

A. Stewart.  
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MINISTRY OF FOOD

# HOW TO PLAN MEALS FOR CHILDREN

## DIET FOR A CHILD FROM 12 TO 17 YEARS

One food from each of the groups (a), (b), (c), (d) should be served at each meal.

### Breakfast 8.0 - 8.30 a.m.

- (a) Whole-grain Cereal.—1-2 cupfuls of :—porridge, or wheatmealies, or wheatflake preparations, or stewed fruit (in hot weather) with milk.
- (b) An Egg (once a week), or Bacon with 2-4 oz. potato, or 1-2 oz. bread, or fish (twice a week) (herrings if possible).
- (c) National Bread.—2-4 whole slices as :—toast with
- (d) Butter.—2-3 teaspoonfuls, or margarine, or dripping, or bacon fat.
- (e) Cocoa or Tea to drink.

### 10.0 - 11.0 a.m.

Milk.— $\frac{1}{2}$ -pint (at school).

### Dinner 12.30 - 1.0 p.m.

- (a) Meat, Fish or Cheese.—2-3 tablespoonfuls of :—beef or mutton, or liver or kidney, or brains, or sweetbread, or chicken, or rabbit, or fish (fresh, salt or dried), or cheese (1-2 tablespoonfuls).
  - (b) Cooked Fresh Vegetables.—2-3 heaped tablespoonfuls of cabbage or greens, or cauliflower, or spinach, or sprouts, or swedes or parsnips, or carrots, or peas or beans.
  - (c) Potatoes.—3-4 heaped tablespoonfuls.
  - (d) Pudding.—3-4 tablespoonfuls of milk pudding, or blancmange, or fruit or sweet tart or flan, or steamed pudding, or baked pudding, or stewed fruit and custard, etc.
  - (e) National Bread.—1-2 whole slices.
  - (f) Water to drink.
- NOTE.—Dried peas, beans or lentils should be added to the meat, fish or cheese portion, if a full serving cannot be obtained through rationing or shortage.

### Tea 4.30 - 5.0 p.m.

- (a) National Bread.—3-6 whole slices with :—
- (b) Butter.—2-3 teaspoonfuls, or margarine, or dripping with :—
- (c) Raw Salad, or raw shredded vegetable, or vegetable sandwich filling.
- (d) Cake—1-2 slices, or Rusk or Biscuits.

### Supper 7.0 - 8.0 p.m.

- (a) Pulse Vegetable Dish, or Cheese, or Fish with :—
- (b) Cooked Fresh Vegetables.—2-3 heaped tablespoonfuls (see dinner), or salad with :—
- (c) Potatoes.—3-4 heaped tablespoonfuls.
- (d) National Bread.—2-4 whole slices with :—
- (e) Butter.—2 teaspoonfuls, or margarine with :—
- (f) Jam, or syrup, or vegetable extract, or paste.
- (g) Cocoa, Coffee or Soup to drink.



# MENU (E)

FOR CHILDREN 12 - 17 YEARS

## Breakfast

1st Day	Porridge and milk; egg; toast and butter; tea.
2nd "	Wheatmealies and milk; bacon and fried potato; toast and butter; tea.
3rd "	Porridge and milk; fish cakes; toast and butter; tea.
4th "	Wheatmealies and milk; bacon and fried bread; toast and butter; tea.
5th "	Porridge and milk; bacon and potato cakes; toast and butter; tea.
6th "	Wheatmealies and milk; fish (or sausages and beans); toast and butter; tea.
7th "	Porridge and milk; bacon and potato scones; toast and butter; tea.

## Dinner

1st Day	Roast joint; cabbage and roast potatoes; chocolate mould; national bread.
2nd "	Cheese and lentil or bean cutlets; cauliflower or parsnips and jacket potatoes; bread and butter pudding; national bread.
3rd "	Braised liver (or steak); mashed swedes and boiled potatoes; rice, custard and jam; national bread.
4th "	Stewed tripe (or sausage and bean pie); sliced carrots and mashed potato; baked apple and custard (or scrap bread pudding); national bread.
5th "	Shepherd's pie; greens and potatoes; ginger pudding and custard; national bread.
6th "	Lancashire hot pot; peas (or sprouts); trifle; national bread.
7th "	Brown rabbit stew (or steak and beans); spinach and potatoes; chocolate duff; national bread.

## Tea

1st Day	Parsley and potato sandwiches; sweet biscuits; tea.
2nd "	Toast and butter; home-made cake; tea.
3rd "	Bread and jam; biscuits; tea.
4th "	Spinach (raw) and cheese sandwiches; sweet biscuits; tea.
5th "	Bread and jam; home-made cake; tea.
6th "	Cheese, pickle and raw cabbage sandwiches; sweet biscuits; tea.
7th "	Carrot and parsley sandwiches; cake; tea.

## Supper

1st Day	Vegetables and cheese sauce and potatoes; national bread and jam; cocoa, coffee or soup.
2nd "	Sardine salad; jacket potatoes; sweet rusks; cocoa, coffee or soup.
3rd "	Potato cheese; national bread and butter; watercress (or cabbage) salad; cocoa, coffee or soup.
4th "	Haricot beans on toast; carrots and potatoes; national bread and jam; cocoa, coffee or soup.
5th "	Cheese, jacket potatoes; mustard and cress and spinach salad; national bread and butter; sweet wheatmeal rusks; cocoa, coffee or soup.
6th "	Pulse soup or pulse dish and potato; national bread and jam; cocoa or coffee. Pulses are dried peas, beans and lentils.
7th "	Cauliflower cheese or cheese salad, mashed potato; sweet rusks; cocoa, coffee or soup.

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# RECIPES (E) FOR CHILDREN

12 - 17 YEARS

## BREAKFAST DISHES

(Sufficient for two children)

### Porridge

2-3 ozs. medium oatmeal.  
1-pint of water.  
Salt.

**Method.**—Soak oatmeal overnight. Put in a pan, bring to the boil and cook slowly for about  $\frac{1}{2}$ -hour, stirring occasionally (use a double pan if possible). Add salt and serve with milk.

### Wheatmealies

$\frac{1}{2}$ -doz. slices national bread  $\frac{3}{4}$ -in. thick.

**Method.**—Cut into  $\frac{1}{4}$ -in. squares. Put on a baking sheet and bake in a slow oven till brown and crisp. Store in a tin. Serve 1-2 cupfuls to each child.

### Fish Cakes

4 ozs. fish (cooked).  
8 ozs. potatoes.  
Salt and pepper.

**Method.**—Squeeze extra water out of bread. Mix all the ingredients together, season. Form into cakes and roll in browned crumbs and fry or bake.

### Sausage and Beans

$\frac{1}{2}$ -lb. sausage.  
4 ozs. cooked beans.

**Method.**—Prick sausage and fry slowly till cooked. Remove from pan and fry beans in fat from sausage. Serve sausage and beans together.

### Bacon and Potato Scones

8 ozs. cooked potatoes.  
2 ozs. cooked bacon.  
2 teaspoonfuls chopped parsley.  
 $\frac{1}{2}$ -teaspoonful mixed herbs.  
Salt and pepper.

**Method.**—Chop up cooked bacon and mix with potatoes, parsley, herbs and seasoning. Form mixture into cakes and fry in fat in which bacon was cooked till cakes are brown.

### Bacon and Potato Cakes

8 ozs. cooked mashed potato.  
2 ozs. chopped grilled bacon.  
Seasoning.

**Method.**—Mix together and form into cakes, roll in crumbs and either fry or bake in a hot oven.





## VEGETABLES

### *Green Vegetables*

Wash well, shred and drop into a small quantity of fast boiling slightly salted water. Cook quickly with the lid on for 7-10 minutes. Drain and serve immediately.

### *Root Vegetables*

Wash and slice root vegetables and cook in a small quantity of fast boiling slightly salted water for 10-15 minutes. Drain and serve immediately.

### *Jacket Potatoes*

Scrub the potatoes well. If a little fat or old margarine paper is available, rub a little on the outside of the potatoes and prick with a fork. Place them on the grid shelves of the oven and bake until soft, for approximately one hour.

## DINNER DISHES

(Sufficient for two children)

### *Roast Beef*

Wipe meat carefully. Put into hot oven to seal. Reduce the heat slightly after the first 15 minutes. In cooking, allow 15-20 minutes to the lb., and 15-20 minutes over. If the meat is stuffed, allow 25 minutes to each lb., and 25 minutes over.

### *To make Gravy*

Pour off fat from meat tin, leaving the brown sediment, add about  $\frac{1}{4}$  pint boiling vegetable water and stir round till boiling. Add a little salt and yeast extract for colour and flavour.

### *Stewed Steak and Beans (Haricot)*

Wash and soak beans overnight. Wipe and cut up meat. Peel vegetables and dice. Melt fat. Fry vegetables till brown. Remove from pan. Dip meat in flour and fry slightly on both sides. Add soaked beans, liquid in which the beans were soaked and seasoning and simmer gently for 2 hours. Add vegetable previously fried half an hour before stew is ready.

## Cheese and Lentil or Bean Cutlets

- 2-4 ozs. cheese.
- 5 ozs. lentils, peas or beans.
- 3 ozs. cooked mashed potatoes.
- Salt and pepper.

**Method.**—Wash and cook lentils in half-a-pint of water till moisture has evaporated. Mash. Grate cheese and add to cooked lentils. Mix with potatoes and form into cutlet shapes. Roll in browned breadcrumbs and bake in a moderate oven for 20-30 minutes or fry in hot fat for 5-10 minutes, or grill.

## Braised Liver or Steak

- 8 ozs. mixed root vegetables.
- 6 ozs. liver or stewing steak.
- A little stock or vegetable water.
- Salt and pepper.

**Method.**—Chop up the root vegetables and put at the bottom of a fireproof dish. Add liver or stewing steak and season, pour a little stock, or water, half-way up the dish. Cover tightly and cook slowly in the oven for about 2 hours.

## Sausage and Bean Pie

- $\frac{1}{2}$ -lb. sausage, cooked or par-cooked.
- 4 ozs. chopped, cooked vegetables.
- 4 ozs. cooked beans.
- 4 ozs. pastry.
- 4 tablespoonfuls brown sauce.
- Salt and pepper.

**Method.**—Arrange sausages, chopped vegetables and beans in layers, add sauce, and season well. Roll out pastry and cover pie. Bake in a moderate oven for  $\frac{1}{2}$ -hour.

## Shepherd's Pie

- 3 ozs. meat (cooked).
- 12 ozs. mashed potatoes.
- 6 ozs. cooked, chopped vegetables.
- 4 tablespoonfuls brown sauce.
- Salt and pepper.

**Method.**—Mix meat, chopped vegetables and sauce together. Season well and put into a greased pie-dish. Cover with well mashed potatoes. Cook in a hot oven until lightly browned, or brown under the grill.

## Lancashire Hot Pot

- 6 ozs. scrag end mutton.
- 12 ozs. sliced carrots and turnips.
- 8 ozs. sliced potatoes.
- Stock or vegetable water.
- Salt and pepper.

**Method.**—Put the ingredients in layers in a casserole, finishing with layer of potatoes. Add stock to come half-way up casserole. Cover with greased paper and bake 2 hours in moderate oven.



# PUDDINGS

(Sufficient for two children)

## Chocolate Mould

2 ozs. cornflour or custard powder.  
1½ ozs. sugar.  
½-pint milk.  
½-pint water.  
¼-teaspoonful vanilla.  
6 teaspoonfuls cocoa.

**Method.**—Put two-thirds of the milk and water into pan. Bring to boil. Mix cornflour, sugar and cocoa together with the rest of the milk and water. Add to hot liquid. Bring to the boil and cook for 2-3 minutes. Stir very well as the mixture thickens. Add vanilla essence. Rinse out mould with cold water. Pour in mixture, leave to cool, then turn out.

## Bread and Butter Pudding

3 ozs. bread.  
1½-ozs. margarine.  
1½ ozs. fruit.  
¾-pint custard.

**Method.**—Spread margarine on bread. Cut bread into cubes. Arrange layers of bread cubes and fruit in small pie-dish, pour custard over this and bake in moderate oven till brown.

## Cake Trifle

3 ozs. stale cake.  
3 teaspoonfuls jam.  
¾-pint sweetened custard.

**Method.**—Spread cake with jam. Cut into cubes. Put into an individual dish. Pour custard over it.



## Steamed Chocolate Duff

6 ozs. flour.  
¾-teaspoonful baking powder.  
2½ teaspoonfuls cocoa.  
2½ teaspoonfuls sugar.  
1½-ozs. fat.  
1½-ozs. grated raw potato.  
Milk and water.

**Method.**—Rub fat into flour. Mix all ingredients together. Make into a soft dough with the liquid. Steam in a small greased mould for about 30-40 minutes.



## Ginger Pudding

2 ozs. sugar (or 1 tablespoonful syrup).  
2 ozs. margarine.  
6 ozs. flour.  
1 teaspoonful ginger.  
1 teaspoonful baking powder.  
Milk and water.

**Method.**—Cream fat and sugar. Mix together the flour, baking powder and ginger. Add to the creamed fat and sugar. Mix to a soft consistency with liquid. Steam for 1 hour.

## Rice Custard

1½ ozs. rice.  
2 teaspoonfuls custard powder.  
2 teaspoonfuls sugar.  
1 pint milk.

**Method.**—Cook the rice in the milk, using a double saucepan. Add the sugar. Blend the custard powder with a little extra milk or water and add to the rice. Cook until thick and creamy.

# TEA RECIPES

## Potato and Parsley Sandwiches

Mash potato, chop parsley and mix together, season well, and spread on to wheatmeal bread.

## Biscuits

2 ozs. sugar  
2 ozs. syrup } heated in pan.  
2 ozs. fat }  
8 ozs. flour. }  
½-teaspoonful bicarbonate of soda.  
Lemon essence.  
Ginger or other flavouring.

**Method.**—Work the flour into the ingredients in the pan. When 4 ozs. flour has been worked in, the bicarbonate of soda should be dissolved in a little water and added to the mixture. Add the rest of the flour and put the paste in a cool place to harden. Roll out thinly and cut into shapes. Prick and bake in a moderate-hot oven for 7-10 minutes.

## Golden Cake

7 ozs. national flour.  
2 ozs. sugar.  
2-3 ozs. margarine.  
½-teaspoonful mixed spice.  
½-teaspoonful powdered spice.  
1 teaspoonful baking powder.  
¼-pint milk.  
1 oz. golden syrup } mixed  
2 teaspoonfuls vinegar } together.

**Method.**—Cream margarine and sugar. Beat in the mixed syrup and vinegar. Mix together the dry ingredients and add to the creamed mixture, alternately with the milk. Pour into a greased tin and bake in a moderate oven.



# SUPPER DISHES

(Sufficient for two children)

## Vegetables in Cheese Sauce

$\frac{3}{4}$ -1 lb. cooked mixed vegetables. Browned breadcrumbs.  
 $\frac{3}{4}$ -pint cheese sauce.

**Method.**—Mix the vegetables and cheese sauce, pour into a pie dish and sprinkle with browned breadcrumbs. Brown in a moderate oven or under the grill.

## Cheese Jacket Potatoes

Scrub 2-4 potatoes and prick with a skewer or fork. Bake on the rack in a moderate oven for about  $\frac{3}{4}$ -1 hour. Cut down the centre and scoop out the potato inside; mix this with 2-4 ozs. cheese, seasoning and a little sauce or milk to moisten. Pile back into the case and serve hot.

## Cauliflower Cheese

1 small cauliflower (cooked). 2-4 oz. cheese.  
 $\frac{3}{4}$ -pint white sauce.

**Method.**—Put the cauliflower in a greased dish. Add half the cheese to the sauce and pour over cauliflower. Sprinkle the rest of the cheese on top and bake or grill till brown.

## Haricot Beans and Carrot on Toast

3 ozs. cooked beans.  $\frac{3}{4}$ -teaspoonful marmite.  
3 ozs. cooked carrot. Salt and pepper.

**Method.**—Mix all ingredients together and spread on toast. Heat under the grill.

## Potato Cheese

1 lb. cooked mashed potato. Salt and pepper.  
2-4 ozs. grated cheese.

**Method.**—Mash the potatoes and season well and add half the cheese. Arrange in a greased dish. Sprinkle with rest of the cheese and brown under the grill.

## Pulse and Parsley Soup

3-4 ozs. lentils, peas or beans.  $1\frac{1}{2}$ -pint water.  
1 leek. 1 oz. fat.  
6 ozs. carrots. 2 tablespoonfuls chopped parsley.  
2 ozs. sprouts or cabbage. Salt and pepper.

**Method.**—Wash and dice the vegetables. Fry the leek, carrots and sprouts in the fat, add the lentils, water and seasoning and simmer for 2 hours. Sprinkle the chopped parsley on the soup and immediately before serving.

MINISTRY



OF FOOD