

TENDER NOTICE  
OF DIETARY SERVICES FOR AIIMS Raipur

AIIMS, Raipur, Tatibandh, Raipur (Chhattisgarh)  
Date: 16 August, 2013

On behalf of the Director, All India Institute of Medical Sciences, Raipur tenders in sealed cover are invited under two-bid system from competent and experienced catering contractor/ Agencies, for providing catering/ dietary Services in 200 bedded Hospital of AIIMS, Raipur for the Period of 12 months from the date of contract.

The interested contractor/agencies are required to submit the technical and financial bid separately. The bids in Sealed Cover-I containing "Technical Bid" and Sealed Cover-II containing "Financial Bid" should be placed in a third sealed cover super scribed "Tender for Dietary services in AIIMS Raipur" and should reach at the office of "The Administrative Officer, AIIMS, Tatibandh, Raipur (Chhattisgarh) - 492099, before 03.00 PM on or before 06-09-2013. The bid received after due date and time will not be entertained whatsoever may be the reason. The technical bids shall be opened on the same day i.e 06-09-2013 at 03.30 PM at AIIMS, Raipur. In the event of any of the above mentioned date being declared as a holiday / closed day, the tenders will be opened on the next working day at the appointed time. The date of opening of financial bid of technically qualified agencies will be announced later.

The tender document containing technical bid form, financial bid form, technical description/specification & item and terms & conditions can be downloaded from website [www.aiimsraipur.edu.in](http://www.aiimsraipur.edu.in) Those who download the tender document from website should enclose Demand Draft/Pay Order for Rs.1100.00 (Rupees one thousand one hundred only) (non-refundable) in favour of "AIIMS, Raipur", payable at Raipur, not later the date of 06-09-2013 along with their technical bid in the Cover-I "Technical Bid". The bid security (EMD) of Rs. 2,00,000/- (Rupees Two lacs only) should be paid in the form of FDR/DD in favour of "AIIMS, Raipur" payable at Raipur and will be placed in cover-1 with technical bid. The Tender Documents are not transferable.

Any future clarification and/or corrigendum(s) shall be communicated through Administrative Officer on the AIIMS, Raipur website: [www.aiimsRaipur.edu.in](http://www.aiimsRaipur.edu.in).

Administrative Officer  
AIIMS, Raipur

**TENDER DOCUMENT**  
**TENDER "Tender for Dietary services in AIIMS Raipur"**  
**TECHNICAL BID**  
(In separate sealed Cover-I super scribed as "Technical Bid")

1. Name & Address of the Catering contractor/ Agency with phone number, email, name and telephone/ mobile					
2. Constitution of Catering agency Individual/Sole proprietor firm/partnership firm/company					
3. Name, Address & designation of the authorized person (Sole proprietor/partner /Director)					
4. Experience in the work of providing Catering Services (read terms and conditions for eligibility) (annex in separate sheet)					
Sl.No.	Name of Organization with complete address and telephone numbers to whom services provided	From	To	Contracted Amount (Rs. Per Month)	Reason for Termination
5. Set-up of your Organization, clearly indicating details of managerial, supervisory and other staff, also indicate the number of muster roll staff available for performing this service: a. Is the establishment registered with the Government; please give details with document/evidence. b. Do you have Labour license. Please provide details and attach a copy. c. Undertaking of the Agency confirming the availability of the adequate manpower of requisite experience for deployment in AIIMS, RAIPUR.					
6. Are you covered by the labour Legislations, such as, ESI, EPF, Gratuity Act etc.					
7. Please give EPF No: ESI Code: Gratuity Act Regn. No					

<p>8. Please attached the notarial declaration of following in 100 Rs. Stamp paper</p> <ol style="list-style-type: none"> <li>1. Adherence to the provision of PF &amp; minimum wages act</li> <li>2. Caterer/firm will not employ any child labour</li> <li>3. Personnel /labourers will be the employee of caterer/firm &amp; there will be no employer-employee relationship between them and AIIMS</li> </ol>	
<p>9. Please attach copy of last Return of Income Tax</p>	
<p>10. Please attach balance sheet [duly certified by Chartered Accountant for last three (3) years]</p>	
<p>11. PAN No. (Please attach copy)</p>	
<p>12. Service Tax Registration No. (Please attach copy)</p>	
<p>13. Acceptance of terms &amp; conditions attached (Yes/No). Please sign each page of terms and conditions as token of acceptance and submit as part of tender document.</p>	
<p>14. Power of Attorney/authorization for signing the bid documents</p>	
<p>15. Please submit an undertaking that no case is pending with the police against the Proprietor/firm/partner or the Company (Agency). Indicate any convictions in the past against the Company/firm/partner. Also submit that proprietor/firm has never been black listed by any organization.</p>	
<p>16. Details of the DD/Pay Order of Rs.2,00,000.00 towards bid security (EMD)                  DD No.                  Date:                  Payable at-</p>	<p>Detail of cost of Tender for Rs. 1100/-                  DD No.                  Date:                  Payable at-</p>

Declaration by the Tenderer:

This is to certify that I/We before signing this tender have read and fully understood all the terms and conditions contained herein and undertake myself/ourselves to abide by them.

- Encls: 1. DD/Pay Order (if tender form is downloaded from the website of this Institute)  
2. FDR/DD  
3. Terms & Conditions (each page must be signed and sealed)  
4. Financial Bid

(Signature of Tenderer with seal)

Name: .....

Address : .....

Place: .....

Date: .....

Tender Dietary services in AIIMS Raipur (Chhattisgarh)

FINANCIAL BID

(In sealed Cover-II super scribed "Financial Bid")

To,  
Administrative Officer  
AIIMS Raipur, Tatibandh  
Raipur (Chhattisgarh)

Dear Sir,

Our quote rate for dietary services in 200 bedded hospital of AIIMS, Raipur is as follows (amount in rupees):

Type of diet	Bed Tea	Breakfast/ Mid morning	Lunch	Evening	Dinner	Total Amount
General diet 1000 kcal-Diet 1						
General diet 1200 kcal-Diet-2						
General diet 1400 kcal-Diet-3						
General diet 1600 kcal-Diet-4						
Normal diet 1800 kcal-Diet-5						
Average price (Diet 2 and Diet 5)						
2000 kcal-Diet-6						
2200 kcal-Diet-7						
2400 kcal-Diet-8						
2600 kcal-Diet-9						
2800 kcal-Diet-10						
3000 kcal-Diet-11						
30g. Protein Renal Diet-12						
40g Protein Renal Diet-13						
50g Protein Renal Diet-14(On Dialysis)						
Gluten Free Diet-15						

Type of diet	Bed Tea	Breakfast/ Mid morning	Lunch	Evening	Dinner	Total Amount
Liquid diet -1						
Liquid diet -2						
Liquid diet -3						
Liquid diet -4						
Liquid diet -5						
Liquid diet -6						
Liquid diet -7						
Liquid diet -8						
Liquid diet -9						
Liquid diet -10						
Liquid diet -11						
Liquid diet -12						
Liquid diet -13						

The above quote should include all applicable taxes. L1 will be decided on the basis of average price quoted for the Diet 2 and Diet 5 only. Tenderer will also quote the price for all the other specific diets.

Declaration by the Bidder:

1. This is to certify that I/We before signing this tender have read and fully understood all the terms and conditions contained in Tender document regarding terms & condition of the contract, rules regarding daily functioning of the mess with penal clauses. I/we agree to abide them.
2. No other charges would be payable by Client and there would be no increase in rates during the Contract period.

(Signature of Bidder with seal)

Place: .....

Name:

Date: .....

Seal:

Address

Tender for Dietary Services for AIIMS Hospital  
Raipur (Chhattisgarh)

TERMS & CONDITIONS OF CONTRACT  
(Annexure to Agreement)

The important Terms and Conditions for the dietary services in AIIMS, Raipur are listed below for convenience.

**Terms & Conditions**

1. Tender should be addressed to the Administrative Officer, All India Institute of Medical Sciences, Raipur and submitted under sealed cover failing which the tender shall be rejected. Terms and conditions for supply should invariably be indicated otherwise would be taken on its face value. The rates may be quoted only on financial bid sheets failing which the tender(s) will be rejected.
2. Mixed quotations will not be considered for acceptance.
3. TENDER SHOULD INVARIABLY BE SUBMITTED IN TWO BID SYSTEM CONTAINING TWO PARTS AS DETAILED BELOW:  
PART-I: TECHNICAL BID IN ONE SEALED COVER.  
PART-II: - FINANCIAL BID IN ONE SEALED COVER.
4. Please note that price should not be indicated in the technical bid. The Pre-qualification documents including E.M.D./Bid Security as required in the tender document should invariably be accompanied with the technical bid Tenders submitted without following two-bid system procedure as mentioned above would be summarily rejected.
5. THE TENDER DOCUMENTS DOWNLOADED FROM THE WEBSITE :- The bidder must download the tender documents directly from the website required to submit the tender cost fee of Rs. 1100/- by way of separate demand draft drawn in favour of "AIIMS RAIPUR" and the same should essentially be enclosed along with the technical bid. The bidders should specifically super scribe, "DOWNLOAD FROM THE WEBSITE" on the top left corner of the outer envelop containing technical bid and financial bid separately. In no case, the tender cost fee should be mixed with EMD amount. The tenders not following the above procedure will be summarily rejected.
6. The tenderer should have been in such business in hospital of more than 200 bedded for a period of at least for 3 years in the country in relation to the dietary service for experience which the quotation / tender are submitted. The vendor on a non-judicial stamp paper should give a declaration to the effect.
7. Tenderer will quote the price for the general diet and price for the other specific diet should be quoted in proportion of general diet. (For example diabetic diet, hypertension diet etc.)
8. The vendor is required to submit performance report from other similar organization where it is registered for dietary service. The firm should also submit list of organization where it is running its service in the last three years.

9. Surprise visit to the premises where it is running the dietary services, by the representatives of the institute shall be made to assess vendor capacity and standing.
10. Experience in working with 150 bedded Hospital / Hostel in implementation of similar projects.
11. Vendor should submit statement of financial standing from any nationalized bank. The name of the bank / firm along with full address should be furnished. Vendor may also produce balance sheet of last three years.
12. Each tenderer should be accompanied by earnest money deposit of 2,00,000/- (Rupees two lacs only) in form of FDR/DD from any nationalized bank ( Valid for one year from the date of opening of tender ).

TENDERS NOT ACCOMPANIED BY EMD & HAND WRITTEN QUOTATIONS WILL BE SUMMARILY REJECTED.

13. The Vendor should give a certificate that the firm has not been black listed in the past by any Government/Semi-govt./ Semi Govt. / private institution.
14. The vendor has to give an affidavit on a Non –judicial paper that there is no vigilance / CBI case pending against the firm/ supplier.
15. If the tenderer give a false statement on any of the above information, the firm / supplier will not be considered and their quotation shall be deemed to be rejected and security deposit will stand forfeited.
16. Rates quoted should be valid for 12 months from the date of opening of tender for its finalization.
17. Force measure will be accepted on adequate proof thereof.
18. The AIIMS, Raipur shall be the final authority to reject full or any part of the supply which is not confirming to the specification and other terms and conditions.
19. The Director, AIIMS, Raipur reserves the right to cancel/reject full or any part of the tender which do not fulfill the conditions stipulated in the tender.
20. Tenderers submitting tenders would be considered to have considered and accepted all the terms and conditions. No enquiries, verbal or written, shall be entertained in respect of acceptance or rejection of the tender.
21. The quantity shown in the tender can be increased or decreased to any extent depending upon the actual requirement.
22. Any action on the part of the tendered to influence anybody in the said Centre/Institute, will be taken as an offence, he will not be allowed to participate in the tender enquiry and their offer will not be considered.

**PROCESSES TO BE UNDERTAKEN BY THE VENDOR FOR DIETARY SERVICE Operational**

1. Time schedule & Menu planning, preparation and cooking of the normal diet, Therapeutic diet and Enteral feeds in hospital (AIIMS, RAIPUR) kitchen as per the instructions of the Dietary In-charge. (Terms and condition are enclosed as per Section B:Annexure I-V). The preparation of various diets will be under direct supervision of the Institute's dietician.
2. All type of nutritional supplements (for all types of patients including RT feed) shall be provided by the contractor.
3. The vendor shall be responsible for procurement of all the raw food materials (only from laboratory tested reputed firms and AGMARK marked where ever possible).
4. It will be the responsibility of the vendor for transportation of the prepared diet to the patient according to specific requirement, in a covered trolley / already prearranged trays under hygienic conditions.
5. Stainless Steel crockery should be used for indoor patient and disposable crockery as required..
6. Contractor will be responsible for collection, washing and cleaning with safe & standard quality of cleaning material, of the serving trays / utensil/ bottles etc (in case of non-disposable).
7. The vendor will be responsible for safe disposal of the left over food/ vegetable peels/ and other kitchen garbage as per the prevailing norms of the Nagar Palika Parishad, Raipur.
8. The vendor shall be responsible for providing food to patients in emergency as per instructions of dietary in-charge at times other than specified timings in the diet schedule including night (example when patients goes for some test or investigations).
9. The vendor will be responsible for entire cleanliness of kitchen and hygiene of staff deployed by the vendor.
10. If disposables are used in any step of dietary service, they should be disposed off, as per Raipur Nagar Palika Parishad requirement from time to time.
11. Only LPG or Electricity will be used for cooking. No Coal, wood or any other fossil fuel shall be used as fuel for cooking of food, heating of food etc.
12. The vendor will need to have a meeting with In-charge of Dietary Department, AIIMS, RAIPUR once in a month/on call to review the services.

**Cleanliness**

The Vendor shall keep the kitchen scrupulously clean and in a sanitary condition to the satisfaction of the Dietary department and administration. It shall be the responsibility of the vendor to employ adequate number of cleaners and sweepers and provide them with adequate and necessary equipments/ chemicals for keeping the kitchen scrupulously clean. Anti rodent and pest control measures will also be strictly followed and is responsibility of the vendor. Gutka, Panmasala, tobacco, alcohol & smoking is strictly not allowed in Kitchen or other areas of hospital.

Manpower

The vendor shall employ adequate number of well trained & educated staff (bearers and cooks) at his own expense for the proper discharge of the responsibility entrusted to him under the Agreement and such employee shall be persons with enough experience. They shall be provided with uniforms, apron, and head gear by the vendor at his own cost and they are to be maintained in neat and tidy condition while on duty & the minimum qualification of Service Boys is 10<sup>th</sup> and for Supervisors is 12<sup>th</sup> Number of staff required is Supervisor (2 Nos. in morning & 2 Nos. in evening), Stewards – 7, Cook - 2, Cook helper-2, Utility Cleaner -2, Kitchen Cleaner – 2, No. of staff can be increased as per requirement of Dietary Department.

Medical examination of staff

The vendor shall employ only those persons in the kitchen who are found to be medically fit. Hospital reserves its rights to examine any of the employees for medical fitness without prior notice. Expenses, if any incurred by the AIIMS,

Raipur on medical examination of such employees, shall be borne and paid by the vendor

Equipments and maintenance

The vendor should procure and install all the equipments / machines of different capacities/ types, including cooking utensils, crockery and cutlery and serving dishes according to the menu. All machines must be cleaned every day after use, at regular interval. Preventive maintenance is a must.

Wages to employees and Insurance

The vendor shall comply with the laws applicable to employees working in the kitchen regarding working hours, minimum wages, safety, cleanliness, leave, over time allowances, provident fund, retrenchment benefit, medical benefit etc. If on account of non-compliance with the provisions of any such laws, AIIMS, RAIPUR, is called upon to make any payment to or in respect of his employees, the vendor shall fully reimburse to Institute all such payment and Institute shall be free to make deductions on this account from the amount of Security Deposit, in which case, the vendor shall immediately pay to the Institute such amount as may be necessary to make up the required security Deposit, or from the dues which may be payable by Institute to the vendor. The vendor will sign an Indemnity Bond in favor of AIIMS, Raipur to this effect.

Security and safety

The AIIMS, Raipur shall not be held responsible for any loss or damage due to any reasons whatsoever to any type of inventory that may be kept in the said Kitchen store by the vendor. The premises provided to the vendor should only be used for the purpose as mentioned in the contract (i.e. Dietary services for Trauma Centre only). Under no circumstances, should the premises be used for any other purpose, than what has been mentioned in the contract.

Payment towards Electricity and water

The vendor will incur all Bills towards electricity and water expenses. Charges on account of Electricity consumed for the purpose of light, fans, refrigerator, water coolers, sterilization equipment and any other electrical equipments and appliances, shall be metered and the vendor will have to pay electricity charges for availing of this facility on demand.

AIIMS, RAIPUR MANAGEMENT SHALL HAVE THE RIGHT,

- (A) To stop the supply of or to destroy any article of food or drinks sold if found adulterated, contaminated or of unsatisfactory quality.
- (B) To stop the service rendered by the vendor in the Dietary service, which is not of the requisite standard.
- (C) AIIMS, Raipur management shall demand and be supplied with a sample of any article of food or drinks for inspection and analysis.
- (D) The vendor shall allow the official of the AIIMS, Raipur to enter the kitchen in order to inspect and execute, any Structural additions and alterations or repairs to the said kitchen premises, repairs to electric, water and sanitary installations, which may be found necessary from, time to time. The time and date for this purpose will be fixed with the mutual convenience of both the parties.

COMMITMENTS BY THE HOSPITAL

Space and accommodation requirement

Place and accommodation for the kitchen will not be provided by the AIIMS, Raipur. In case during the period of contract. A notice for a period of three months must be given to the vendor and vice-versa.

Kitchen Dietician

The kitchen dietician from the Institute will be appointed, who will be over all incharge so that proper dietary services are followed.

1.SCOPE OF WORK

- a) Purchasing, Processing, cooking and serving of food and therapeutic diets to all indoor patients as required by AIIMS, Raipur.
- b) The number of daily diets for indoor patients shall be as per occupancy of beds in the wards of AIIMS, Raipur on actual basis except those who are NPO (Nil per Oral). No payment will be paid for NPO Patients. The available bed strength is as under: General Ward - 150 beds (can be extended upto 200 beds)
- c) More than 85% of patients are taking diet.

**2. CONTRACTOR ON HIS PART SHALL BE RESPONSIBLE FOR :**

To arrange quality ration items from the market at his own cost required for contract services. The contractor will prepare and make supplied as per specifications given in the Section B (Annexure I - V) Ration so procured will have to meet the optimum quality and be to the satisfaction of vis-à-vis. Concerned Dietician/Chief Dietician/any other officer so deputed for the purpose.

- a) To prepare and process the cooking of food and to ensure that the same is supplied/distributed and served at fixed timing as per the diet schedule in the requisite area
  - i) To make arrangements for deployment of staff and supervise their work.
  - ii) All the workers to be deployed will get declared medically fit from any Government hospital at his own Cost. Thereafter, their health check up will be got done twice in a year i.e. after every six months at the cost of the contractor. Immunization of the workers for different infective diseases shall be got done by the contractor at his own cost.
  - iii) All workers of the contractor shall wear the prescribed uniform at the time of duty and shall display identity cards so supplied by the contractor.
  - iv) The contractor shall supply a list of all the workers so deployed to the office of the Medical Superintendent/Consultant Dietician before they are put to work. Similarly he/she will also inform immediately in case any workers has been changed.
  - v) All the workers shall be paid the wages by the contractor as per the Labour Laws and he/she shall submit a certificate every month in this regard.
  - vi) All workers deployed shall primarily be the workers of the contractor. The Institute will have no obligation; they will have no right to claim any job from the AIIMS, Raipur on this account.
  - vii) The contractor will ensure to provide bed to bed meal services within the prescribed timings. The contractor will ensure that the food / the therapeutic diet is served to the patients on their beds in each ward at all levels in trays as required and the empty trays are collected back after meals for cleaning.
- b) The contractor shall be liable to obtain any license under the Food Act at his own from the competent authority as required under the relevant rules and submit a copy of the same to the Institute.
- c) Routine day to day maintenance of the area relating to Public Health, Civil & Electrical services will be the responsibility of the contractor.
- d) The cleanliness of the area is the entire responsibility of the contractor. He will engage safaiwalas at his own cost. He shall ensure that all waste so generated in the area is transported in appropriate manner to the designated refuse points in the AIIMS, Raipur.
- e) Catering activities will be carried out on all days of work all the year round including Sundays and holidays.

3. INSTITUTE OBLIGATIONS:

The Institute will provide following facilities to the Contractor:

- a) Stores space and ward pantries as per drawings available with Medical Superintendent, AIIMS Raipur.
- b) Annual maintenance of the public health services, electrical and relating to civil works in the Building Complex shall be provided by the Institute.
- c) The electricity and water charges will be borne by the Contractor.
- d) For hospital indoor patients food service crockery, cutlery and service dishes trays, feed bottles shall be provided by the Contractor.
- e) Fuel gas connection with pipeline, distribution and control fixtures shall be provided by Contractor alongwith day to day gas consumption and its running cost. He/She shall procure the gas at his own level.

4. TENURE OF CONTRACT:

Tenure of contract shall be for 1 year in the first go. The same can be extended for mutually agreed period if so requested and assessment of satisfactory performance of the work.

5. REPORTS AND INSTRUCTIONS:

- a) The Contractor/his representative shall take daily instructions/orders regarding diets/feeds changes on daily basis as per the patients' needs as mentioned in the section B (Annexure I-V) for the work to be undertaken or relating to the contract from the Dietician/any other officer assigned for the job that shall be officer in-charge to supervise the work of the contractor and verify the bill accordingly.
- b) The concerned Dietician shall be entitled to deviate either by addition or by deletion of items of work in the said specification.
- c) Routine notices/instructions/orders shall be given by the Dietician/any other officer so deputed by the Institute.

6. PENALTIES AND RECOVERIES:

- a) In the event of contractor's failure
  - i) to supply meals
  - ii) carry out related jobs on any day/days
  - iii) quality of food as prescribed

The Institute will have recourse to make an alternative arrangement and a penalty double the amount so spent on this account shall be recovered from the Contractor and he will have to pay back that amount within two weeks to make up the deficiencies, failing which the same shall be recovered from the next bill.

- b) Recovery of the penalty as mentioned above shall continue to be imposed up to seven days consecutively. Thereafter the contract shall be furnished without any notice and the bank guarantee forfeited.

7. COMPENSATION:

- a) For any loss or damage caused to the property of the Institute by the Contractor or his workers, the Contractor shall be liable to pay compensation to the extent to be decided by the Institute.
- b) The Contractor, in addition to fine, shall also be liable to compensate the Institute of any liability which may fall on the Institute for breach of any term of the contract or for violation of provision of the Contract by him during his tenure as Contractor.

8. Payment:

Payment to the contractor against the dietary services provided, shall be made month-wise as per actual numbers of diets provided to patients duly verified by the ward I/C, after submitting the bills along with other relevant supporting documents. Bills are to be submitted to Medical Superintendent, AIIMS Raipur.

9. ADDITIONAL TERMS AND CONDITIONS:

- 1) The successful bidder should deposit Performance Security money of 10% of the tender cost either in the form of Bank Guarantee or DD/FDR valid upto 3 months in addition to the validity of contract period in favour of "AIIMS, Raipur" before signing the agreement.
- 2) The Contractor shall deploy the required personnel to provide the said service and immediately communicate the names and residential address, age etc. of the persons as and when deployed or changed from time to time.
- 3) For the purpose of proper identification of the employee of the contractor deployed at various points, the Contractor shall himself issue them the Identity cards/identification document to his employees and they shall be duty bound to display the identity cards at the time of duty. The employees deployed by the contractor would be required to wear uniform supplied by him during cooking and service meals on duty.
- 4) The competent authority or any their representative so authorized shall be at liberty to carry out any surprise check on the working of the contractor.
- 5) The competent authority of the institute or any authorized representative can check the food qualities prepared in the Hospital Kitchen at any time and can also take samples of the same to be tested in the Institute. In case, on testing the quality of food is not found up to the mark, action as deemed fit will be taken against the contractor. Any decision taken by the competent authority in this regard shall be final. The contractor shall take daily orders for the work to be undertaken regarding quality and verify of food to be served from the schedule given.
- 6) The persons deployed by the contractor for the work shall be the employees of the contractor for all intents and purposes and in no case, there shall be any relationship of employer and employee between the said persons and the Institution.
- 7) The persons so deployed shall be under the overall control and supervision of the contractor and the contractor shall be liable for payment of their wages etc. and all other dues which the contractor is liable to pay under the various Labour Regulation and other statutory provisions. The Institute shall be absolved of any such liability at its own level.
- 8) The uniforms will be supplied by the contractor at this own cost, to the persons deployed for this work, as per this Institute instructions.

- 9) The contractor shall take all reasonable precautions to prevent any unlawful riots or disorderly conduct or acts of his employees so deployed and for the preservations of peace and protection of persons and property for the Institution.
- 10) In case any of the persons so deployed by the contractor indulge in any unlawful activity or disorderly conduct, the contractor shall take suitable action against such employee.
- 11) In case of any complaint/defect pointed out by the Institute/Authorities, the contractor shall immediately replace the particular person so deployed without further arguments.
- 12) The contractor shall keep the Institution indemnified against all the loss caused to the Institute property by way of theft, mishandling or otherwise and the claims whatsoever in respect of the employees deployed by the contractor so deployed enters in dispute of any nature whatsoever, it will be the sole responsibility of the contractor concerned to contest the same. In case institution is also made a party and is supposed to contest the case, the cost, if any of the actual expenses incurred towards counsel fee and other expenses shall be paid to the Institute by the contractor in advance on demand. Further, the contractor shall ensure that no financial or any other legal liability comes on the Institution in the respect of any nature whatsoever for the act done by the person of the contractor and shall keep the institution indemnified in this respect.
- 13) The Institution shall have further right to adjust or readjust or deduct any of the amounts as aforesaid from the payments to be made to the Contractor under this Contract or out of the bank guarantee of the Contractor.
- 14) The Contractor shall furnish an indemnity bond from Insurance Company at its own cost of indemnifying Institute against any claim arising out of or connected with this agreement.
- 15) In the event of exigencies arising due to the death, infirmity, insolvency of the contractor or/for any other reason or circumstances liabilities thereof of the contract shall be borne by the following on such terms and conditions, as the Director/Medical Superintendent, AIIMS, Raipur may further think proper in Public Interest on revoke the contract, namely:
  - (a) Legal heirs in case or sole proprietor;
  - (b) The next partners in the case of Company or Institution otherwise the competent authority of the institute shall reserve the right to settle the matter according to the circumstances of the case as he may think proper.
- 16) The pre-bid meeting for this tender will be held on 28.08.2013 at 11 am in AIIMS Raipur.

Section:B  
General Diets

Annexure -1

**Diet scale: 1000 Kcal –1**

Food items included per patient per day(Raw Unit)Quantity (Amounts)

Milk	250 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1 large slice=30g )
Whole wheat Atta / Rice	100 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	200 g
Roots & Tubers	25 g
Fruits	120 g
Cooking Oil (Refined)	10 ml
Spices &condiments I&II	5-10g
Salt	5-10g

Nutritive Value:

Energy	1042 (Kcal)
Carbohydrate	156 (g)
Protein	44 (g)
Fat	22 (g)
Sodium	426 (mg)
Potassium	1617(mg)

Sample Menu per day:

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
Lunch	Chapathi	1 no.	1 medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal / Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (medium size)
Evening	Tea	1 cup	150 ml
Dinner	As same as lunch		

**Note: 1.Curds and fruits will be served only in the lunch****2. Rice will be served once****3. Please see the general instructions.**

**Diet scale :1200 Kcal Diet- 2****Food items included per day(Raw Unit) Quantity (Amounts)**

Milk	250 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1large slice=30g )
Whole wheat Atta / Rice	125 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	250 g
Roots & tubers	50 g
Fruits	120 g (1 medium)
Cooking Oil (Refined)	10 ml
Spices &condiments I&II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1200 (Kcal)
Carbohydrate	175 (g)
Protein	50 (g)
Fat	30 (g)
Sodium	450 (mg)
Potassium	1725 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large size=30g )
Lunch	Chapathi	2 nos.	1medium size roti =25 g atta (raw unit )
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/Pulses/ legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100 g (cooked weight)
	Roots & tubers	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (medium size)
Evening	Tea	1 cup	150 ml
Dinner	As same as lunch		

**Note: 1. Curds and fruits will be served only in the lunch 2. Rice will be served once  
3. Please see the general instructions.**

**Diet scale: 1400 Kcal Diet-3****Food items included per patient day(Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1large slice =30g)
Whole wheat Atta / Rice	150 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	300 g
Roots & tubers	50 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1400 (Kcal)
Carbohydrate	217 (g)
Protein	65 (g)
Fat	36 (g)
Sodium	622 (mg)
Potassium	1996(mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
	Milk	1glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
<b>Lunch</b>	Chapathi	2 nos.	1 medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal/Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g(1 medium)
<b>Evening</b>	Tea	1 cup	150 ml
<b>Dinner</b>	As same as lunch		
<b>Bed Time</b>	Milk	1 glass	200 ml

**Note: 1.Curds and fruits will be served only in the lunch 2.Rice will be served once  
3.Please see the general instructions.**

**Diet scale: 1600 Kcal Diet-4****Food items included per patient per day (Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g (packed)
Bread(Whole wheat Atta )	2 slices (1large slice=30g)
Paneer / Egg	25g / 50g
Whole wheat Atta / Rice	150 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	400 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Sugar	10 g
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1665 (Kcal)
Carbohydrate	251 (g)
Protein	68 (g)
Fat	36 (g)
Sodium	892 (mg)
Potassium	2556 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
	Paneer / Egg	1 slice/1 medium	25g/50g
Lunch	Chapathi	2 nos.	1medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/ Pulses/ legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (1medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwich	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Note: 1. Curds and fruits will be served in the lunch 2. Rice will be served twice  
3. Please see the general instructions.**

**Diet scale:1800 Kcal Diet-5 (Normal Diet)****Food items included per patient per day(Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g (packed)
Bread (whole wheat atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice =30 g)
Paneer / Egg	25g/50g (1 slice/ 1medium size)
Whole wheat Atta / Rice	200 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Sugar	10 g
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1822 (Kcal)
Carbohydrate	290 (g)
Protein	70 (g)
Fat	40 (g)
Sodium	920 (mg)
Potassium	2719(mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread/Cornflakes/Oats/ Dalia	2 slices	60 g (1large slice=30g)
	Paneer / Egg	1slice/1 medium size	25g/50g
Lunch	Chapathi	3 nos.	1 medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal /Pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 medium	120 g
	Evening Snacks	Tea	1 cup
Biscuits		5 Nos.	25g (or)
Sandwich		1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Note: 1.Curds and fruits will be served only in the lunch 2. Please see the general instructions.**

**Diet scale:2000 Kcal Diet -6 (High protein diet)****Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	500 ml
Curd	100 g (packed)
Paneer/Egg	50g/ 50g (1slice/1 medium size)
Bread (Whole wheat Atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice= 30 g)
Whole wheat Atta / Rice	200 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g
Cooking Oil (Refined)	20 ml
Sugar	20 g
Spices & Condiments I &II	5-15g
Salt	5-15g

**Nutritive Value:**

Energy	2027 (Kcal)
Carbohydrate	315 (g)
Protein	75 (g)
Fat	45 (g)
Sodium	940 (mg)
Potassium	2970 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread / Cornflakes/Oats/ Dalia	2 slices	60g(1large slice=30g)
	Paneer/egg	2 slice/1medium	50 g /50 g
Mid Morning	Soup	1 glass	200 ml
Lunch	Chapathi	3 nos.	1 medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Curds	1 cup	100g (packed)
	Fruits	1 serving	120 g (1Medium)
	Evening Snacks	Tea	1 cup
	Biscuits	5 Nos.	25g (or)
	Idly/Sandwiches/Dhokla	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Note: 1.Curds and fruits will be served only in the lunch 2.Please see the general instructions.**

**Diet scale:2200Kcal Diet-7(High protein high calorie)****Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	600 ml
Curds	200 g (packed)
Paneer/Egg	50 g/50g (1 slice/1 medium )
Butter/Jam	10g
Bread (whole wheat atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice=30g)
Whole wheat Atta / Rice	225 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & Tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	20 ml
Sugar	20 g
Salt	5-15g
Spices & condimentsI&II	5-15g

**Nutritive Value:**

Energy	2200 (Kcal)
Carbohydrate	340 (g)
Protein	90 (g)
Fat	58 (g)
Sodium	975 (mg)
Potassium	3159(mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice=30g)
	Paneer/egg	1slice/1 medium unit	25g / 50g
	Soup	1 glass	200 ml
Lunch	Chapathi	3No's	1medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal/Pulses/Legumes	1 Karchi	25g (raw unit)=125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	120 g (2Medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwich/Dhokla/Idly	1 serving	1 slices
Dinner	As same as lunch		
Bed Timeok	Milk	1 glass	200 ml

- Note:**
1. Curds and fruits will be served
  2. Chapathi will be 3 no's in dinner
  3. Please see the general instructions

**Diet scale:2400Kcal Diet-8 (High Carbohydrate Diet)****Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	600 ml
Curds	200 g (packed)
Paneer/Egg	50g/ 2 medium size (1 medium egg=50g)
Jam	10 g
Butter	10g (2 tsp)
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Whole wheat Atta / Rice	250 g
Whole pulses / legumes / Dal3	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	20 ml
Sugar	20g
Custard /Rice/Sevai/Suji/Rice flakes	50g
Salt	5-15g
Spices & condiments I&II	5-15g

**Nutritive Value:**

Energy	2400 (Kcal)
Carbohydrate	347 (g)
Protein	95 (g)
Fat	74 (g)
Sodium	1064 (mg)
Potassium	3365 (mg)

**Sample Menuper day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Paneer/egg	2 slices/2Medium	50g/2egg (1 medium size=50g)
	Bread	2 slice	60g ( 1 large slice =30g)
	Butter	10g	2 tsp (1cube)
	Jam	10g	2 tsp (1cube)
Lunch	Salads	1 Big spoon	80 g
	Chapathi	4 nos.	1 medium size roti =25 g atta raw unit
	Rice	1 Karchi	25 g raw unit = 75 g cooked weight
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g cooked weight
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato	1 karchi	100g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	2serving	200 g(2medium)
	Custard /Rice/Sevai/Suji/Rice flakes	1 karchi	100g (cooked weight)
	Evening Snacks	Tea	1 cup
Biscuits		5 Nos.	25g (or)
Sandwiches		1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Note: 1.Curds and fruits will be served only in the lunch 2 .Please see the general instructions.**

**Diet scale: 2600 Kcal Diet-9**

Food items included per patient per day(Raw Unit)	Quantity (Amounts)
Milk	700 ml
Curds	200 g (packed)
Paneer/Egg	50/ 2 Nos.(1medium size=50g)
Bread (Whole wheat Atta)	2 slices (1 large slice=30g)
Butter	10 g (2tsp/1cube)
Jam	10 g (2tsp/1cube)
Dalia/cornflakes/rice flakes	25g
Whole wheat Atta / Rice	250g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g
Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	20 ml
Sugar	20 g
Custard /Rice/Sevai/Suji/Rice flakes Sago	50g
Salt	5-15g
Spices & condiments I&II	5-15g

**Nutritive Value:**

Energy	2600 (Kcal)
Carbohydrate	366(g)
Protein	110(g)
Fat	78(g)
Sodium	1097 ( mg)
Potassium	3515 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Breakfast	Milk	1 ½ glass	300 ml
	Bread	2 slices	60 g (1 large slice=30g)
	Paneer/egg	1slice/ Medium	25g/50 g
	Butter	2tsp/1cube	10g
	Jam	2tsp/1cube	10g
	Dalia/cornflakes/rice flakes	1 karchi	75g (cooked weight)
Lunch	Chapathi	4no's	1 medium size roti =25g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato/finger chips	5 no's	100g/25g (cooked weight)
	Custard/Rice/Sevai/Suji/Rice flakes	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	2 serving	200 g (2 medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

- Note :**
1. Curdds and Fruits will be served only in the lunch,
  2. Two cereal items will be served in the breakfast
  3. Please see the general instructions

**Diet scale :2800 Kcal Diet-10****Food items included per patient per day (Raw Unit) Quantity (Amounts)**

Milk	750 ml
Curds	200 g (packed)
Paneer/Egg	100 g/4 Nos(1 medium size =50 g )
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Butter	10 g (2tsp/1 cube)
Jam	10g (2tsp/1 cube)
Dalia/cornflakes/rice flakes	25g
Whole wheat Atta / Rice	250g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g
Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	25 ml
Sugar	25 g
Custard /Rice/Sevai/Suji/Rice flakes/Sago	50 g

**Nutritive Value:**

Energy	2808(Kcal)
Carbohydrate	379 (g)
Protein	115 (g)
Fat	92 (g)
Sodium	1191( mg )
Potassium	3614 (mg)

**Sample Menuper day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice)
	Paneer/egg	4slices/4 eggs	100 g/ 1Medium size egg=50 g
	Butter	2tsp	10g(1cube)
	Jam	2tsp	10g( cube)
	Dalia/cornflakes/Rice flakes	1 karchi	75g(cooked weight)
Lunch	Chapathi	4 nos	1 medium size roti =25 g atta(raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g ( raw unit)
	Dal/Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato/finger chips	5 nos.	25g (cooked weight)
	Custard /Rice/Sevai/Suji/Rice flakes/Sago	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	200 g (2 medium)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Note:** 1. Curd and fruit will be served in the lunch 2. Two cereal item will be included in the breakfast 3. Please see the general instructions

**Diet scale:3000 Kcal Diet-11 (Special Diet)****Food items included per day patient per(Raw Unit) Quantity amounts)**

Milk	800 ml
Curds	200 g (packed)
Paneer/Egg	100g /4 egg(1 medium size egg=50g)
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Butter	10g (2tsp/1cube)
Jam	10g (2tsp /1cube)
Dalia/cornflakes/ riceflakes	25 g
Whole wheat Atta / Rice	300g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g
Evening Snacks	25 g
Cooking Oil (Refined)	25 ml
Sugar	25 g
Custard /Rice/Sevai/Suji/Rice flakes/sago	50 g
Salt	5-15g
Spices & Condiments I& II	5-15g

**Nutritive Value:**

Energy	3013 (Kcal)
Carbohydrate	415(g)
Protein	120(g)
Fat	99(g)
Sodium	1356 (mg)
Potassium	3844 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice=30g)
	Dalia/cornflakes/Rice flakes	1 karchi	75g (cooked weight)
	Paneer/egg	4slices/ 4 Nos.	100 g /1Medium size=50 g
	Butter	2tsp	10g /1 cube
	Jam	2tsp	10g /1 cube
Lunch	Salad	1 big spoon	80 g
	Chapathi/parantha	5 nos./3	1 medium size roti =25 g raw unit
	Rice	1 Karchi	25 g raw unit = 75 g raw unit
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	3 Karchi	300g (cooked weight)
	Mashed potato/finger chips	1karchi/5no's	100g/25g (cooked weight)
	Custard Rice/Sevai/Suji/Rice flakes/Sago	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	200 g (2medium)
	Evening snacks	Tea	1 cup
Biscuits		5 Nos.	25g (or)
Sandwiches		1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

- Note: 1. Curds and fruits will be served only in the lunch**  
**2. Two cereal items will be included in the breakfast**  
**3.Please see the general instructions**

**Annexure –II****Diet scale: 30 g Protein Renal diet-12**

Milk	250 ml
Curds	100 g (packed)
Paneer/Egg	25g/ 1no (50 g medium size)
Unsalted Butter	10g
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Arrow root Biscuit	25 g (15 Nos.)
Whole wheat Atta / Rice	50g
Arrow root powder	50g
Sago	50g
Seasonal vegetables	250 g
Potato after leaching	50 g
Fruits	120g(1 medium size)
Cooking Oil (Refined)	30 g
Sugar	30 g
Sago	50g
Salt	2-3g
Spices & condiments I I &II	5-10g

**Nutritive Value:**

Energy	1623 kcal
Carbohydrate	242(g)
Protein	31(g)
Fat	59(g)
Sodium	465(mg)
Potassium	1168 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large size=30g)
	Paneer/Egg	25g/50g	1slice/1Medium size
	Unsalted Butter	10g	2tsp/1 cube
Lunch	Chapathi	1no.	1 medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1 Karchi	100 g (cooked weight)
	Mashed potato curry	1 karchi	50g (cooked weight)
	Fruits	1 serving	120 g (1 medium size)
	Curds	1 cup	100 g (packed)
	Sago khichri	1 karchi	25 g raw unit= 100 g (cooked weight)
Evening snacks	Custard Rice/Sevai/Suji/Rice flakes/Sago	1karchi	100g (cooked weight)
	Tea	1 cup	150ml
	Arrow root biscuits	15 Nos.	25 g (or)
Dinner	Sago vada	2 Nos.	60g
	As same as lunch		

**Note: 1. Curds and fruits will be served only in the lunch.****2. Please see the general instructions.**

**Diet scale:40g Protein Renal Diet -13**

<b>Foods included per patient per day (Raw Unit)</b>	<b>Quantity(Amounts)</b>
Milk	400 ml
Curds	100 g (packed)
Paneer/Egg	25g / 50 g (1 slice/1 medium size)
Bread (Whole wheat Atta)	2 slices (1large size=30g)
Arrow root Biscuit	25 g (15 Nos.)
Whole wheat Atta / Rice	100g
Arrow root powder	50g
Seasonal vegetables	250 g
Potato after leaching	100 g
Fruits	120 g ( 1 medium )
Cooking Oil (Refined)	40 ml
Sugar	35g
Sago	50g
Custard/rice/sevian/rice flakes	50g

**Nutritive Value:**

Energy	1842 kcal
Carbohydrate	313(g)
Protein	42(g)
Fat	60(g)
Sodium	506(mg) (22 meq)
Potassium	1513 (mg) (38 meq)

**Sample menu per day:**

<b>Meal Pattern</b>	<b>Meals</b>	<b>Quantity</b>	<b>Amounts</b>
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large slice=30g)
	Paneer/egg	25g/50g	1slice/1 Medium size
	Unsalted Butter	2 tsp	10g
Lunch	Chapathi	2no.	1 medium size roti =25 g (raw unit )
	Rice	1 Karchi	25 g raw unit =75g (cooked weigh)
	Seasonal Vegetables	1 karchi	100 g (cooked weight)
	Mashed potato curry after leaching	1 karchi	50g (cooked weight)
	Curds	1 cup	100 g (packed)
	Sago khichri	1 karchi	50 g (cooked weight)
	Custard/rice/sevian/rice flakes	1 karchi	100g (cooked weight)
	Fruits	1serving	120g (1 medium size)
Evening snacks	Tea	1 cup	150 ml
	Biscuits	15 Nos.	25 g (or)
	Sago vada	2 Nos.	60g
Dinner	As same as lunch		

**Note: 1. Curds and fruits will be served only in the lunch**

**2. Please see the general instructions**

**50g Protein Renal Diet ( On Dialysis)-14**

Food items included per patient per day(Raw Unit)	Quantity(Amounts)
Milk	500 ml
Curds	200 g (packed)
Paneer/Egg	25g/50 g (1slice/1 medium size)
Unsalted Butter	10g
Bread (Whole wheat atta)	2 slices (1large size=30g)
Whole wheat atta/Rice	150 g
Arrow root Biscuit	25 g (15 Nos.)
Arrow Root Powder	50g
Dehusked dal	25 g
Sago	50
Seasonal vegetables	250 g
Potato after leaching	100 g
Cooking Oil (Refined)	20 ml
Sugar	20g
Custard/rice/sevian/rice flakes	50g
Fruits	120g (1 Medium size)

**Nutritive Value:**

Energy	2400 Kcal
Carbohydrate	374 (g)
Protein	50 (g)
Fat	80 (g)
Sodium	665 (mg )
Potassium	1633 (mg)

**Sample Menu per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large slice=30g)
	Dalia/cornflakes/Rice flakes	1 karchi	75g (cooked weight)
	Usalted butter	2tsp/1 cube	10g
	Paneer/egg	1slice/1Medium size	25g/50g
Lunch	Chapathi	4no.	1 medium size roti =25 g atta ( raw unit)
	Dehusked dal	1 Karchi	25g (rawunit)=125g (cooked eight)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1 karchi	100 g (cooked weight)
	Sago Khichri	1 karchi	50g (cooked weight)
	Mashed potato curry	1 karchi	100g (cooked weight)
	Curds	1cup	100g (packed)
	Custard/kheer/Rice/ rice flakes/Sevai/sago	1 karchi	100g (cooked weight)
Fruits	1 serving	120g(1Medium size)	
Eveningsnacks	Tea	1 cup	150 ml
	Arrow root Biscuits	15 Nos.	25 g (or)
	Sago vada	2 no's	60g
Dinner	As same as lunch		

- Note: 1. Curd and fruit will be served only in the lunch**  
**2. Please see the general instructions**

**Diet scale:Gluten Free Diet -15**

Food items included per patient perday (Raw Unit)

Quantity (Amounts)

Milk	500 ml
Curds	100 g (packed)
Rice flakes/ puffed rice	50g
Paneer/Eggs	25g/50g (1 slice/1 medium size)
Butter	10g
Jam	10g
Maize flour/rice flour/Rice	175 g
Whole Pulses/legumes/dal	50 g
Seasonal vegetables	400 g
Roots and tubers	100 g
Evening snacks	25 g
Fruits	120g ( 1 medium size)
Cooking Oil (Refined)	15ml
Sugar	15g

**Nutritive Value:**

Energy	1812 (Kcal)
Carbohydrate	270 (g)
Protein	70 (g)
Fat	40 (g)
Sodium	920 (mg)
Potassium	2718(mg)

**Sample Menu per day per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Rice flakes/Puffed rice/Besanchilla/Idli	1 karchi 2 small/2-3 Nos.	75g (cooked weight)
	Paneer/egg	25g/50 g	1 slice/1Medium
	Butter	2tsp/cube	10g
	Jam	2tsp/cube	10g
Lunch	Maize Chapathi	4no.	1 medium size roti =25 g maizeatta (raw unit)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1karchi	100 g (cooked weight)
	Whole pulses/legumes/dal	1karchi	25 g (raw unit)= 125g (cooked weight)
	Mashed potato/Finger chips	1 karchi/5no's	100g (cooked weight)
	Curds	1 cup	100g (Packed)
	Fruits	1 medium	120g
Evening snacks	Tea	1 cup	150 ml
	Rice flakes/ puffed rice /	1karchi	100g(cooked weight)
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200g

**Avoid:** Wheat & Wheat flour, Atta, Maida & maida products, Suji, Bread , Biscuits, Dalia, Cornflakes, Maggi , Noodles, Macaroni, Sauce, Semiyon.

**Note:** 1. Curds and fruits will be served only in the lunch

2. Please see the general instructions

## **General instructions for diet management**

### **No.1- Normal Diet & Therapeutic Diet {Annexure-I Diet No 1 to 11 (1000 Kcal-3000 Kcal)}**

#### **Diet no: 5 (1800 Kcal) will be considered as normal diet .**

The normal diet breakfast menu will be prepared only after consultation with dietician (to include milk Dalia/milk cornflakes/milk oats) etc. In case of diabetic diet from 1000-3000kcal Sugar, Banana, grapes, chikoo, mango, potato, arvi, zimikhand will not be added in the diet. It will be served only on recommendation basis if it is required.

Diet No:7(2200kcal) will be served in case of high protein high calorie diet on recommendation basis. Diet no:8 (2400- 2800) kcal will be served in case of high carbohydrate diet on recommendation basis.

3000 kcal diet will be served in case of special diet on recommendation basis (Plain/ stuffed with vegetable/paneer parantha will be served).

In case of soft and bland diet whole cereals, whole pulses , spices (Condiment I & Condiment II) & fiber will be restricted (dehusked dal – preferably moong dal will be served, refined wheat flour and refined wheat flour bread will be served and low fiber content of vegetables will be served on recommendation basis.

In case of semi solid diet Diet no:5 (1800 kcal) will be served (chapathi and salads will be restricted in the total diet) and kichiri,suji,dalia,ice cream custard / kheer will be served The ratio of kichiri& dal will be 1:1

In case of low salt diet, salt will be restricted in the total diet on recommendation basis.

In case of low cholesterol diet butter and fat will be limited.

In case of low purine diet whole pulses / legumes namely rajma,canna, dal channa, lobia and lentil dal will be restricted and cabbage, cauliflower ,beans ,raddish and palak will be restricted in the total diet on recommendation basis.

In case of low calcium & low oxalate diet all geern leafy vegetables & citrus fruits like lemon, orange, mossabi will be restricted in the total

diet on recommendation basis.

In case of low residue diet milk, whole cereals, whole pulses will be restricted in the total diet and curds, dehusked dal – preferably moong dal will be served on recommendation basis. Standardisation of the recipe will be done from time to time in the presence of the Dietician/stewards.

The preparation of the menu will be set by the dietician/stewards from time to time as per the season changes/seasonal vegetables available from the market.

Milk (3% fat) toned and curds packed from the reputed company will be used.

#### **No. 2 Annexure-II 30g, 40g and 50g Protein Renal Diet ( Diet no.-12,13,14)**

Ratio of Whole wheat atta& Arrow root powder = 1:1

Low potassium content of seasonal fruits (namely Papaya,Apple,Pineapple, William Pears,Pineapple slices/ cubes) will be served on recommendation basis.

High potassium content of seasonal vegetables namely Arvi ,Zimikhand,Lotusstem,Kathal,Plantain,sweetpotato,Palak and Bathuva will not be served on recommendation basis.

Potato to be leached (boiled and drained) for cooking on recommendation basis.

High potassium content of fruits namely Mango, Banana, Peaches Plums, Custard apple, Oranges, Mossambi,Melons will not be served on recommendation basis.

In case of renal with diabetic diet sugar, banana, grapes, chikoo, mango, potato, arvi, zimikhand will not be served in the diet. It will be served only on recommendation basis if it is required.

#### **No.3 Annexure-III Gluten Free Diet (Diet no.- 15)**

In case of restricted to wheat and wheat products the following food items are not to be served.

Wheat atta bread/MaidaBread, Dalia,WheatAtta,Noodles,Maggi Maida, Macaroni, Spahetth, Suji,Sevai, Wheat Atta Biscuits, Arrow Root Biscuits, Barley, Rye, oats.

#### **Foods to be included:**

Maize flour, Rice flour, channa flour, black channa flour will be included for making chappathi

Gluten free diet will be served on the variations of different calories as mentioned in the diet scale 1- 15

#### **Note:**

1. Including (all food materials) Salt,Bread, Curds (packed) & Milk (3% fat toned) will be purchased from the reputed company and agency
2. Sodium value have calculated only from food items (Salt have not included for calculation of sodium value)

**General ward Liquid diet { (Enteral feeds)-Blenderised}****Note: 1.Up to 20-25% will be on liquid Diet****2. Up to 3000 kcal and volume of feeds will be increased****Liquid Diet -1Half Strength Milk (500ml = 1 glucose bottle)****Food items included (Raw Unit) Quantity (amount)**

Milk (toned 3% fat) -	250 ml
Water	-250 ml

**Nutritive Value /500ml:**

Energy (Kcal)	74
Carbohydrate (g)	5.5
Protein (g)	4.0
Fat (g)	4.0
Sodium (mg)	20.0
Potassium (mg)	175.0

**Liquid Diet: 2Full Strength Milk (500ml = 1 glucose bottle)****Food items included (Raw Unit)Quantity (amount)**

Milk (toned 3% fat) -	500ml
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**Nutritive Value /500ml:**

Energy (Kcal)	296
Carbohydrate (g)	22
Protein (g)	16
Fat (g)	16
Sodium (mg)	160
Potassium (mg)	700

**Liquid Diet: 3Special Feed (500ml = 1 glucose bottle)****(High Protein High Calorie Feed)****Food items included (Raw Unit) Quantity (amount)**

Milk (toned 3% fat)	-375 (ml)
Sugar	-10 (g)
Refined Oil	-10 (g)
Corn starch	-15 (g)
Egg	-1 No (40g)
High protein supplement powder	-10(g)

**Nutritive Value /500ml:**

Energy (Kcal)	505
Carbohydrate (g)	42
Protein (g)	29
Fat (g)	27
Sodium (mg)	221
Potassium (mg)	597

**Liquid Diet: 4Diabetic Feed (500ml = 1 glucose bottle**

- **Diabetic Feed (As Same as Liquid Diet: 3 Special Feed except sugar  
(Note: Sugar will not be added in the diabetic feeds)**

**Nutritive Value /500ml:**

Energy (Kcal)	465
Carbohydrate (g)	42
Protein (g)	29
Fat (g)	27
Sodium (mg)	221
Potassium (mg)	597

**Liquid Diet: 5 Renal Feed (500ml = 1 glucose bottle**

**(30g protein / one liter)**

<b><u>Food items included ( Raw Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk (toned 3% fat)	-300
(ml) Sugar	-30 (g)
Refined Oil	-30 (g)
Corn starch	-kichiri 30 (g)
Egg	-1 No (40g)

**Nutritive Value /500ml:**

Energy (Kcal)	713
Carbohydrate (g)	60
Protein (g)	17
Fat (g)	44
Sodium (mg)	113
Potassium (mg)	468

**Liquid Diet: 6Renal Feed (500ml = 1 glucose bottle**

**(40g protein / one liter)**

<b><u>Food items included ( Raw Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk	-300
(ml) Sugar	-40 (g)
Refined Oil	-40 (g)
Corn starch	-30 (g)
Egg	-1 No (40g)
High protein supplement powder	-5 (g)

**Nutritive Value /500ml:**

Energy (Kcal)	887
Carbohydrate (g)	71
Protein (g)	20
Fat (g)	54
Sodium (mg)	113
Potassium (mg)	668

**Liquid Diet: 7 Diabetic Renal Feed (500ml =1 glucose bottle**  
**(30g protein / one liter)**

**Diabetic Renal Feed (As Same as Liquid Diet: 5 Renal Feed except sugar**  
**(Note: Sugar will not be added in the diabetic renal feeds)**

**Nutritive Value /500ml:**

Energy (Kcal) 573  
Carbohydrate (g) 50  
Protein (g) 17  
Fat (g) 44  
Sodium (mg) 113  
Potassium (mg) 668

**Liquid Diet: 8 Diabetic Renal Feed (500ml = 1 glucose bottle**  
**(40g protein / one liter)**

**Diabetic Renal Feed (As Same as Liquid Diet: 6 Renal Feed except sugar**  
**(Note: Sugar will not be added in the diabetic renal feeds)**

**Nutritive Value /500ml:**

Energy (Kcal) 727  
Carbohydrate (g) 61  
Protein (g) 20  
Fat (g) 54  
Sodium (mg) 113  
Potassium (mg) 668

**Liquid Diet: 9 Hepatic Coma Feed (500ml= 1 glucose bottle**  
**(0g protein)**

**Food items included ( Raw Unit)**

<b>Quantity</b>		<b>(amount)</b>
Rooafza (Rose Syrup)	-	50
(ml) Arrow root powder	-	50 (g)
Sugar (g)	-	100

**Nutritive Value /500ml**

Energy (Kcal) 568  
Carbohydrate (g) 142  
Protein (g) nil  
Fat (g) nil  
Sodium (mg) 2  
Potassium (mg) 14

**Liquid Diet: 10Hepatic Feed (500ml = 1 glucose bottle**

**Food items included ( Raw Unit) Quantity (amount)**

Moong Dal	-	15 (g)
Rice	-	15 (g)
Sugar	-	20 (g)
Coconut oil	-	20 (g)

**Nutritive Value /500ml:**

Energy (Kcal)	359
Carbohydrate (g)	40
Protein (g)	4.8
Fat (g)	20
Sodium (mg)	5.4
Potassium (mg)	182

**Liquid Diet:11 Curd based Feed (500ml = 1 glucosebottle**

**Food items included ( Raw Unit) Quantity (amount)**

Curds	-	200 (g)
Refined Oil	-	20 (g)
Sugar	-	20 (g)
Corn starch	-	20 (g)
High protein supplement powder	-	20 (g)

**Nutritive Value /500ml :**

Energy (Kcal)	484
Carbohydrate (g)	43
Protein (g)	15
Fat (g)	28
Sodium (mg)	64
Potassium (mg)	25

**Clear liquid Diet : 12 Sample Menu per Day (General ward )**

Annexure-V

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
<b>Break fast</b>	Tea	1 cup	150 ml
	Strained Fruit Juices	1 glass	200ml
	Jelly	1 bowl	100g
	Carbonated beverages	1 glass	200ml
<b>Lunch</b>	Strained Vegetable soup	1 cup	150 ml
	Jelly	1 bowl	100g
	Fruit Juices	1 glass	200ml
<b>Evening Snacks</b>	Tea	1 cup	150 ml
	Coconut water	1 glass	200ml
<b>Dinner</b>	Strained Dal soup	1 glass	200ml
	Flavoured Gelatin	1 cup	100g
	Carbonated beverages	1 glass	200ml
<b>Bed Time</b>	Strained Fruit Juices	1 glass	200ml

**Liquid Diet: 13 Sample Menu per Day**

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
<b>Break fast</b>	Milk/Egg nog (with milk)	1 glass	200 ml
	Custard	1 bowl	200g
	Fruit Juices	1 glass	200ml
	Carbonated beverages	1 glass	200ml
<b>Lunch</b>			
<b>Vegetable soup</b>			
1 cup	150 ml Fruit Juices	1 glass	200ml
Pudding	1 bowl	200g	
<b>Evening Snacks</b>	Tea	1 cup	150 ml
	Coconut water/butter milk	1 glass	200ml
<b>Dinner</b>	Dal soup	1 glass	200ml
	Fruit Juices	1 glass	200ml
	Custard	1 bowl	200g
<b>Bed Time</b>	Milk	1 glass	200ml

**A. Diet Schedule****Meal Pattern Time**

Bed Time	06 – 6.30 am
Break fast	08 – 8.30 am
Lunch	12 – 1.00 pm
Evening Tea	04 – 4.30 pm
Dinner	07 – 7.30 pm
Bed Time	09 -9 .30 pm

**B. Types of diet**

1. Normal Diet
2. Therapeutic diet
3. Liquid Diet (Enteral feeds (Blenderised and Commercial formula feeds) and oral liquid diet (clear liquid diet, liquid diet)

**Commercial formula feeds of all reputed companies**

- a. Normal feeds
  - b. Diabetic feeds
  - c. Renal feeds
  - d. Peptides-semi elemental diet
- C. Types of services**
1. Centralized tray service for the patients.
  2. Bottles for enteral feeds – autoclaved each of capacity of 500 ml.
  3. Cling foil for trays cover and chapathi should be wrapped.
  4. Tea bags, sachets for jam, salt, sugar, butter and packed curd.
  5. Paper napkins.
  6. Disposable compartmental food trays and disposable cutlery, disposable cups/glass will be used.

**D. Quality Control**

All raw foods products to be purchased from the reputed Govt, laboratory tested certified agencies. Bread, Curds (packed) & Milk (3% fat) toned will be purchased from the reputed company.

**For Cooked foods:**

1. Management can check these products at any point of time for quality control in terms of adulteration, freshness, color, portion control, weight, taste, temperature, appearance and palatability.
2. Standardization of the recipe will be done from time to time in presence of the Dietician.
3. The preparation of menu will be set by the Dietician from time to time as per the season and seasonal fruits and vegetables available from the market.
4. Condiments I – Turmeric Powder, Red Chilli Powder, Dhalia Powder. Condiments II – Methi, Mustard, Zeera, Elaichi, Ceramic Seeds, etc.

**E. Sanitation and Hygiene**

All kitchen area and store rooms should be kept clean and washed at all given time. All foods and feeds to be prepared hygienically and kept in covered vessels and which is to be distributed at right temperature in clean utensils at specified timings.