

The source I'm using for this breakfast is the cooking notebook of a Perugian nun, Suor Maria Vittoria della Verde, probably written during the 1580s and 1590s. This was not a book meant for publication, but a collection of recipes intended for use in the convent where she lived. The manuscript was found in the twentieth century by scholar Giovanna Casagrande, who edited and published it as part of a larger study on food and religious communities. I'm using the translation done by Ariane Helou.

Most of the foods here have recipes or instruction in the notebook.

Buttered noodles
Soft boiled egg, still in shell
Baked apples
Meatballs (beef & chicken)
Bread or toast if there's a toaster available
Sliced Oranges
Barley porridge
Honey
Walnuts
Butter
Jam

Ingredients list:

The meatballs are commercially made, from beef & chicken. I'm not sure what else is in them.

Pasta
Butter
Eggs
Bread
Oranges
Barley
Milk
Cream
Honey
Walnuts
Butter
Whatever Jam I get
Salt
Pepper