

FORM (E.) [Article 17.]

Dietary Table.

Paupers above Sixteen Years of Age.		Breakfast.			Dinner.							Supper.					
		Bread.	Butter.	Tea or Coffee.	Pie (containing 4 ozs. of Meat).	Meat (cooked and free from bone).	Fish, cooked, and free from heads, with 2 ozs. of melted butter.	Soup.	Irish Stew.	Potatoes or Rice.	Bread.	Beer.	Bread.	Butter.	Cheese.	Beer.	Tea.
Sunday:—	Men	6	½	1	..	5	10	4	½	6	½	1
or																	
	Women	5	½	1	..	4	9	4	½	6	½	2	..	½
Monday:—	Men	6	½	1	13	9	..	½	6	½	1
or																	
	Women	5	½	1	13	8	..	½	6	½	2	½	..
Tuesday:—	Men	6	½	1	..	5	10	4	½	6	½	1
or																	
	Women	5	½	1	..	4	9	4	½	6	½	2	½	..
Wednesday:—	Men	6	½	1	10	10	4	½	6	½	1
or																	
	Women	5	½	1	9	..	1	9	4	½	6	½	2	½	..
or																	
Thursday:—	Men	6	½	1	..	5	..	1	..	10	4	½	6	½	1
or																	
	Women	5	½	1	..	4	9	4	½	6	½	2	½	..
Friday:—	Men	6	½	1	..	5	10	4	½	6	½	1
or																	
	Women	5	½	1	..	4	9	4	½	6	½	2	½	..
Saturday:—	Men	6	½	1	1	..	4	½	6	½	1
or																	
	Women	5	½	1	1	..	4	½	6	½	2	½	..

The Board of Management or the Asylum Committee may allow to each female pauper an additional ounce of cooked meat at dinner on Sunday, Tuesday, Thursday, and Friday, in lieu of the half-ounce of butter prescribed for breakfast on those days.

To male and female paupers laboriously employed may be given an allowance of bread and cheese and half a pint of beer at 11 a.m., and half a pint of beer at 4 p.m.

The Irish Stew is to be made with 3 oz. of meat and the liquor from the meat of the previous day, 12 oz. of potatoes and other vegetables, and 4 oz. of dumpling for males, and 3 oz. for females.

The Soup is to be made with 4oz. of meat and the liquor from the meat of the previous day, Peas, Rice, Scotch Barley, Herbs, &c.

In lieu of Potatoes, other vegetables of an equal nutritive value may be given.