

1940s Menu

Day	Breakfast	Dinner	Tea
Monday	Porridge with black treacle (no Milk)	Jam Sandwich	Corned beef stew with Soya bean dumplings, bread & peanut butter
Tuesday	Porridge	Potato Crisp Sandwich	Whale meat, carrots & potatoes suet pudding
Wednesday	Porridge	Cheese Sandwich	Scrambled dried eggs & Stewed apples
Thursday	Porridge	Potato Crisp Sandwich	Baked Potatoes & Cake made with dried eggs
Friday	Porridge	Spam Sandwich	Liver, one sausage, potatoes & Bread & Butter
Saturday	One Slice of Bacon & a piece of Fried Bread	Bread & Cheese	Dried egg omelette, cabbage, potatoes & carrot flan
Sunday	One Slice of Bacon, fried egg & Fried Bread	One lamb Chop, carrots, potatoes, Yorkshire Puddings, roast potatoes & Pear flan	Potato Pie, Bread & Butter, Jam