½		1	12		½			
Class IV, - -	27	135	13½		28	280	28				108
Class V, - -	"	20			"	"	"	"			
Class VI, - -	10	30	5		10	"	10	"	60		40
Class VII, - -	16		8	64	16	"	"	8	96		
Totals, - -	116	675	58½	64	116	1178	137½	8½	156		148

Articles to be taken from store for each meal,

Galway County Archives

Form (C.)

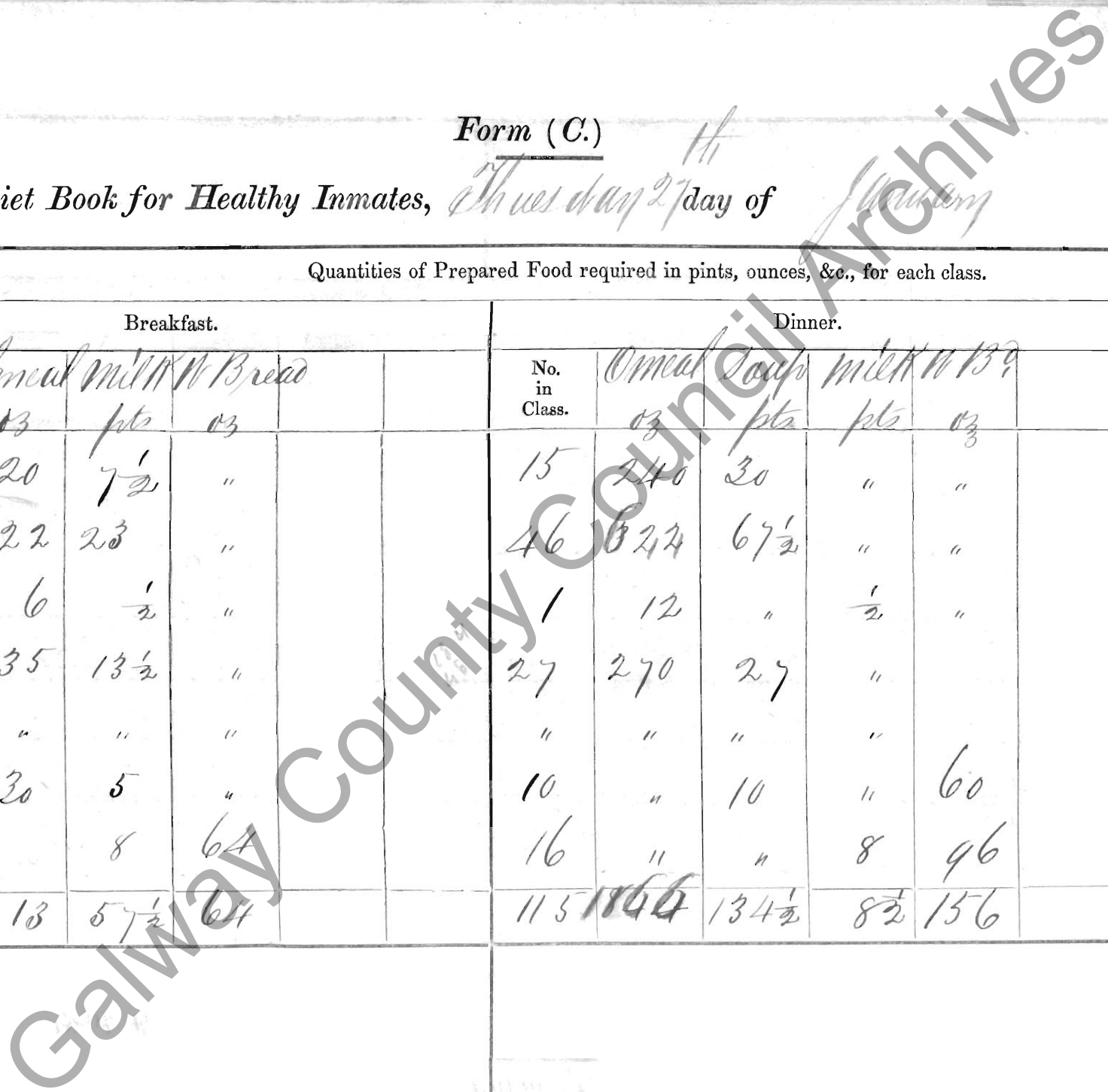
Daily Diet Book for Healthy Inmates, *Thursday 27* day of *January*

1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Omeal	Milk	Bread	No. in Class.	Omeal	Soup	Milk	Bread	No. in Class.	Omeal	Bread
Class I,	15	120	7½	"	15	240	30	"	"			
Class II,	46	322	23	"	46	322	67½	"	"			
Class III,	1	6	½	"	1	12	"	½	"			
Class IV,	27	135	13½	"	27	270	27	"			108	
Class V,	"	"	"	"	"	"	"	"				
Class VI,	10	30	5	"	10	"	10	"	60		40	
Class VII,	16		8	64	16	"	"	8	96			
Totals,	115	613	57½	64	115	1866	134½	8½	156		148	

Articles to be taken from store for each meal, -

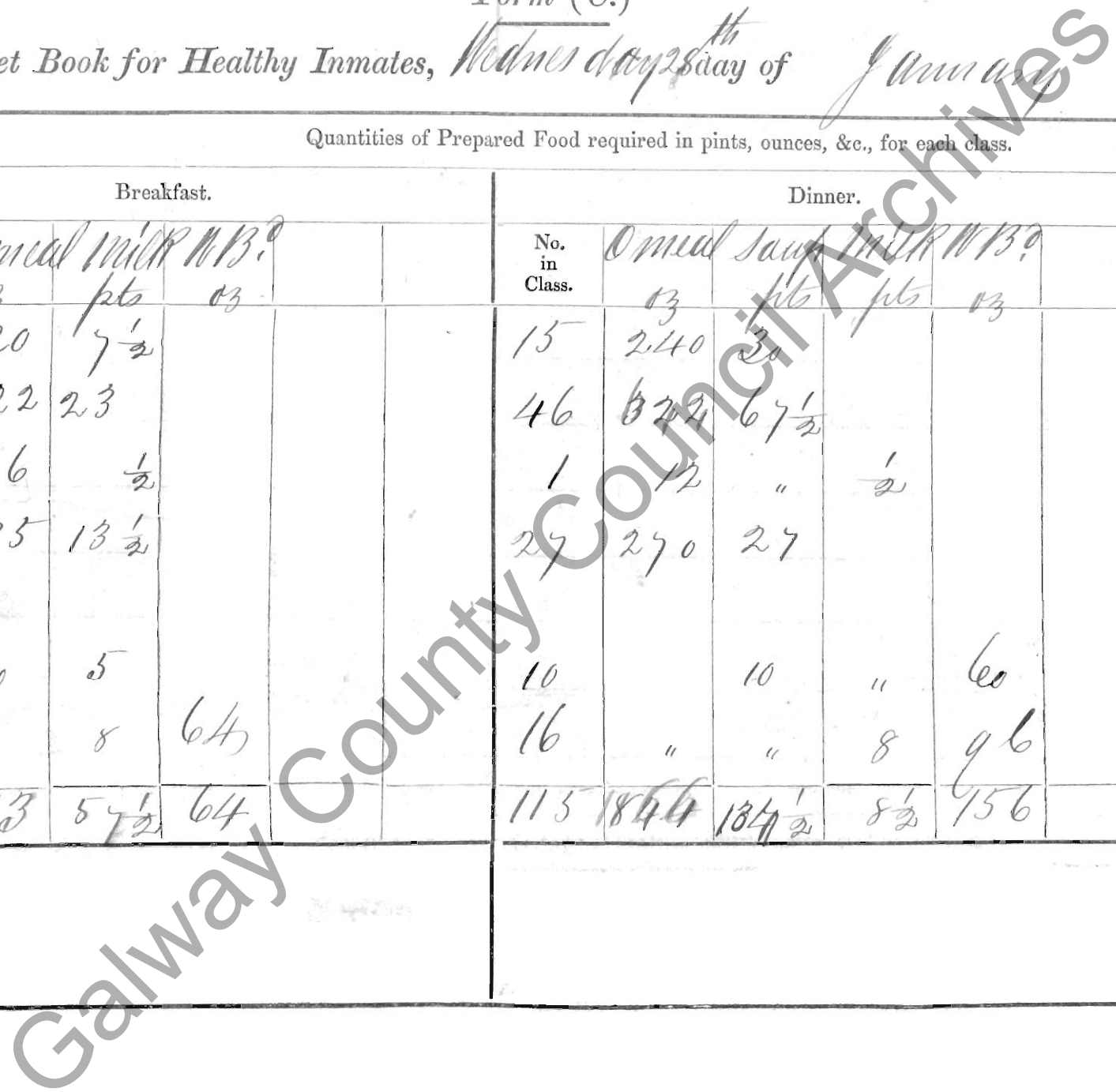


Daily Diet Book for Healthy Inmates, *Wednesday* day of *January* 185 *7*.

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Meal Milk WB?			No. in Class.	Meal Soup Milk WB?			No. in Class.	Bread
		oz	pts	oz		oz	pts	pts	oz	
Class I, - -	15	120	7 1/2		15	240	30			
Class II, - -	46	322	23		46	872	67 1/2			
Class III, - -	1	6	1/2		1	12	"	1/2		
Class IV, - -	27	135	13 1/2		27	270	27			108
Class V, - -	"									
Class VI, - -	10	30	5		10		10	"	60	40
Class VII, - -	16		8	64	16	"	"	8	96	148
Totals, - -	115	613	57 1/2	64	115	1844	137 1/2	8 1/2	756	

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Thursday 24 day of January

1857.

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

	Breakfast.				Dinner.					Supper.		
	No. in Class.	Omeal	Milk	W/Bread	No. in Class.	Omeal	Soup	Milk	W/Bread	No. in Class.	Omeal	Br.
Class I, - -	15	120	7½		15	240	30					
Class II, - -	46	322	23		46	277	67½					
Class III, - -	1	6	½		1	12		½				
Class IV, - -	27	135	13½		27	270	27				108	
Class V, - -	"				"							
Class VI, - -	9	27	4½		9		9		34		36	
Class VII, - -	16		8	64	16			8	96			
Totals, - -	114	610	56½	64	114	1844	133½	8½	150		144	

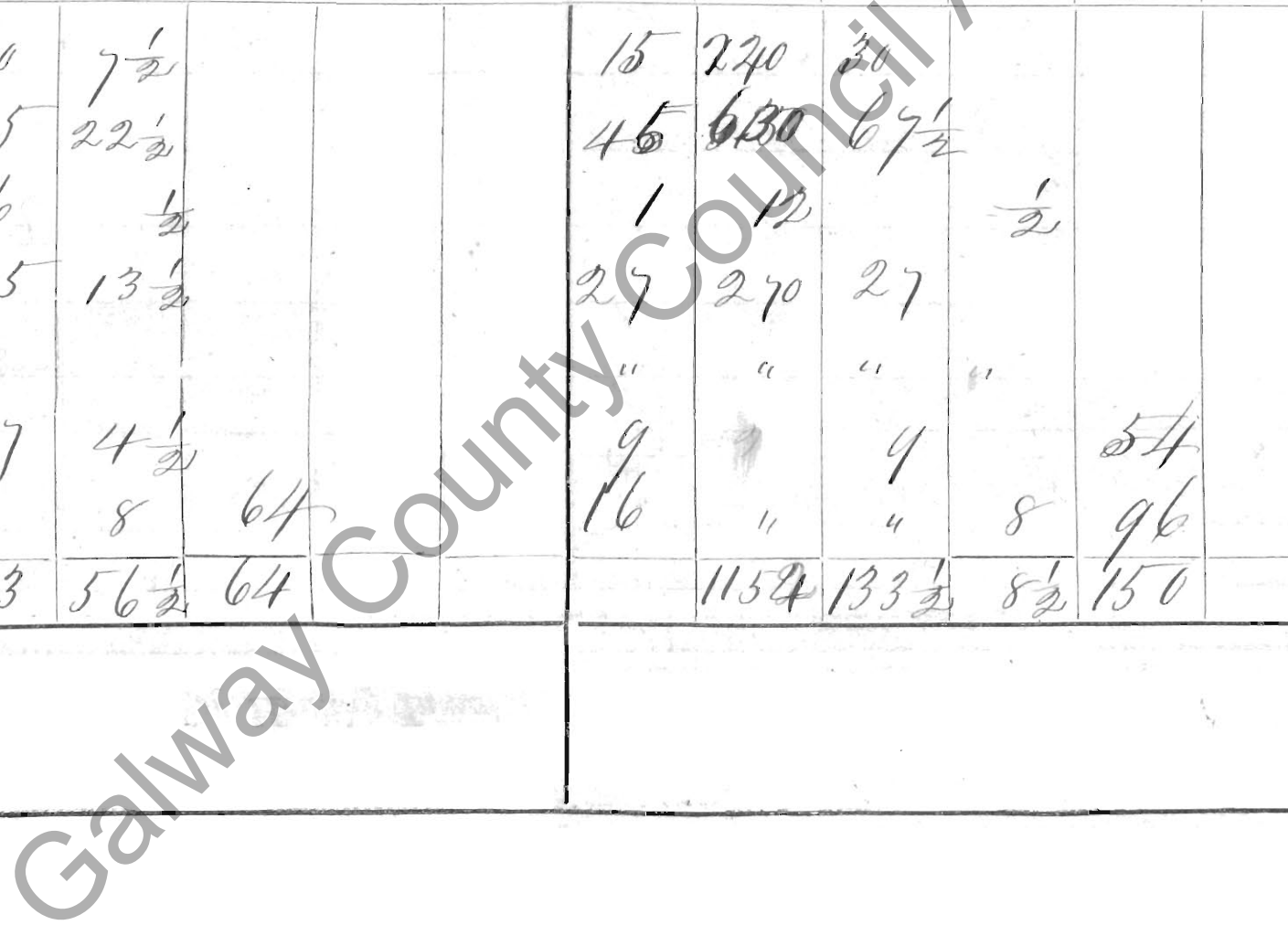
Articles to be taken from store for each meal, -

Galway County Council Archives

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	<i>Meal mixed 11 13^o</i>			No. in Class.	<i>Meal Soup Milk 11 13^o</i>			No. in Class.	<i>Meal 13^o</i>
Class I, - -	15	120	7½		15	240	30			
Class II, - -	45	315	22½		45	630	67½			
Class III, - -	1	6	½		1	12	½			
Class IV, - -	27	135	13½		27	270	27			108
Class V, - -	"				"	"	"			
Class VI, - -	9	27	4½		9	9	4		54	36
Class VII, - -	16		8	64	16	"	"	8	96	
Totals, - -	113	603	56½	64	115	1152	133½	8½	150	144

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 31 day of February 1857.

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Omeal milk N.B. ^o			No. in Class.	Omeal Soup milk N.B. ^o			No. in Class.	Omeal B. ^o
		oz	pts	oz		oz	pts	pts	oz	
Class I,	14	112	7		14	224	28			
Class II,	45	315	22½		45	315	67½			
Class III,	1	6	½		1	12		½		
Class IV,	27	135	13½		27	270	27	½		108
Class V,	"									
Class VI,	9	27	4½		9		9		54	36
Class VII,	16	"	8	114	16			8	96	
Totals,	112	595	55	114	112	821	134½	8½	150	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.	Omeal	Milk	Bread		No. in Class.	Omeal	Soup	Milk	Bread	No. in Class.	Oatmeal	Bread
		lbs	pts	oz			lbs	pts	pts	oz		oz	
Class I, - -	14	112	7	"	"	14	224	28	"	"	"	"	"
Class II, - -	44	308	22	"	"	44	616	66	"	"	"	"	"
Class III, - -	1	6	$\frac{1}{2}$	"	"	1	12	"	$\frac{1}{2}$	"	"	"	"
Class IV, - -	27	135	$13\frac{1}{2}$	"	"	27	270	27	"	"	"	108	"
Class V, - -	"	"	"	"	"	"	"	"	"	"	"	"	"
Class VI, - -	9	27	$4\frac{1}{2}$	"	"	9	"	9	"	54	"	36	"
Class VII, - -	16	"	8	64	"	16	"	"	8	96	"	"	"
Totals, - -	111	588	$55\frac{1}{2}$	144		111	1122	130	$8\frac{1}{2}$			144	

Articles to be taken from store for each meal, -

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates *Monday 9th day of February 1857.*

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

	Breakfast.				Dinner.					Supper.	
	No. in Class.	Meal oz	Milk pto	Bread oz	No. in Class.	Meal oz	Soup pto	Milk pto	Bread oz	No. in Class.	Meal oz
Class I, - -	15	120	7 1/2		15	240	30				
Class II, - -	44	308	22		44	116	66				
Class III, - -	1	6	1/2		1	12	"	1/2			108
Class IV, - -	27	135	13 1/2		27	270	27				
Class V, - -	"	"	"		"	"	"				
Class VI, - -	9	27	4 1/2		9	"	9		521		36
Class VII, - -	16	"	8	64	16	"	"	8	96		
Totals, - -	112	596	55 1/2	64	112	1138	132	8 1/2	150		144

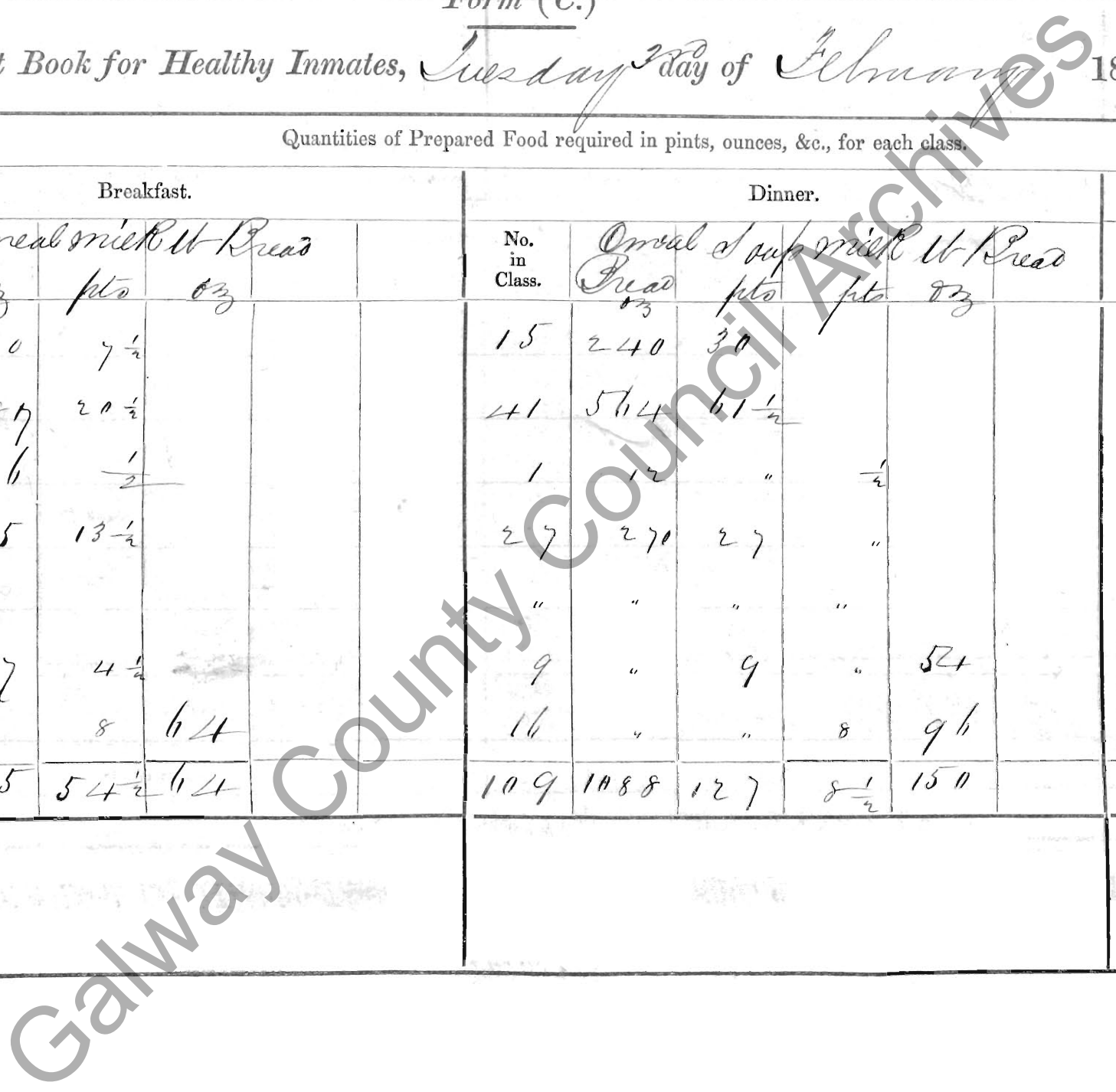
Articles to be taken from store for each meal,

Daily Diet Book for Healthy Inmates, Tuesday 3rd day of February 1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Omeal	milk	Bread	No. in Class.	Omeal	Soup	milk	Bread	No. in Class.	Omeal	Bread
		oz	pints	oz		oz	pints	pints	oz		oz	
Class I, - -	15	120	7 1/2		15	240	30					
Class II, - -	41	287	20 1/2		41	564	61 1/2					
Class III, - -	1	6	1/2		1		"		1/2			
Class IV, - -	27	185	13 1/2		27	270	27		"		108	
Class V, - -	4	"			"	"	"		"			
Class VI, - -	9	27	4 1/2		9	"	9		52		36	
Class VII, - -	16		8	64	16	"	"	8	96			
Totals, -	109	575	54 1/2	64	109	1088	127	8 1/2	150		144	

Articles to be taken from store for each meal, -



Form (C.)

Daily Diet Book for Healthy Inmates

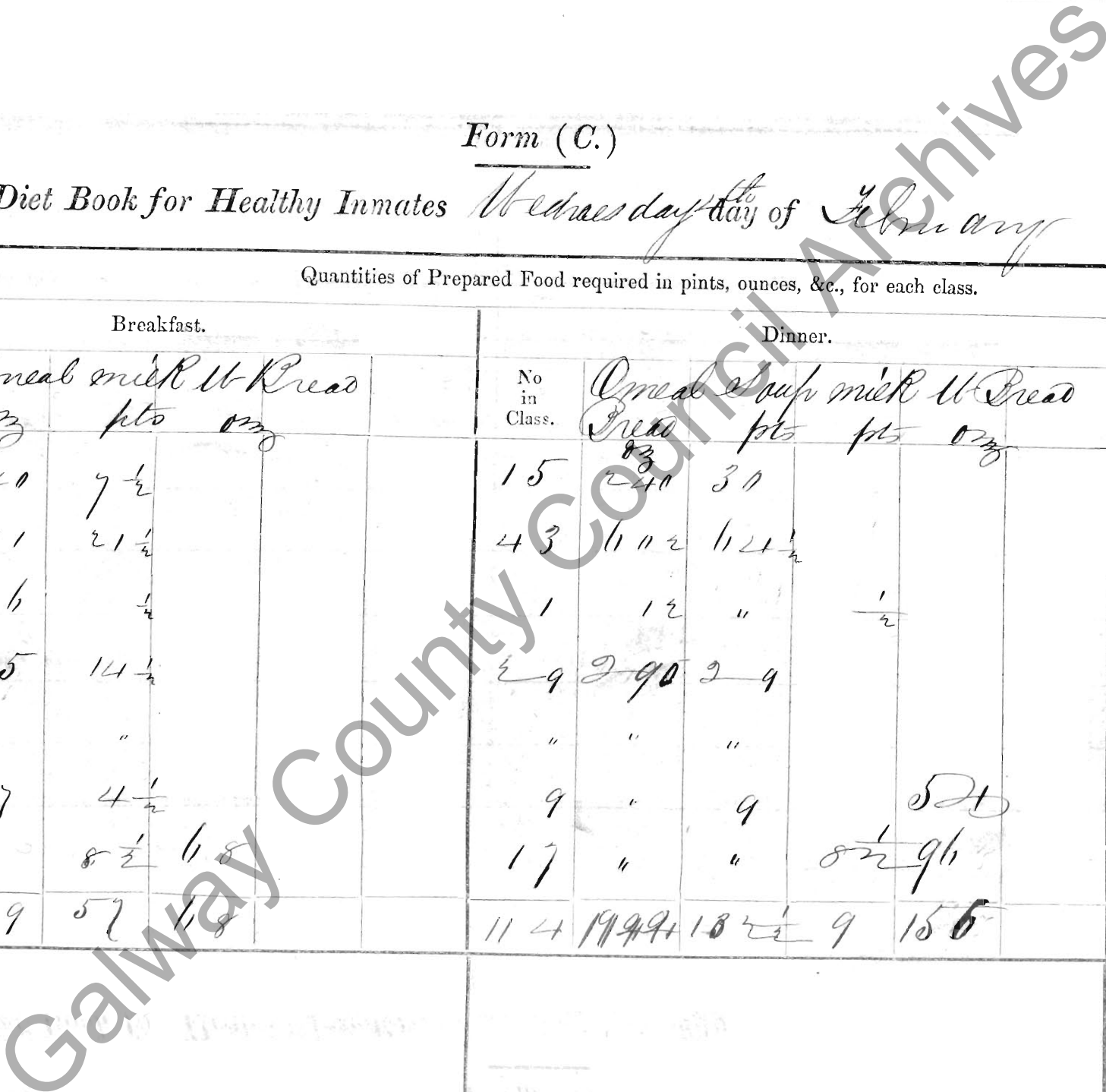
Wednesday ^{4th} day of February

185 7

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Omeal	milk	Bread	No. in Class.	Omeal	Soup	milk	Bread	No. in Class.	Omeal	Bread
		oz	pts	oz		oz	pts	pts	oz		oz	"
Class I, - -	15	120	7 1/2		15	240	30					
Class II, - -	43	301	21 1/2		43	1112	112 1/2					
Class III, - -	1	6	1/2		1	12	"		1/2			
Class IV, - -	29	145	14 1/2		29	290	29				116	
Class V, - -	"	"	"		"	"	"				"	
Class VI, - -	9	27	4 1/2		9	"	9		521		36	
Class VII, - -	17	"	8 1/2	68	17	"	"	8 1/2	96			
Totals, - -	114	599	57	118	114	1949	18 1/2	9	156		152	

Articles to be taken from store for each meal,

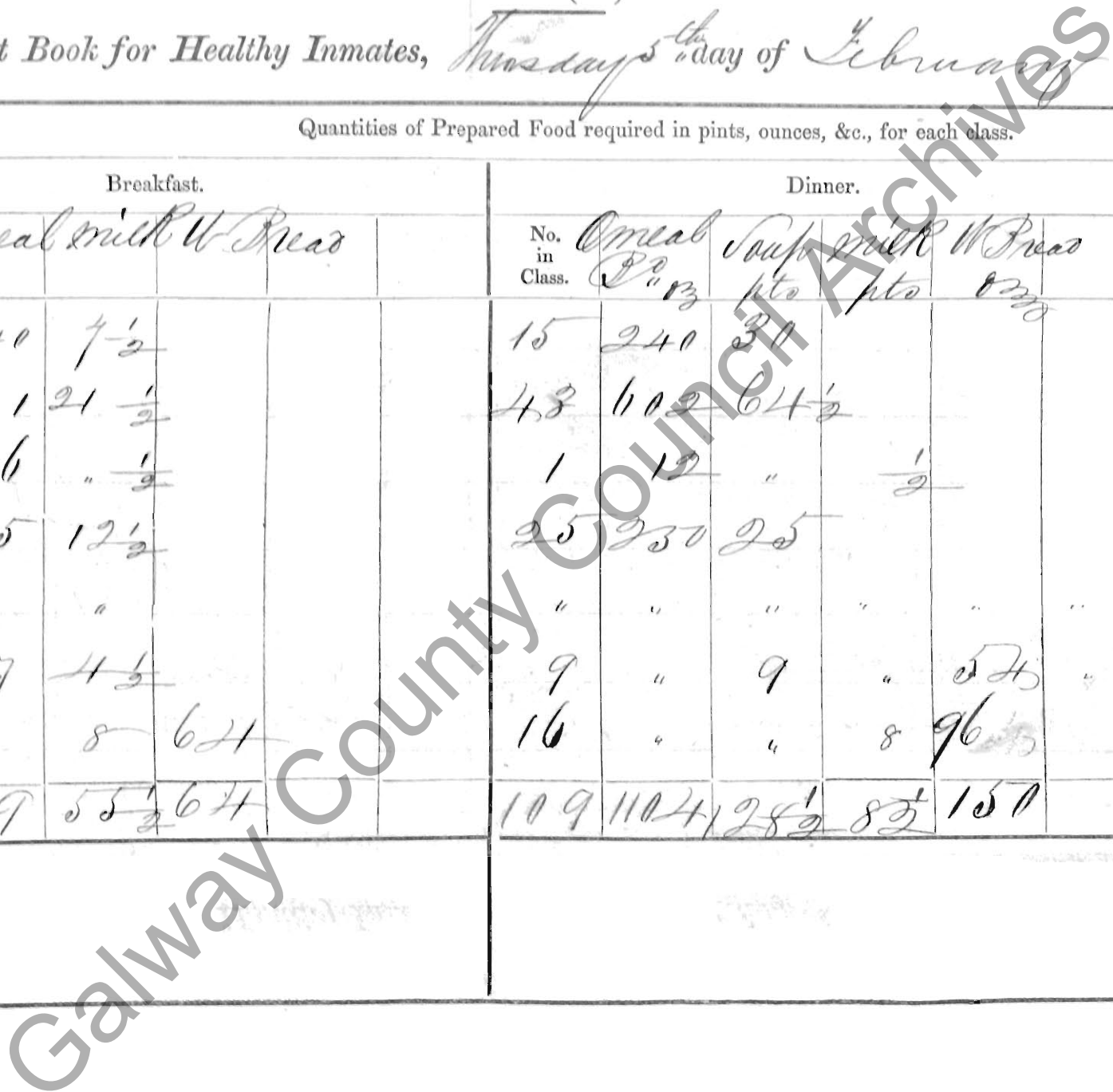


Daily Diet Book for Healthy Inmates, *Thursday* th day of *February* 1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Omeal	milk	W Bread	No. in Class.	Omeal	Soup	milk	W Bread	No. in Class.	Omeal	Bread
Class I, - -	15	240	7 1/2		15	240	30					
Class II, - -	43	301	21 1/2		43	602	64 1/2					
Class III, - -	1	6	1 1/2		1	12	"	1/2				
Class IV, - -	25	125	12 1/2		25	230	25				100	
Class V, - -	"	"	"		"	"	"	"	"			
Class VI, - -	9	27	4 1/2		9	"	9	"	5 1/2		36	
Class VII, - -	16	"	8 6 1/2		16	"	"	8	9 6 1/2			
Totals, - -	109	699	55 1/2 6 1/4		109	1104	28 1/2 8 1/2		15 0		136	

Articles to be taken from store for each meal, -



Form (C.)

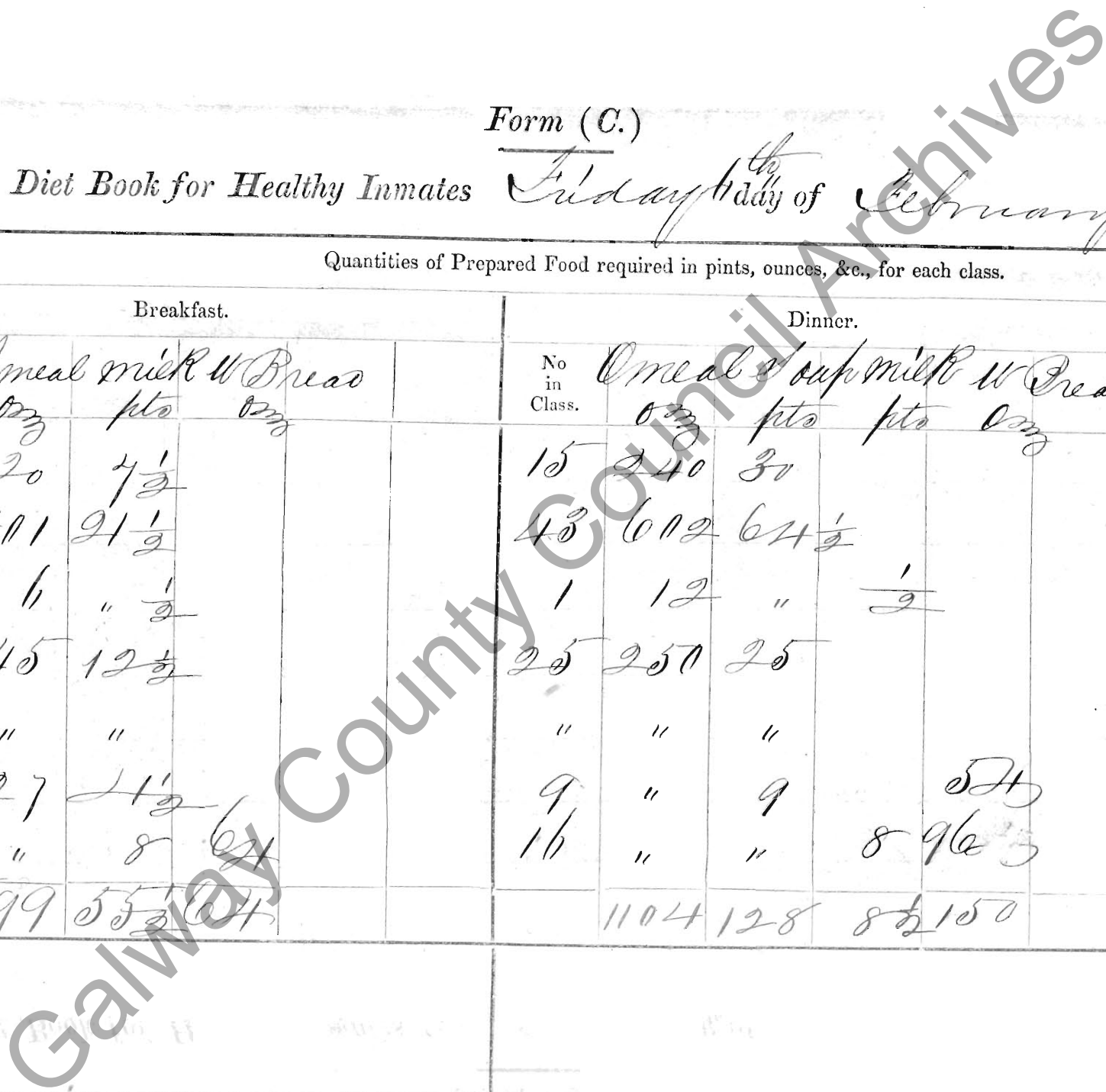
Daily Diet Book for Healthy Inmates

Friday ^{the} 11th day of February 1857.

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

	Breakfast.				Dinner.				Supper.			
	No. in Class.	Meal Oz	Milk pts	Bread Oz	No. in Class.	Meal Oz	Soup pts	Milk pts	Bread Oz	No. in Class.	Meal Oz	Bread Oz
Class I, - -	15	120	4½		15	240	30					
Class II, - -	43	311	21½		43	602	64½					
Class III, - -	1	6	" ½		1	12	"	½				
Class IV, - -	25	145	12½		25	250	25				100	
Class V, - -	"	"	"		"	"	"					
Class VI, - -	9	27	1½		9	"	9		5H		36	
Class VII, - -	16	"	8	6H	16	"	"	8	96 5			
Totals, - -	109	599	55½	64	110	104	128	8½	150		136	

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 Bread	No. in Class.	Meal	Supper	Milk	W Bread	No. in Class.	Meal	Bread
		Oz	pts	Oz		Oz	pts	pts	Oz		Oz	
Class I, - -	14	112			14	224	28					
Class II, - -	43	301			43	602	64 1/2					
Class III, - -	1	6	1/2		1	12	"	1/2				
Class IV, - -	25	145			25	250	25				100	
Class V, - -	"	"	"	"	"	"	"	"	"			
Class VI, - -	9	27			9	"	9	"	54		36	
Class VII, - -	16	"	8	64	16	"	"	8	96			
Totals, - -	108	571	8 1/2	64	108	1088	126	8 1/2	151		136	
Articles to be taken from store for each meal, -												

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates Sunday 8th day of February 1857.

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.	Meal	Soup	milk	W Bread	No. in Class.	Meal	W Bread
		ozs	pts	ozs		ozs	pts	pts	ozs		ozs	
Class I, - -	14	112	7		14	224	28					
Class II, - -	43	301	21½		43	602	64½					
Class III, - -	1	6	½		1	12	"	½				
Class IV, - -	25	125	12½		25	257	25				100	
Class V, - -	"	"	"		"	"					"	
Class VI, - -	9	27	11½		9	"	9	"	54		36	
Class VII, - -	16	"	18	64	16	"	"	8½	96			
Totals, - -	108	571	54	64	108	1088	126½	8½	150		136	

Articles to be taken from store for each meal,

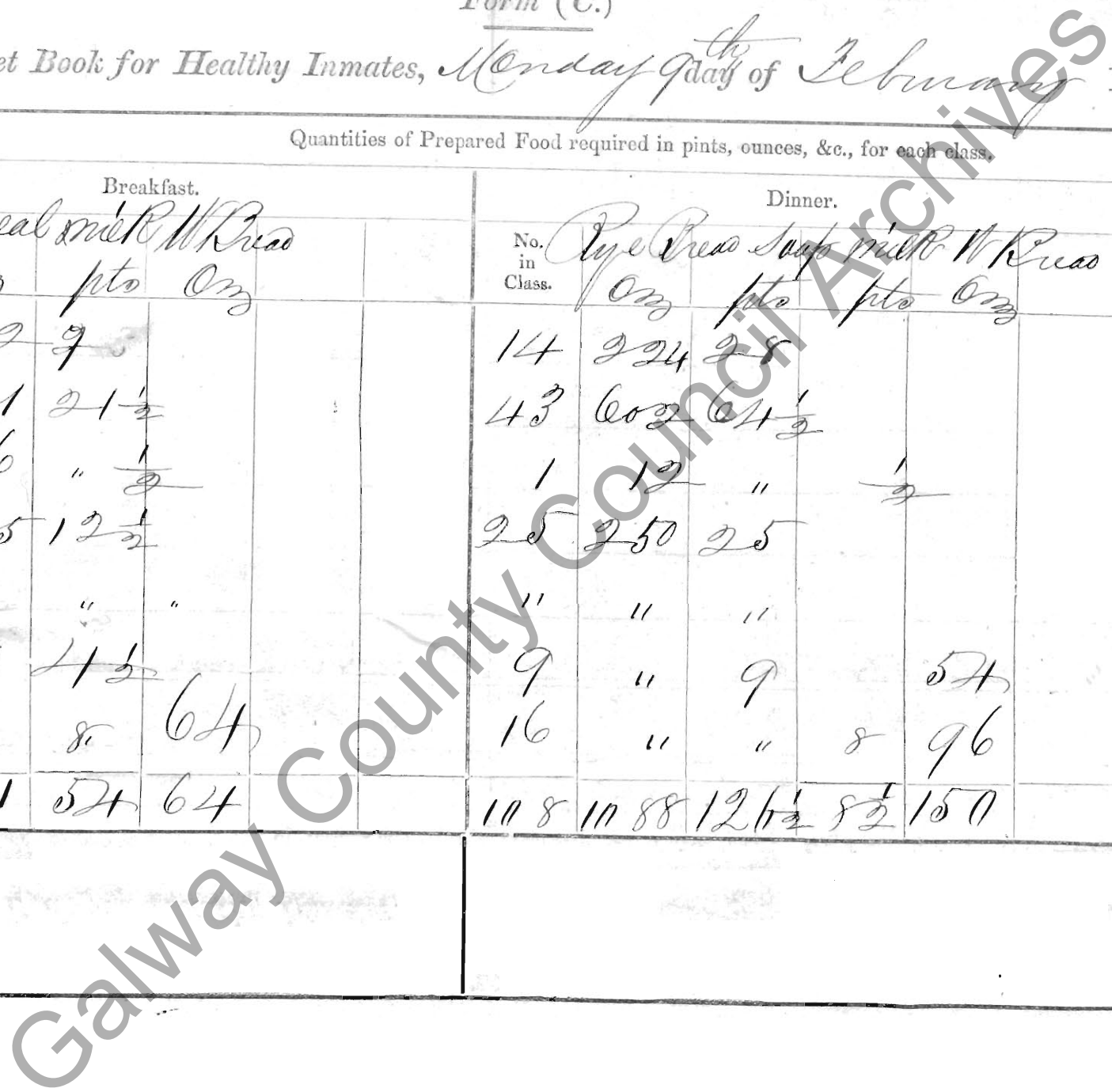
Galway County Archives

Daily Diet Book for Healthy Inmates, *Monday 9th day of February* 1857.

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

	Breakfast.				Dinner.				Supper.				
	No. in Class.	Meal	Milk	Bread	No. in Class.	Pease	Bread	Soap	Milk	Bread	No. in Class.	Pease	Bread
		Oz	pts	Oz		Oz	pts	pts	Oz			Oz	
Class I, - -	14	112	9		14	224	28						
Class II, - -	43	301	21½		43	602	61½						
Class III, - -	1	6	" ½		1	12	"						
Class IV, - -	25	125	12½		25	250	25						100
Class V, - -	"	"	"	"	"	"	"						
Class VI, - -	9	27	4½		9	"	9						36
Class VII, - -	16	"	8	64	16	"	"	8	96				
Totals, - -	118	571	54	64	118	1188	12½	8½	150				136

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

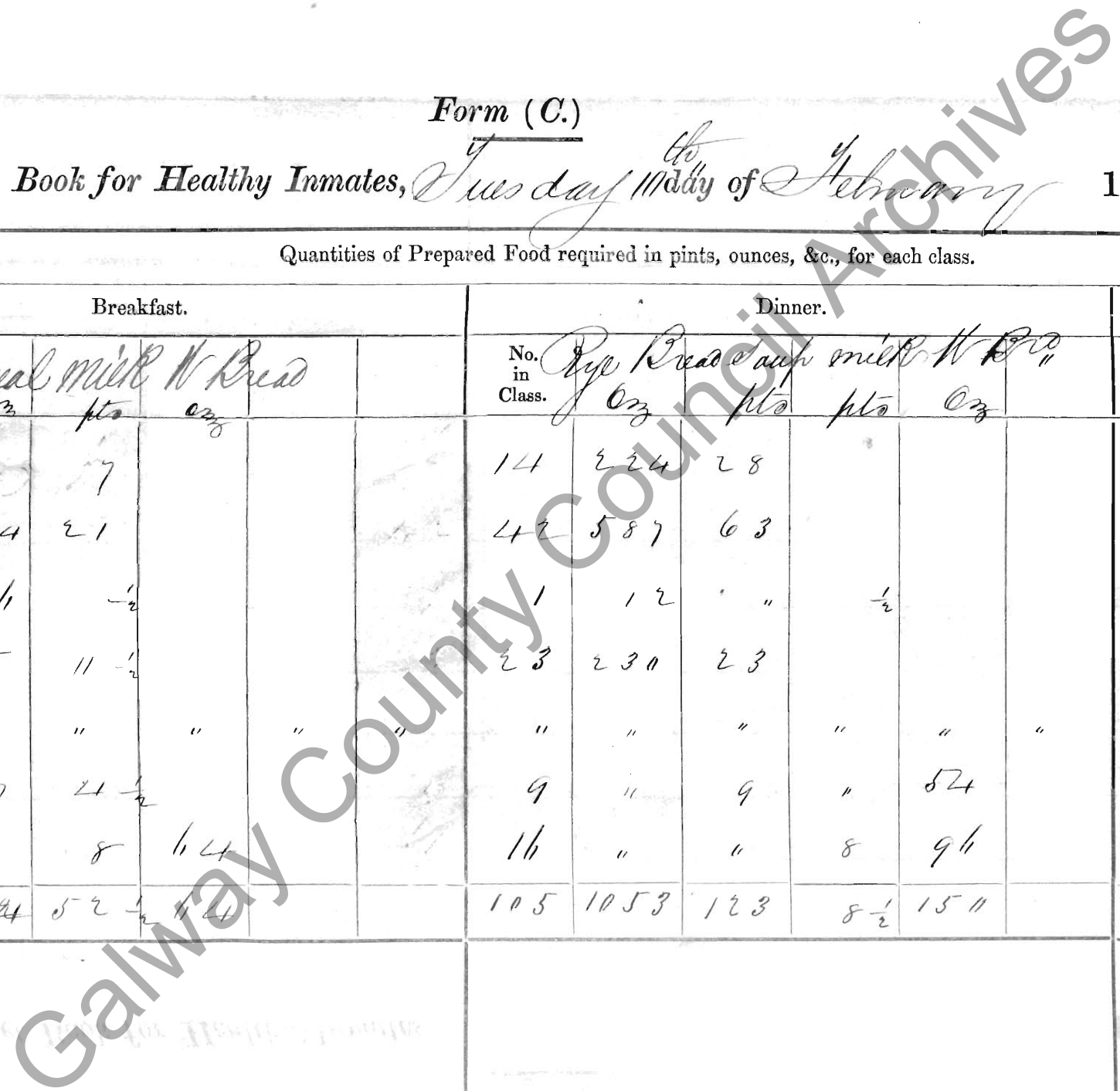
Tuesday 11th day of February

1857

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.	Pop	Bread	sup	milk	W Bread	No. in Class.	
		oz	pts	oz		oz	pts	pts	oz	"		
Class I,	14	112	7		14	224	28					
Class II,	42	294	21		42	587	63					
Class III,	1	11	$\frac{1}{2}$		1	12	"	$\frac{1}{2}$				
Class IV,	23	115	11	$\frac{1}{2}$	23	231	23					92
Class V,	"	"	"	"	"	"	"	"	"	"	"	"
Class VI,	9	27	4	$\frac{1}{2}$	9	"	9	"	524			36
Class VII,	16	"	8	114	16	"	"	8	96			
Totals,	105	654	52	144	105	1053	123	8 $\frac{1}{2}$	1511			128

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Wednesday* ^{the} *11th* of *January* 1857.

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

	Breakfast.				Dinner.				Supper.				
	No. in Class.	Bread oz	milk pts	W Bread oz	No. in Class.	Tea oz	Bread pts	Soup pts	milk oz	W Bread oz	No. in Class.	Tea oz	Bread oz
Class I, - -	15	120	7 1/2		15	240	30						
Class II, - -	44	308	22		44	1116	110						
Class III, - -	1	6	" 1/2		1	12	"		1/2				
Class IV, - -	19	95	9 1/2		19	190	19						76
Class V, - -	"	"	"		"	"	"		"	"			"
Class VI, - -	9	27	4 1/2		9	"	9		"	524			36
Class VII, - -	17	"	8 1/2 68		17	"	"		8 1/2	102			
Totals, - -	105	556	52 1/2 68		105	1058	124		9	156			112
Articles to be taken from store for each meal,													

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates,

Thursday ^{the} 12th day of February

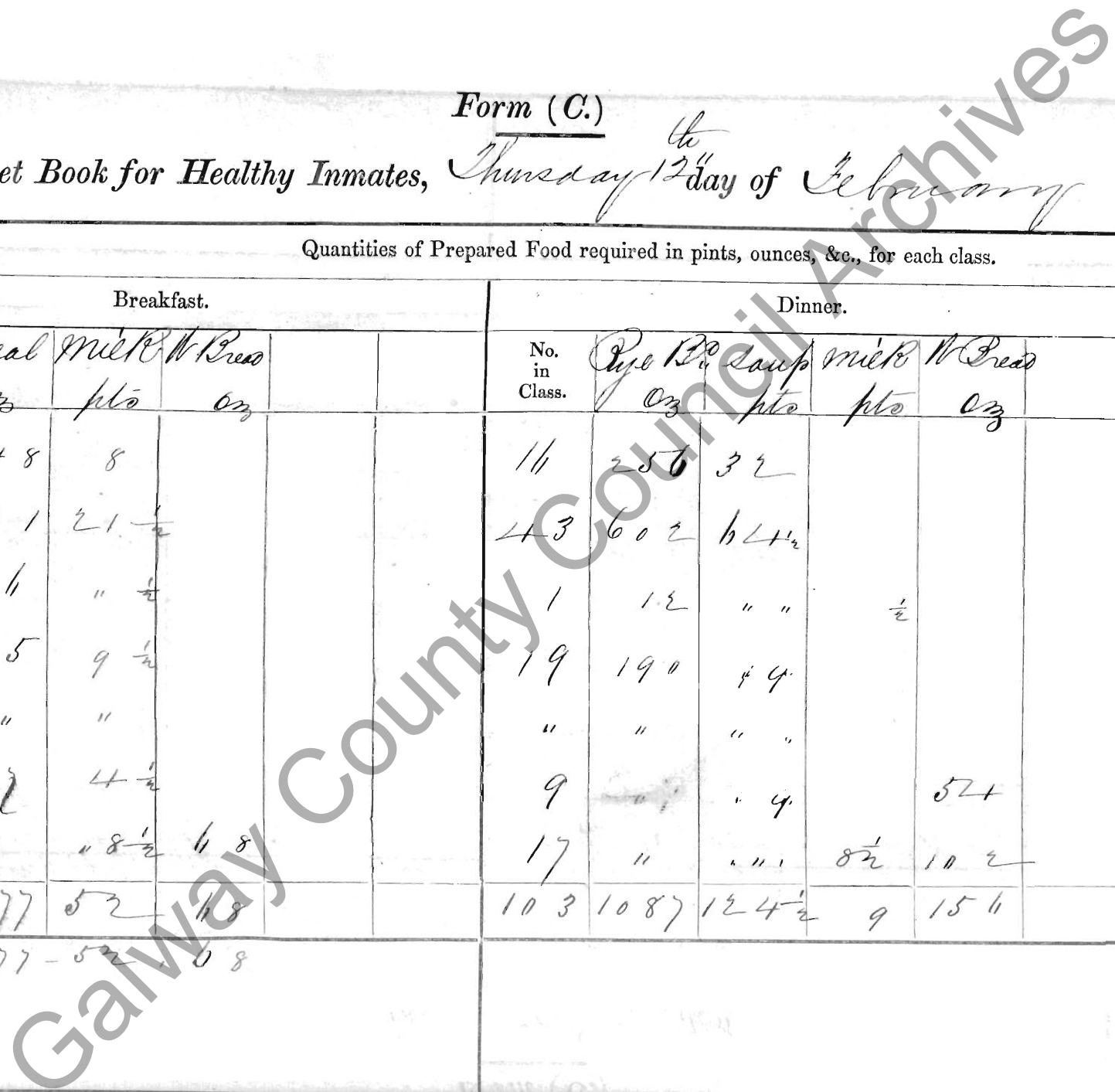
1857.

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	No. in Class.	Rye Oz	1 st Soup pts	Milk pts	W Bread Oz	No. in Class.	Rye Oz	Bread Oz
Class I,	16	148	8		11	256	32					
Class II,	43	301	21		43	602	64					
Class III,	1	1	"		1	12	"					
Class IV,	19	95	9		19	190	44					76
Class V,	"	"	"		"	"	"					"
Class VI,	9	27	4		9		4		52			36
Class VII,	17	"	8	18	17	"	"	8	10			
Totals,	103	577	52	18	103	1087	124	9	156			112

103 } 577 - 52 = 508

Articles to be taken from store for each meal, -

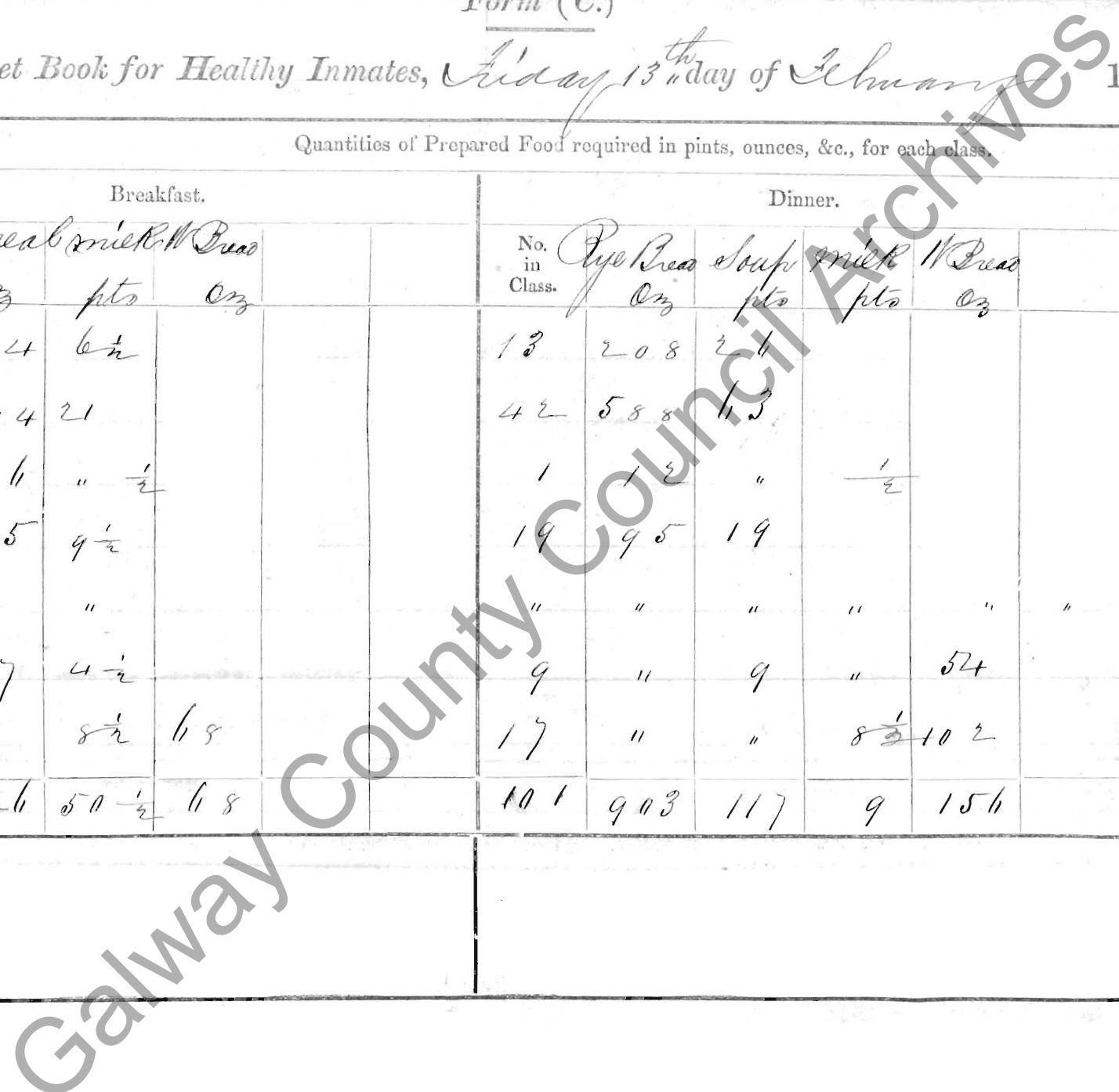


Daily Diet Book for Healthy Inmates, Friday 13th day of February 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meat Oz	Milk pts	Bread Oz	No. in Class.	Pease Oz	Soup pts	Milk pts	Bread Oz	No. in Class.	Pease Oz
Class I, - -	13	104	6 1/2		13	208	2 1/4				
Class II, - -	42	294	21		42	588	1 1/2				
Class III, - -	1	6	" 1/2		1	12	"	1/2			
Class IV, - -	19	95	9 1/2		19	95	19				76
Class V, - -	"	"	"		"	"	"	"	"	"	"
Class VI, - -	9	27	4 1/2		9	"	9	"	52 1/2		36
Class VII, - -	17	"	8 1/2	68	17	"	"	8 1/2	102		
Totals, - -	104	526	50 1/2	68	101	903	117	9	156		112

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates,

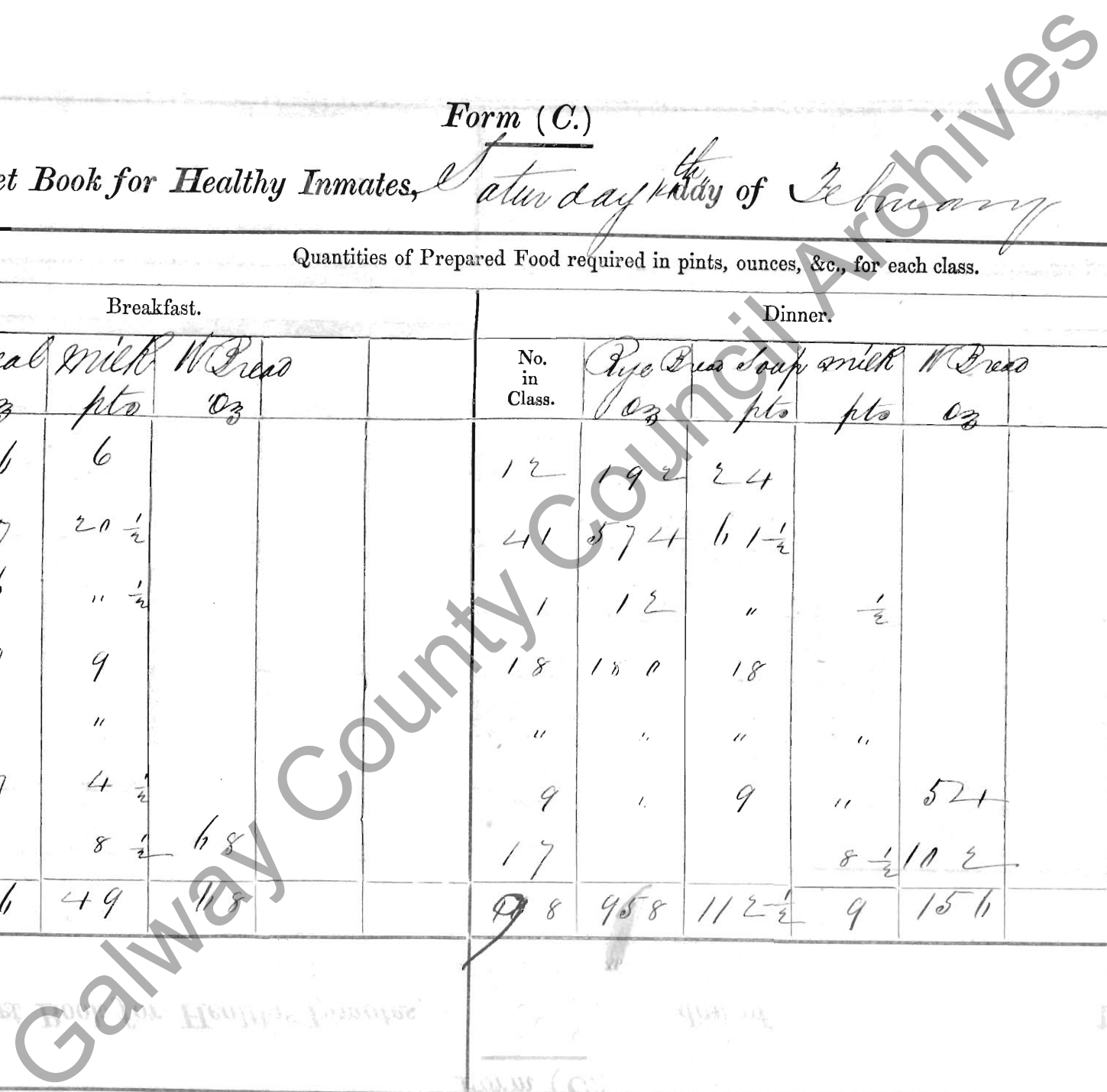
Saturday ^{the} 14th of February

1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal Oz	Milk pts	Bread Oz	No. in Class.	Boiled Oz	Soup pts	Milk pts	Bread Oz	No. in Class.	Boiled Oz
Class I,	12	96	6		12	192	24				
Class II,	41	287	20 1/2		41	574	6 1/2				
Class III,	1	6	" 1/2		1	12	"	1/2			
Class IV,	18	90	9		18	180	18				
Class V,	"	"	"		"	"	"	"			72
Class VI,	9	27	4 1/2		9	"	9	"	521		36
Class VII,	17	"	8 1/2	68	17			8 1/2	102		
Totals,	108	506	49	118	108	958	112 1/2	9	156		108

Articles to be taken from store for each meal, -



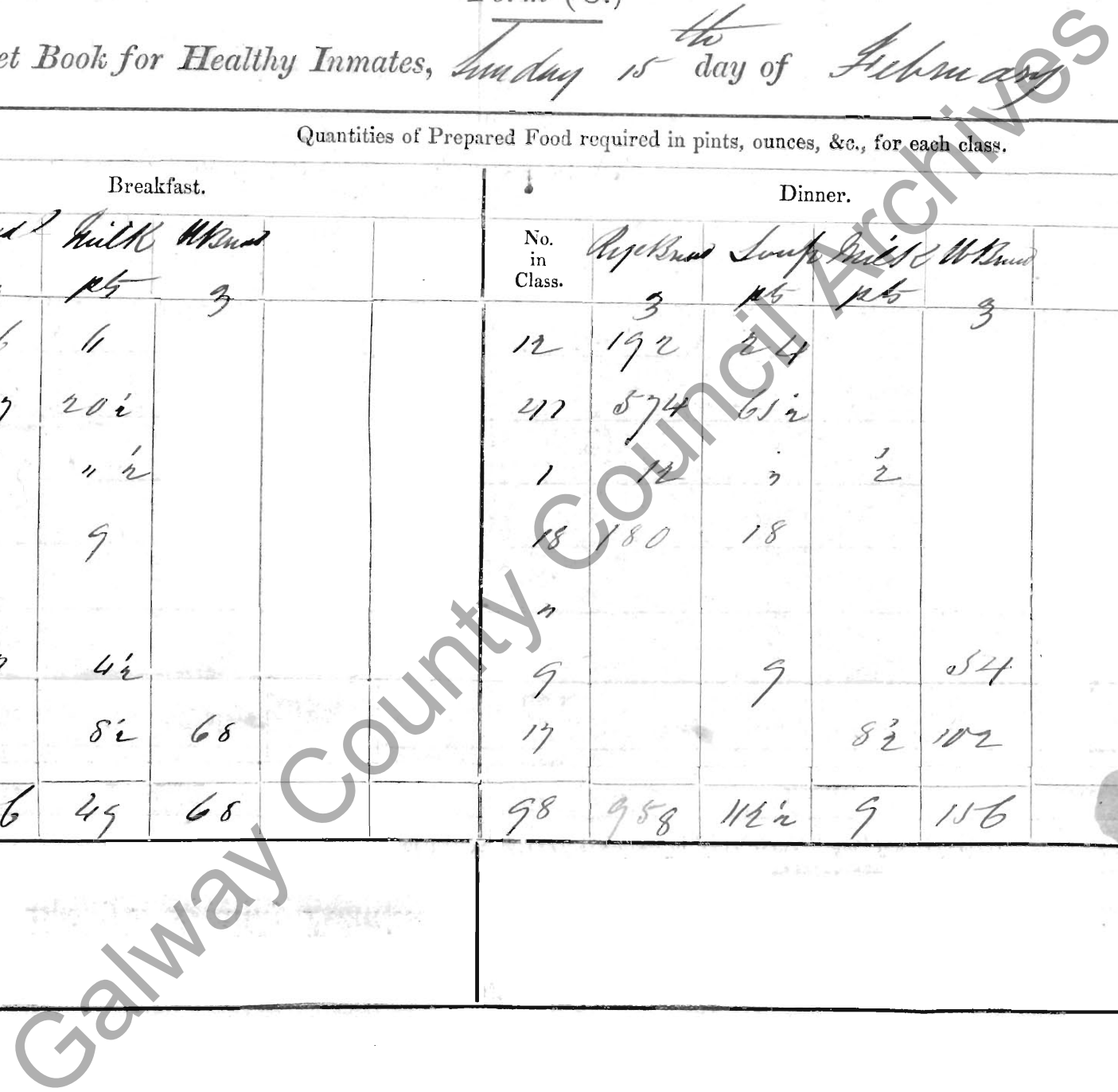
Daily Diet Book for Healthy Inmates,

Sunday 15th day of February 1857.

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Food	Milk	W Bread	No. in Class.	Reg Bread	Soup	Milk & W Bread	No. in Class.	R Bread
Class I,	12	96	11	3	12	192	24	3		3
Class II,	41	287	20 1/2		41	574	65 1/2			
Class III,	1	6	1 1/2		1	12	3	2		
Class IV,	18	90	9		18	180	18			92
Class V,	5				5					
Class VI,	9	27	4 1/2		9		9	54		36
Class VII,	17		8 1/2	68	17			8 1/2	102	
Totals,	98	506	49	68	98	958	112 1/2	9	156	108

Articles to be taken from store for each meal,



Form (C.)

Daily Diet Book for Healthy Inmates, *Tuesday* 16 day of *February* 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	Wheat	No. in Class.	Meal	Soup	Milk	Wheat	No. in Class.	Meal
Class I,	12	96	6		12	192	24				
Class II,	41	287	20 1/2		41	574	60 1/2				
Class III,	1	6	1 1/2		1	12	1	1/2			
Class IV,	18	90	9		19	190	19				76
Class V,	1				1						
Class VI,	9	27	4 1/2		9		9		5 1/4		36
Class VII,	17		8 1/2	68	17			8 1/2	10 1/2		
Totals,	98	506	49	68	99	968	113 1/2	9	156		112

Articles to be taken from store for each meal, -

82

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.	Bread	Soup	Fruit	W Bread	No. in Class.	Bread
		pts				pts	pts				
Class I, -	12	96	6	3	13	208	26		3		3
Class II, -	41	287	20 1/2		42	587	63				
Class III, -	1	6	1 1/2		1	12		1/2			
Class IV, -	13	95	9 1/2		21	270	21				84
Class V, -	4				1	7	1				
Class VI, -	9	27	4 1/2		19		9		524		36
Class VII, -	17		8 1/2	68	17			8 1/2	102		
Totals, -	99	571	49 1/2	68	104	1124	120	9	156		120

Articles to be taken from store for each meal,

Galway County Council Archives

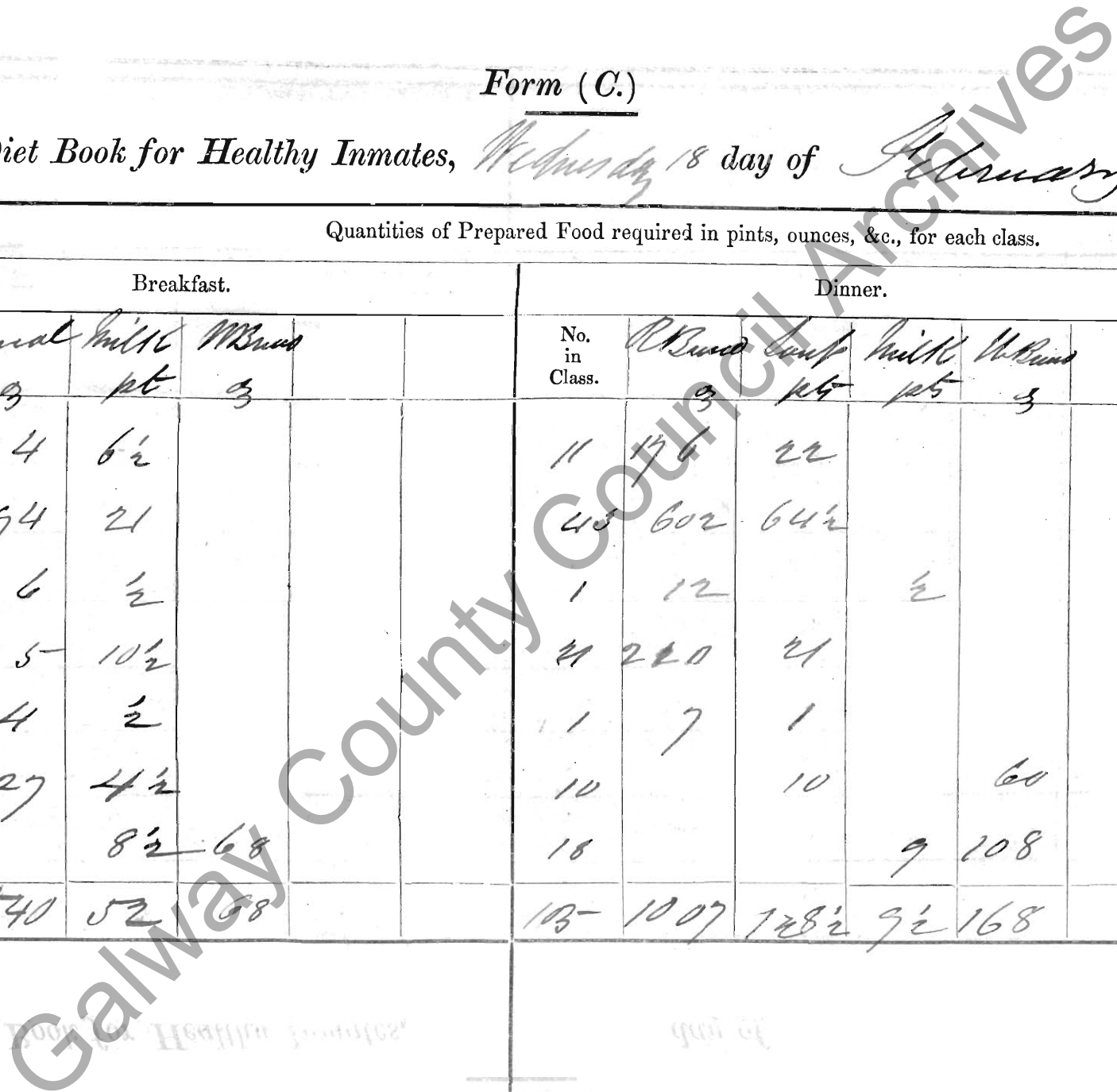
Form (C.)

Daily Diet Book for Healthy Inmates, *Wednesday* 18 day of *February* 1857.

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
		oz	pt	oz		oz	pt	pt	oz		oz
Class I, - -	13	104	6½		11	176	22				3
Class II, - -	42	294	21		45	602	64½				
Class III, - -	1	6	½		1	12		½			
Class IV, - -	21	105	10½		21	220	21				84
Class V, - -	1	4	½		1	7	1				4
Class VI, - -	9	27	4½		10		10		60		40
Class VII, - -	17		8½	68	18			9	108		
Totals, - -	104	540	52	68	103	1007	128½	9½	168		128

Articles to be taken from store for each meal, -



Daily Diet Book for Healthy Inmates, *Thursday* ¹⁹ day of *February* 1857.

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.	Bread	Soup	Milk	W/Bread	No. in Class.	Bread
Class I, - -	11	174 88	5 1/2	3	11	176	24		3		3
Class II, - -	43	301	2 1/2		42	587	63				
Class III, - -	1	6	1/2		1	12	0	1/2			
Class IV, - -	21	105	10 1/2		22	220	22				88
Class V, - -	1	4	1/2		1	7	1				4
Class VI, - -	10	30	5		10		10		60		40
Class VII, - -	18		9	72	19			9 1/2	114		
Totals, - -	105	534	52 1/2	72	106	1002	128	10	174		132
Articles to be taken from store for each meal,											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates, *Friday 20th* day of *February* 1857.

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

	Breakfast.				Dinner.				Supper.	
	No. in Class.	Small Milk	W.B.P.		No. in Class.	Small Milk	W.B.P.		No. in Class.	W.B.P.
Class I,	11	88	5 1/2	3	11	176	22	3		3
Class II,	42	294	21		42	587	63			
Class III,	1	6	1/2		1	12	"	1/2		
Class IV,	22	110	11		21	210	21			84
Class V,	1	4	1/2		1	7	1			4
Class VI,	10	30	5		10	10		60		40
Class VII,	19		9 1/2	76	19			9 1/2	114	
Totals,	106	532	53	76	105	992	117	10	174	128

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	Wheat	Wheat	No. in Class.	Meal	Wheat	Wheat	No. in Class.	Meal
Class I,	11	88	5 1/2	3	11	176	2 1/2	3		3
Class II,	42	294	21		42	587	63			
Class III,	1	6	1/2		1	12	"	1/2		
Class IV,	21	105	10 1/2		21	210	21			54
Class V,	1	4	1/2		1	7	1			4
Class VI,	10	30	5		10		10	60		40
Class VII,	19		9 1/2	76	19			9 1/2	114	
Totals,	105	527	52 1/2	76	105	992	117	10	174	128
Articles to be taken from store for each meal, -										

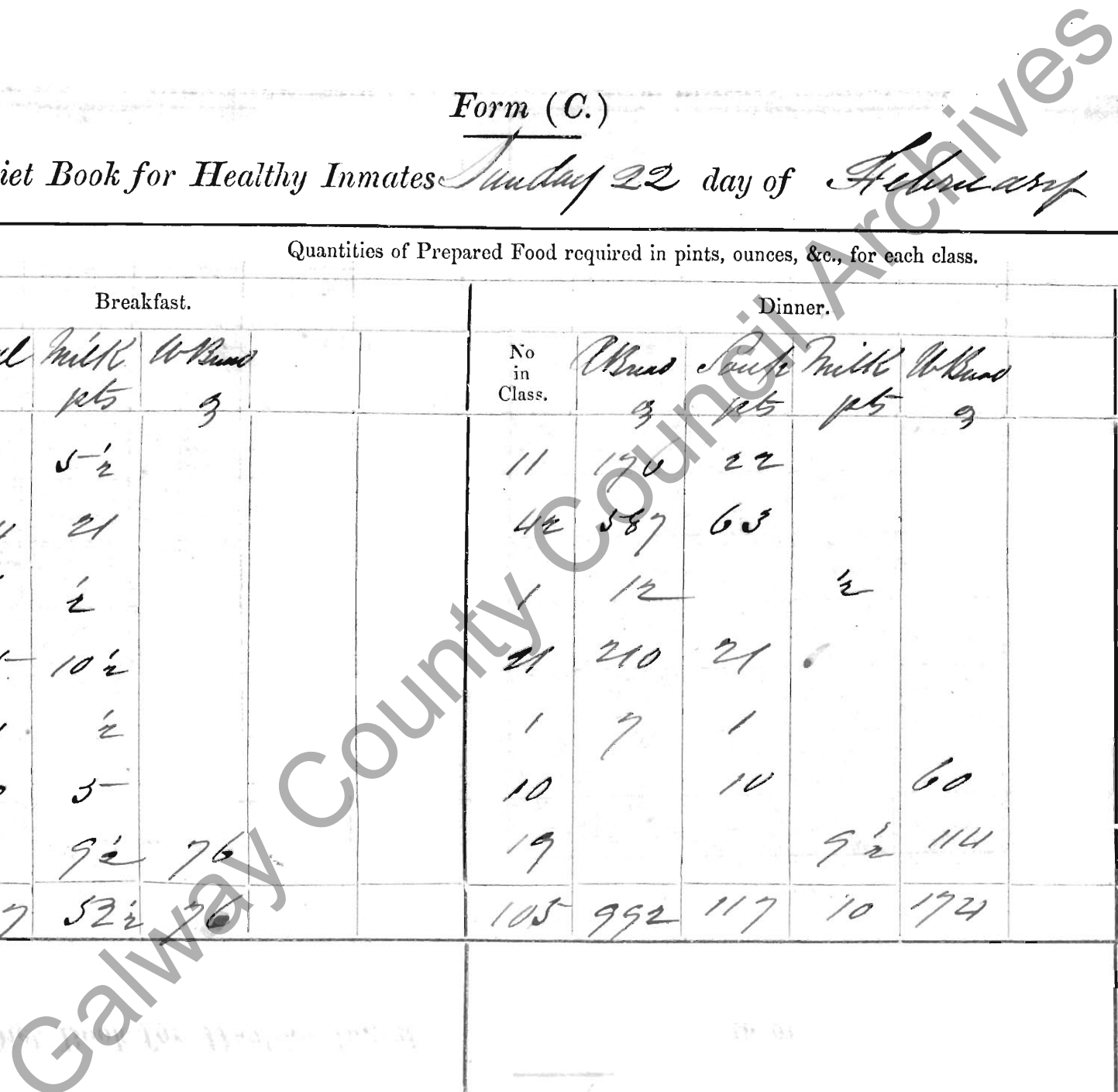
Form (C.)

Daily Diet Book for Healthy Inmates *Tuesday 22* day of *February* 1857.

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.	Bread	Sauce	Milk	W-Bread	No. in Class.	Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I, - -	11	88	5 1/2		11	170	22				
Class II, - -	42	294	21		42	587	63				
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	21	105	10 1/2		21	210	21				84
Class V, - -	1	4	1/2		1	7	1				4
Class VI, - -	10	30	3		10		10		60		40
Class VII, - -	19		9 1/2	76	19			9 1/2	114		
Totals, - -	105	527	52 1/2	76	105	992	117	10	174		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	W.B.	No. in Class.	Meal	Soup	W.B.	W.K.	No. in Class.	Meal
Class I, - -	11	88	5½	3	11	176	22	3			3
Class II, - -	42	294	21		41	594	61½				
Class III, - -	1	6	½		1	12		½			
Class IV, - -	21	105	10½		21	210	21				84
Class V, - -	1	4	½		1	7	1				4
Class VI, - -	10 10	30	5		10		10		60		40
Class VII, - -	19 19		9½	76	18			9	108		
Totals, - -	105	527	52½	76	103	979	115½	9½	168		128

Articles to be taken from store for each meal, -

Galway County Council Archives

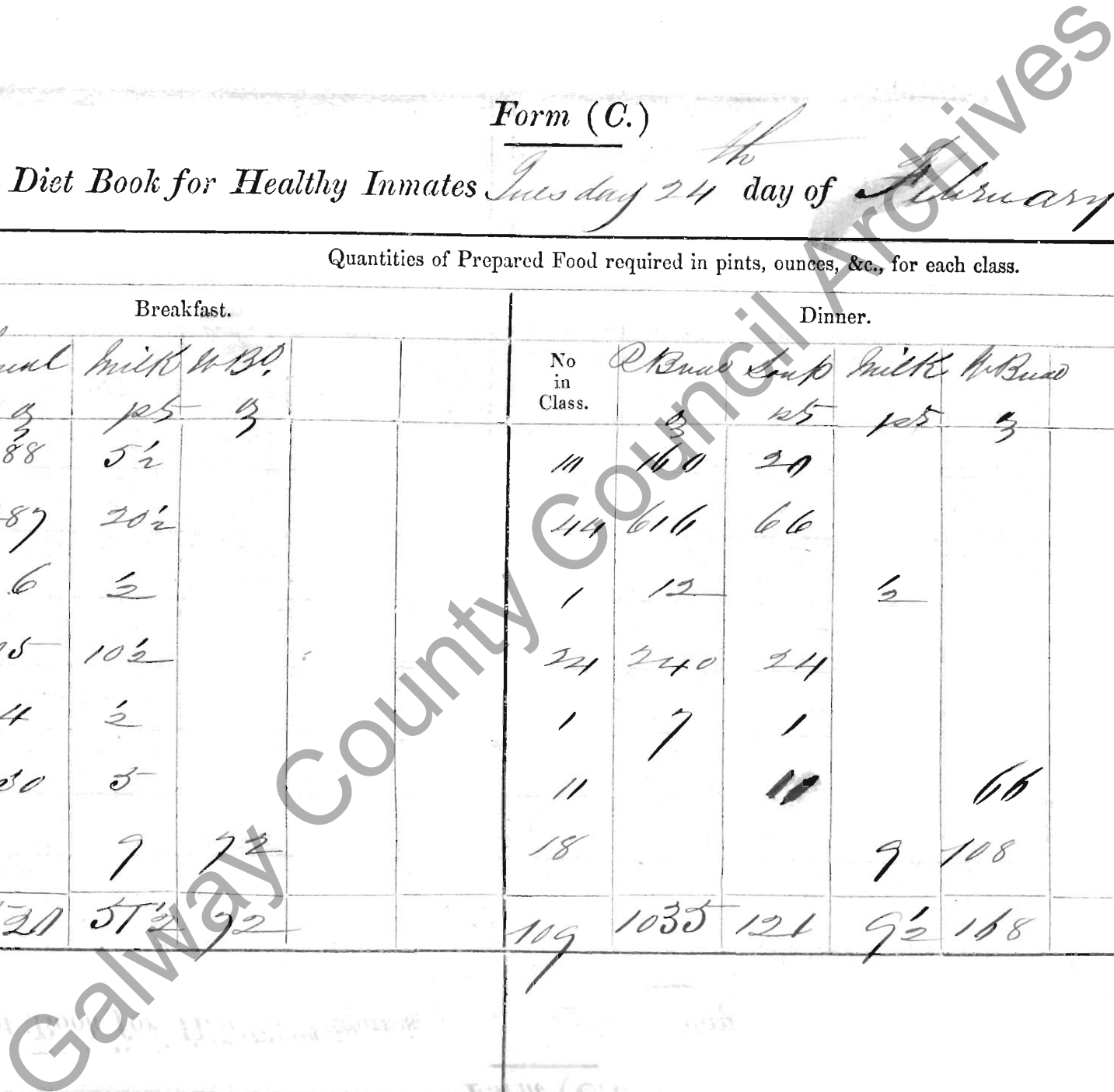
Form (C.)

Daily Diet Book for Healthy Inmates *No* Tuesday 24 day of *February* 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	W/B	No. in Class.	Bread	Soup	Milk	W/Bread	No. in Class.	Bread
Class I,	11	88	5½	3	11	160	20	105	3		3
Class II,	41	287	20½		44	616	66				
Class III,	1	6	½		1	12		½			
Class IV,	21	105	10½		24	240	24				96
Class V,	1	4	½		1	7	1				4
Class VI,	10	30	5		11		10		66		44
Class VII,	18		7	7½	18			9	108		
Totals,	103	520	51½	92	109	1035	121	9½	168		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.	Meal	Bread	W/Bread	No. in Class.	Bread	Soup	Milk	W/Bread	No. in Class.	Bread
Class I, - -	10	80	8	3	11	176	22				3
Class II, - -	44	308	22		45	630	67 1/2				
Class III, - -	1	6	1/2		1	12		1/2			
Class IV, - -	34	120 120	12		34	240	24				96
Class V, - -	1	4	1/2		1	7	1				4
Class VI, - -	11	33	5 1/2		11		11		66		44
Class VII, - -	18		9	72	19			9 1/2	114		
Totals, - -	109	531	54 1/2	72	112	1065	125 1/2	10	180		144
Articles to be taken from store for each meal, -											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Thursday ^{26th} day of February 1857.

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.	B Bread	Soup	Milk	W Bread	No. in Class.	B Bread
Class I, - -	11	88	5½	3	11	176	22		3		3
Class II, - -	45	315	22½		45	630	67½				
Class III, - -	1	6	½		1	12		½			
Class IV, - -	24	120	12		24	240	24				96
Class V, - -	1	4	½		1	7	1				4
Class VI, - -	11	33	5½		11		11		66		44
Class VII, - -	19		9½	76	19			9½	114		
Totals, - -	112	566	56	91	112	1065	125½	10	180		144

Articles to be taken from store for each meal,

Daily Diet Book for Healthy Inmates, *Friday* 27 day of *February* 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Small	Milk	W Bread	No. in Class.	R Bread	Soup	Milk	W Bread	No. in Class.	R Bread
		oz	pts	oz		oz	pts	pts	oz		oz
Class I, - -	11	88	5 1/2		11	176	22				3
Class II, - -	45	315	22 1/2		47	658	70 1/2				
Class III, - -	1	6	1/2		1		12	1/2			
Class IV, - -	24	120	12		24	240	12				
Class V, - -	1	4	1/2		1	7	1				96
Class VI, - -	11	33	5 1/2		11		11		66		4
Class VII, - -	19		9 1/2	76	20			10	120		44
Totals, - -	112	566	56	76	115	1082	128 1/2	10 1/2	186		144
Articles to be taken from store for each meal, -											

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

Saturday 28 day of

February 1857.

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

	Breakfast.				Dinner.				Supper.		
	No. in Class.	Meal	Milk	W.B.O.	No. in Class.	Bread	Soup	Milk	W.B.O.	No. in Class.	R.B.O.
Class I,	11	88	5½	3	11	176	22				3
Class II,	47	329	23½		45	630	67½				
Class III,	1	6	½		1	12		½			
Class IV,	24	120	12		24	240	24				96
Class V,	1	4	½		1	7	1				4
Class VI,	11	33	5½		11		11		66		44
Class VII,	21		10	80	19			9½	114		
Totals,	115	580	57½	80	112	1065	125½	10	180		144

Articles to be taken from store for each meal,

Daily Diet Book for Healthy Inmates,

day of

185 .

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

	Breakfast.					Dinner.					Supper.		
	No. in Class.					No. in Class.					No. in Class.		
Class I, - -													
Class II, - -													
Class III, - -													
Class IV, - -													
Class V, - -													
Class VI, - -													
Class VII, - -													
Totals, -													
Articles to be taken from store for each meal, -													

Galway County Council Archives

Form (C.)

Daily Diet Book for Healthy Inmates

day of

185 .

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

Quantities of Prepared Food required in pints, ounces, &c., for each class.													
Breakfast.						Dinner.				Supper.			
No. in Class.						No. in Class.					No. in Class.		
Class I, - -													
Class II, - -													
Class III, - -													
Class IV, - -													
Class V, - -													
Class VI, - -													
Class VII, - -													
Totals, - -													

Articles to be taken from store for each meal, -

