

Children's Homes - Sources for Meal Times worksheet

Boys Peeling Potatoes



Christmas Dinner extract from *Our Waifs and Strays Magazine* 1893

We were fortunate to receive an invitation from the authorities to be present at the Christmas dinner and treat, provided for the children by various friends. On arrival, we had serious misgivings at the vast amount of roast beef and plum - pudding, with oranges, apples, nuts, and figs, washed down by lemonade, that the average British school-boy could stow away.

Daily Diet extract from *Our Waifs and Strays Magazine* 1893

They begin each day except Sunday with a large basin of porridge and bread, which accounted a good deal for their strong and sturdy appearance; they have meat every other day, with plenty of vegetables fresh cut from the Home garden, which supplies enough to last the boys nearly the whole year. Fruit puddings on Sundays, and cake for supper, are added; and the matron informed us, with thankfulness and pride, that there had not been a case of sickness, beyond a cold or two, in the Home during the past quarter.