

THE PRISON KITCHEN

- The kitchen catered for 70-80 inmates and staff, providing 3 meals per day.

- One staff member was responsible for managing both the kitchen and laundry. All the work was done by inmates.

- It was a popular place to work - it gave inmates something to do, was a warm place in winter, and there was always a bit of extra food going with the job. It also gave inmates the chance to learn cooking skills.

- Meals would be given to inmates on a tray at the servery (to the left of the kitchen entrance). They would then cross the courtyard to the dining room.

- See a typical week's menu for male prisoners on the wall by the doorway leading to the food storage area.

- Menus were standard for all prisons, prepared by dieticians to meet Ministry of Health guidelines, and budgeted at approximately \$6.00 per day per prisoner. All meals were prepared on site. Suitable meals were prepared for those on special diets.

- Inmates could also buy extra grocery items through a weekly shopping system. Confectionery, tea, coffee and tobacco were popular.