DIET TABLE.

FULL DIET.	Per Day.	Breakfast.	Dinner.	Supper.
SUNDAY	12 oz. Bread. 1 pint Porter, Men ½ pint Do. Women	Gruel.	8 oz. Beef, baked, and Potatoes.	1 pint Broth.
MONDAY.....	Ditto.	Ditto.	8 oz. Mutton, and Potatoes.	Ditto.
TUESDAY	Ditto.	Ditto.	8 oz. Potatoes, Soup & Vegetables	Ditto.
WEDNESDAY	Ditto.	Ditto.	8 oz. Beef, and Potatoes.	Ditto.
THURSDAY	Ditto.	Ditto.	8 oz. Mutton, and Potatoes.	Ditto.
FRIDAY	Ditto.	Ditto.	8 oz. Beef, and Potatoes.	Ditto.
SATURDAY	Ditto.	Ditto.	8 oz. Potatoes, Soup & Vegetables	Ditto.
MIDDLE DIET.	The same as Full Diet, except that 4 oz. of Meat shall be given instead of 8 oz.			
LOW DIET.	8 oz. Bread.	Gruel.	Broth.	Gruel or Broth.
MILK DIET.	12 oz. Bread.	Gruel.	1 pint Milk.	1 pint Milk.
Articles allowed as EXTRA DIET.	Mutton Chops, Rice and Light Puddings, Beef Tea and Strong Broth, Eggs and Bread.			

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