SCHEDULE

RESTRICTED DIETS

The restricted diets which may be awarded under Rules 31 and 32 shall be as follows:—

No. 1 Diet

(*a*) This diet, when given for a period of three days, or less, shall consist of:—

12 ozs. bread and 8 ozs. potatoes per diem with water and 1 pint of tea morning and night and 1 pint soup mid-day.

(*b*) This diet when given for more than three days shall consist for alternate period of three days of:—

(i) 12 ozs. bread and 8 ozs. potatoes per diem with water and 1 pint of tea morning and night and 1 pint soup mid-day.

(ii) the diet prescribed for prisoners employed on ordinary industrial labour according to sex.

(*c*) No task of labour be enforced on any one of the days on which bread and water constitute the sole food supplied to the prisoner, who may, nevertheless, be allowed the option of performing suitable labour in the cell.

(*d*) No prisoner who has been on No. 1 diet shall be placed upon this diet for a fresh offence until an interval has elapsed equal to the period already passed by the prisoner on No. 1 diet.

No. 2 Diet

(*a*) This diet shall consist of:—

Breakfast

Porridge, 1 pint, containing 3 ozs. oatmeal.
Bread, 8 ozs.
Margarine, ½ oz.
Cocoa, 1 pint, containing ¾ oz. cocoa and 1 fluid oz. milk.

Dinner

Bread, 4 ozs.
Soup, 1½ pints, containing 3 ozs. split peas; 3 ozs. dried beans; 4 ozs. potatoes; 4 ozs. carrots; salt; and, on any day on which meat is included in the normal diet of a prisoner, so much meat as is so included.

Supper

Bread, 8 ozs.
Margarine, ½ oz.
Cocoa, 1 pint, containing ¾ oz. cocoa and 1 fluid oz. milk.

(*b*) If a prisoner while on No. 2 diet is guilty of misconduct, No. 2 diet may be temporarily interrupted and the prisoner may be placed on No. 1 diet for a period not exceeding three days; on the expiration of the period awarded on No. 1 diet the prisoner shall resume the diet originally ordered, and the period passed upon the No. 1 diet shall count as part of the period originally ordered on No. 2 diet.

Rules, dated 8th September, 1954, made by the Ministry of Home Affairs under section thirteen of the Prison Act (Northern Ireland), 1953.

1954. No. 139

The Ministry of Home Affairs for Northern Ireland, in pursuance of the powers vested in it by section thirteen of the Prison Act (Northern Ireland), 1953, and all other powers it thereunto enabling, hereby makes the following Prison Rules:—

1. At the end of Rule 48 of the Prison Rules (Northern Ireland), 1954, there shall be inserted the following proviso—