

Prison Food

The following are the amended Diets ordered at the Somerset Epiphany Sessions.

Class 1 prisoners: Convicted Prisoners confined for any term not exceeding Seven Days

Meal	Males	Females
Breakfast	Oatmeal Gruel: One Pint	Oatmeal Gruel: One Pint
Dinner	Bread: One lb	Bread: One lb
Supper	Oatmeal Gruel: One Pint	Oatmeal Gruel: One Pint

Class 2 prisoners: Convicted Prisoners for any term not exceeding Twenty One Days

Meal	Males	Females
Breakfast	Oatmeal Gruel: One pint Bread: 6ozs	Oatmeal Gruel: One Pint Bread: 6ozs
Dinner	Bread: 12 ozs	Bread: 6ozs
Supper	Oatmeal Gruel: One pint Bread: 6 ozs	Oatmeal Gruel: One Pint Bread: 6 ozs

Prisoners of this class employed at Hard Labour to have, in addition, 1pint soup per week

Class 3 prisoners: Convicted Prisoners employed at hard labour for terms exceeding Twenty One Days, but not more than 6 weeks. And convicted prisoners not employed at Hard Labour for terms exceeding Twenty One Days but not more than Four Months.

Meal	Males	Females
Breakfast	Oatmeal Gruel: One pint Bread: 6 ozs	Oatmeal Gruel: One Pint Bread: 6 ozs

SUNDAY and THURSDAY

Dinner	Soup: One pint Bread: 8 ozs	Soup: One Pint Bread: 6ozs
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TUESDAY and SATURDAY

Dinner	Cooked meat, no Bone: 3ozs Bread: 8ozs Potatoes: One lb	Cooked meat, no bone: 3ozs Bread: 8ozs Potatoes: One lb
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MONDAY, WEDNESDAY and FRIDAY

Dinner	Bread: 8oz Potatoes: One lb	Bread: 6oz Potatoes: One lb
Supper	As Breakfast	As Breakfast

Class 4: Convicted Prisoners employed at Hard Labour for terms exceeding six weeks but not more than four months. Convicted Prisoners not employed at Hard Labour for terms exceeding four months

Meal	Males	Females
Breakfast	Oatmeal Gruel: One pint Bread: 8ozs	Oatmeal Gruel: One pint Bread: 6ozs

SUNDAY, TUESDAY, THURSDAY and SATURDAY

Dinner	Cooked meat, no bone: 3oz Potatoes: One lb Bread: 8oz	Cooked meat, no bone: 3oz Potatoes: One lb Bread: 6oz
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MONDAY, WEDNESDAY and FRIDAY

Dinner	Soup: One pint Bread: 8oz	Soup: One pint Bread: 6oz
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Supper	Same as Breakfast	Same as Breakfast
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Class 5: Convicted Prisoners employed at Hard Labour for terms exceeding Four Months

Meal	Males	Females
SUNDAY, TUESDAY, THURSDAY and SATURDAY		
Breakfast	Oatmeal Gruel: One pint Bread: 8 ozs	Oatmeal Gruel One pint Bread: 6 ozs
Dinner	Cooked meat, no bone: 4 ozs Potatoes: One lb Bread: 6 ozs	Cooked meat, no bone: 3 ozs Potatoes: 8 ozs Bread: 6 ozs

MONDAY, WEDNESDAY and FRIDAY

Breakfast	Cocoa: One pint Bread: 8 oz	Cocoa: One Pint Bread: 6oz
Dinner	Soup: One pint Potatoes: One lb Bread: 8 ozs	Soup: One pint Potatoes: One lb Bread: 6 ozs
Supper	Oatmeal Gruel: One pint Bread: 8 ozs	Oatmeal Gruel: One pint Bread: 6 ozs

Cocoa: Made of 1 oz of Flaked Cocoa or Cocoa Nibs sweetened with 1 oz of Molasses or Sugar

Class 6: Convicted Prisoners sentenced by Court to Solitary Confinement

Males and Females

The ordinary diet of their respective class

Class 7: Prisoners for examination before Trial and Misdemeanants of the first division who do not maintain themselves

Males and Females

The same as Class Four

Class 8: Destitute Debtors

Males and Females

The same as Class Four

Class 9: Prisoners under Punishment for prison offences for terms not exceeding Three Days

One pound of bread per Diem

Prisoners in close confinement for Prison offences under the provision of the 42nd section of the Gaol Act:

Meal	Males	Females
Breakfast	Gruel: One pint Bread: 8 oz	Gruel: One pint Bread: 6 oz
Dinner	Bread: 8 oz	Bread: 6 oz
Supper	Gruel: One pint Bread: 8 oz	Gruel: One pint Bread: 8 oz

The soup is to contain per pint 3 ounces of cooked meat without bone, 3 ounces of potatoes, one ounce of Barley, Rice or Oat Meal, one ounce of Onion or Leeks with pepper and salt.

The gruel is to contain 2 ounces of Oatmeal per pint and on alternate days to be sweetened with Molasses or sugar and seasoned with salt.

In seasons when the potato crop has failed 4 ounces of split peas made into a pudding may occasionally be substituted but the change may not be made more than twice in each week.

Boys under 14 to have female diet.

WHITEHALL 31st January 1850

<http://www.stvincent.ac.uk/Resources/WMidPol/1880/prison.html>

Why not try their diet for a day!

(no cheating – the recipes are given above)

Prisoners that were transported to WA probably came under class 4 or 5, in the above article.

One 720g loaf of bread, divided between three meals

2½ cups of thin porridge for breakfast

Lunch of a small piece of meat and 2-3 medium potatoes or 2½ cups of soup

Supper of 2½ cups of thin porridge

References and Notes:

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