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| **Day** | **Breakfast** | **Dinner**  **1940s Menu** | **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 |