

Printed diet table for the Asylum 6 November 1816

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York Lunatic Asylum, November 6, 1818.

DIET TABLE.

First Class of Patients.

Breakfast......Tea or Coffee, with Bread and Butter, or Cakes.
Dinner......Meat, with Puddings every day. Vegetables. Tea in the afternoon.
Supper......Cold Meat, with Potatoes, or Fruit Pies.

Second Class of Patients.

SUNDAY.

Breakfast......Tea or Coffee, with Bread or Cakes.
Dinner......Boiled Meat and Suet Puddings, with a few currants in them. Vegetables.
Supper......Bread and Milk.

MONDAY.

Breakfast......Coffee or Tea, with Bread or Cakes.
Dinner......Broth, Rice Puddings, with a little Suet in them.
Supper......Bread and Cheese, with a little Beer, or Bread and Milk.

TUESDAY.

Breakfast......Milk and Oatmeal Porridge.
Dinner......Cold Meat and Dumplings.
Supper......Bread and Milk.

WEDNESDAY

Breakfast......Tea or Coffee, with Bread or Cakes.
Dinner......Boiled Mutton with Broth. Fish occasionally, and boiled Rice Pudding.
Supper......Bread, Cheese and Beer, or Bread and Milk.

THURSDAY.

Breakfast......Milk Porridge.
Dinner......Roast Meat, and baked Rice Pudding. Vegetables.
Supper......Bread and Milk.

FRIDAY.

Breakfast......Tea or Coffee, with Bread or Cakes.
Dinner......Cold Meat and light Dumplings, occasionally Bread Pudding.
Supper......Bread and Milk.

SATURDAY.

Breakfast......Milk Porridge.
Dinner......Hashed Meat, or Roast Meat, and Vegetables.
Supper......Bread and Cheese, and a little Beer.

OBSERVATIONS.

Patients labouring under Fever, or Maniacal Excitement, to have no Meat at dinner, but light Pudding, Broth, Rice, or Gruel. For Breakfast and Supper, Tea or Gruel. Barley Water, or Toast and Water, to be given for common drink.

The names of Patients requiring Fever Diet, or any article of food not specified in the above Diet Table, are written upon a daily Diet Roll, which is hung up in the Kitchen, for the information of the Attendants.

