



APPENDIX A.
Menus.

	Breakfast	Dinner	Tea	Supper
1st Day	Fried potatoes Milk or milky tea Bread and jam	Mixed Vegetable Hotpot Baked bread pudding	Milky tea Bread, butter or margarine Cheese	Cocoa Bread, butter or margarine
2nd Day	Porridge, milk & sugar or treacle Bread, butter or margarine Milk or milky tea	Roast beef or mutton Potatoes Greens Raw fruit	Brawn or fish paste Watercress or lettuce Milky tea	Cocoa Bread butter or margarine
3rd Day	Porridge, milk & sugar or treacle Bread, butter or margarine Milk or milky tea	Savoury Mince Boiled beetroot Boiled potatoes Fig pudding Custard	Cheese & potato pie Bread, margarine or butter Milky tea	Cocoa Bread, butter or margarine
4th Day	Bacon & fried bread Milk or milky tea	Thick Vegetable Soup Chocolate rice pudding	Scrambled eggs & oatmeal on toast Bread, margarine or butter Milky tea	Cocoa Bread, butter or margarine
5th Day	Porridge, milk & sugar or treacle Bread, butter or margarine Milk or milky tea	Baked fish & tomatoes or peas Fruit charlotte	Cheese & watercress Milky tea Bread, margarine or butter	Cocoa Bread butter or margarine
6th Day	Fried potatoes Bread and jam Milk or milky tea	Liver & Onion stew Treacle or jam tart	Kippers or herrings or herring roes fresh or canned Bread, butter or margarine Milky tea	Cocoa Bread, butter or margarine
7th Day	Porridge, milk & sugar or treacle Milk or milky tea	Cheese & carrot salad Steamed jam pudding	Potatoes in their jackets & margarine Bread, butter or margarine Milky tea	Cocoa Bread, butter or margarine
8th Day	Porridge, milk & sugar or treacle Bread, butter or margarine Milk or milky tea	Sausages Mashed potatoes Tomatoes or greens Milk pudding & dried fruit	Cheese creams Bread, butter or margarine Milky tea	Cocoa Bread, butter or margarine

PLANNING MENUS WITH SECOND WORLD WAR EVACUEES

FOOD IN AN EVACUEE HOSTEL, 1940 REFERENCE: BA/C/TC/4/3/626

EVACUATIONS DURING THE SECOND WORLD WAR

During the Second World War children were evacuated from large cities and sent to the country or towns which were considered safer. Many children were evacuated from Newcastle to North Northumberland to places including Berwick, Wooler and Belford. Most children stayed

with families but sometimes this wasn't possible and so they stayed in hostels.



Why were children evacuated during the Second World War?



Why were children evacuated from Newcastle to North

Northumberland?



Can you find Berwick, Wooler and Belford on a map? Do they look like a safe place for the children to be evacuated to?



How do you think the children felt about being evacuees?



Do you think the children staying with families felt differently to those staying in hostels?



How would this make you feel?



THE MENU

This is a menu for a hostel which was drawn up in 1940. It covers 8 days and suggests what can be served for breakfast, dinner tea and supper. It is quite varied and would at times have been more than the children would have received at home. It contains lots of protein and dinner was always a main course and a pudding.



How would you have felt about eating the foods served at the hostel?



Do you think the children were well fed?



What do you think the children would have been served at home?



What do you call the different meals of the day? Is it the same or different to their names on the hostel menu?



Come up with your ideal menu for each meal of the day. Can you write a recipe for each meal?



Create a menu card for each of your ideal meals. Ask your household to make menu cards for each of their ideal meals too. Can you come up with enough menu card ideas to cover every meal for 8 days?



Have a go at making each of your ideal meals. You could put each menu card into a bag and draw one out to make at random every mealtime.



Choose one of the dishes from the hostel menu. Can you find or write a recipe for it?



Have a go at making your recipe.



To make different Sorts of Tarts.

IF you bake in tin Patties, butter them, and you must put a little Cruft all over, because of the taking them out : If in China, or Glafs, no Cruft but the top one. Lay fine Sugar at the Bottom, then your Plumbs, Cherries, or any other Sort of Fruit, and Sugar at Top; then put on your Lid, and bake them in a slack Oven. Mince-pies must be baked in Tin-patties, because of taking them out, and Puff-paste is best for them. All Sweet Tarts the beaten Cruft is best; but as you fancy. You have the Receipt for the Crufts in this Chapter. Apple, Pear, Apricock, &c. make thus : Apples and Pears, pare them, cut them in Quarters, and core them; cut the Quarters a-crofs again, set them on in a Sauce-pan with just as much Water as will barely cover them, let them simmer on a slow Fire just till the Fruit is tender; put a good Piece of Lemon-peel in the Water with the Fruit, then have your Patties ready. Lay fine Sugar at Bottom, then your Fruit, and a little Sugar at Top; that you must put in at your Discretion. Pour over each Tart a Tea Spoonful of Lemon-juice, and three Tea Spoonfuls of the Liquor they were boiled in; put on your Lid, and bake them in a slack Oven. Apricocks do the same Way; only don't use Lemon.

As to Preferved Tarts, only lay in your preferved Fruit, and put a very thin Cruft at Top, and let them be baked as little as possible; but if you would make them nice, have a large Patty, the Size you would have your Tart. Make your Sugar-Cruft, roll it as thick as a Halfpenny; then butter your Patties, and cover it; shape your Upper-cruft on a hollow Thing on purpose, the Size of your Patty, and mark it with a Marking-iron for that purpose, in what Shape you please, to be hollow and open to see the Fruit through; then bake your Cruft in a very slack Oven, not to discolour it, but to have it crisp. When the Cruft is cold, very carefully take it out, and fill it with what Fruit you please, lay on the Lid, and it is done; therefore if the Tart is not eat, your Sweet-meat is not the worse, and it looks genteel.

Paste for Tarts.

ONE Pound of Flour, three Quarters of a Pound of Butter, mix up together, and beat well with a Rolling-pin.

Another Paste for Tarts.

HALF a Pound of Butter, half a Pound of Flour, and half a Pound of Sugar, mix it well together, and beat it with a Rolling-pin well, then roll it out thin.

MAKING TARTS

Hannah Glasse (1708-1770), the daughter or Northumbrian landowner Isaac Allgood, was a cookbook author. In 1747 she published the cookery book *The Art of Cookery Made Plain and Easy*. In the book, Hannah provides instructions for making 'different sorts of tarts', and the pastry to go with them.

The evacuee hostel menu contains both treacle tart and jam tart.



Would you prefer a treacle tart or a jam tart?



What would be your ideal type of tart?



Do you think Hannah's recipe is easy to follow?



Choose a kind of tart. Can you come up with a recipe and write instructions on how to make it?



Have a go at making your tart.