

Notice Inviting Tender for
“DIETARY SERVICES FOR AIIMS HOSPITAL RAIPUR”
(2nd Call)

| No | DME Stage | Particular |
|----|----------------------------------|---|
| 1. | NIT No. | Admin/Tender/ Dietary services /1/ 2015 |
| 2. | NIT issue date | 27-02-2015 |
| 3. | Pre Bid Meeting | 11-03-2015 at 03:00 PM Committee Hall, 2 nd Floor, Gate no.-5, G.E. Road, Tatibandh, Raipur-492099 |
| 4. | Last Date of submission | 24-03-2015 at 03:00 PM |
| 5. | Date & time of opening of tender | 24-03-2015 at 03:30 PM |
| 6. | Venue: | Store Officer, AIIMS, Gate no.-5, G.E. Road, Tatibandh, Raipur-492099 |
| 7. | Tender Cost | 5000/- (Five thousand only) |
| 8. | EMD Cost | ₹ 5,91,300/- (Rupees Five Lack Ninety One Thousand Three Hundred only) |



All India Institute of Medical Sciences, Raipur

G.E. Road, Tatibandh, Raipur – 492099, Chhattisgarh

Tele: 0771- 2573222, email: dda@aiimsraipur.edu.in

Website: www.aiimsraipur.edu.in

**Tender for Dietary Services for AIIMS Hospital,
Raipur (Chhattisgarh)**

Date: 27th Feb, 2015

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 150 bedded Hospital of AIIMS, Raipur for the Period of 3 Years 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 Store Officer, AIIMS, Tatibandh, Raipur (Chhattisgarh) - 492099, before 03.00 PM on or before **24-03-2015**. 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 **24-03-2015 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 and terms & conditions can be downloaded from website www.aiimsraipur.edu.in. & www.tenders.gov.in Those who download the tender document from website should enclose Demand Draft/Pay Order for Rs. **5000.00 (Rupees Five thousand only)** (non-refundable) in favour of "AIIMS, Raipur", payable at Raipur, not later the date of 24-03-2015 along with their technical bid in the Cover-I "Technical Bid". The bid security (EMD) of **Rs. 5,91,300/- (Rupees Five Lakhs Ninety One Thousand Three Hundred only)** should be paid in the form of FDR/DD/BG 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 Store Officer on the AIIMS, Raipur website www.aiimsraipur.edu.in

**Store Officer
AIIMS, Raipur**

TENDER DOCUMENT
Tender for Dietary Services for AIIMS Hospital
Raipur (Chhattisgarh)

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 | | | | | |
| 8. Please attached the notarial declaration of following in 100 Rs. Stamp paper | | | | | |

Tender Enquiry No. ADMIN/Tender/Dietary services/1/2015

| | |
|---|--|
| <p>1. Adherence to the provision of PF & minimum wages act 2. Caterer/firm will not employ any child labour 3. Personnel /labourers will be the employee of caterer/firm & there will be no employer-employee relationship between them and AIIMS</p> | |
| <p>9. Please attach copy of last 3 years Income Tax Return</p> | |
| <p>10. Please attach balance sheet [<i>duly certified by Chartered Accountant for last three (3) years</i>] Average annual turnover should not be less than 1/3rd of contract value.</p> | |
| <p>11. PAN No. (Please attach copy)</p> | |
| <p>12. Service Tax Registration No. (Please attach copy)</p> | |
| <p>13. Acceptance of terms & 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 a notarised affidavit on Indian Non judicial stamp paper of Rs. 10/- 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/BG/FDR/Pay Order of Rs. 5,91,300/- towards bid security (EMD)</p> | <p>DD/BG/FDR No. Date: Payable at AIIMS, Raipur</p> |
| <p>17. Detail of cost of Tender for Rs. 5000/-</p> | <p>DD/Pay Order No. Date: Payable at AIIMS, Raipur</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) for tender cost
2. FDR/DD/BG for EMD Cost
3. Terms & Conditions (each page must be signed and sealed)
4. Financial Bid

(Signature of Tenderer with seal)

Name:

Address :

Place:.....

Date:.....

**Tender for Dietary Services for AIIMS Hospital
Raipur (Chhattisgarh)**

FINANCIAL BID - 1

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

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

Dear Sir,

Our quote rate for dietary services in 150 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 | | | | | | |
| 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 | | | | | | |
| Semi Solid Diet - 16 | | | | | | |

Tender Enquiry No. ADMIN/Tender/Dietary services/1/2015

| Type of diet | Bed Tea | Breakfast/ Mid morning | Lunch | Evening | Dinner | Total Amount |
|--|----------------|---------------------------------------|--------------|----------------|---------------|-------------------------|
| Diabetic Diet – 17 | | | | | | |
| 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 | | | | | | |
| Clear Liquid Diet - 12 | | | | | | |
| Average price (Diet 2 ,Diet 5, Diet 12, Diet 16, and Diet 17) | | | | | | |

If any taxes, kindly mentioned the tax, but service tax will not be applicable as per letter no. B1/14/201-TRU New Delhi, 19th September 2013 of GoI, Ministry of Finance. L1 will be decided on the basis of average price quoted for the **Diet 2, Diet 5, Diet 12, Diet 16 and Diet 17** 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.

Place:.....

Name: Seal: Address

Date:.....

(Signature of Bidder with seal)

Sign of the Bidder.....

Cafeteria Menu

| Sno. | Type of Diets | Amount | Total Amount |
|---|----------------------|---|---------------------|
| 1 | Tea | 70 ml | 5/- |
| 2 | Lemon Tea | 70ml | 5/- |
| 3 | Coffee | 70ml | 10/- |
| 4 | Samosa | 2 pic | 20/- |
| 5 | Aloo Chap | 2 pic | 20/- |
| 6 | Idly Sambhar | 2 pic | 20/- |
| 7 | Sambher Vada | 2 pic | 20/- |
| 8 | Veg. Sandwich | 2 pic | 20/- |
| 9 | Grilled Sandwich | 2 pic | 25/- |
| 10 | Bread Butter | 2 pic | 15/- |
| 11 | Jam Bread | 2 pic | 15/- |
| 12 | Bread Omelette | 1 egg (1pic) | 20/- |
| 13 | Bread Omelett | 2 eggs (1 pic) | 25/- |
| 14 | Thali | (3 Roti, Dal 150 gms, Rice 200 gms, Sabji 150 gms, Curd 100 gms, Salad, Papad and Pickle) | 50/- |
| 15 | Water Bottle | 200 ml | MRP |
| 16 | Water Bottel | 500 ml | MRP |
| 17 | Water Bottel | 1 lit | MRP |
| 18 | Butter Milk | 200 ml | MRP |
| Amul, Devbhog or company approval by MS and Committee Member | | | |
| 19 | Lassi | 200 ml | MRP |
| Amul, Devbhog or company approval by MS and Committee Member | | | |
| 20 | All Cole Drinks | - | MRP |
| Coca-Cola, Pepsi or company approved by MS and Committee Member | | | |
| 21 | Ice-Cream | - | MRP |
| Only of Amul, Top n Town, Naturals or company approval by MS and Committee Member | | | |
| Total Amount in Rs. | | | |

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- ❖ Other Branded packed food like of Amul, Haldiram, Nestle or company approved by M.S. and committee Member can be sold on MRP.
 - ❖ Products used in preparation of food like
 - Cooking Oil (Saffola, Dhara, Fortune or company approved by MS and Committee Member)
 - Flour (Ashirwad, Pillsbury or company approved by MS and Committee Member)
 - Rice (HMT, Dubraaj or company approved by MS and Committee Member)
 - Dal (Packed polished Dal only or approved by MS and Committee Member)
 - Masala (MDH, Everest, Ramdev or company approved by MS and Committee Member)
 - Salt (Tata, ITC or company approved by MS and Committee Member)
 - ❖ Any other products or raw product which the successful vendor wants to use needs to take prior approval for Medical Superintendent or appropriate authority).
1. The tender must be for tenure of 3 years.
 2. Number of Type of diets to decide L1 must be changed from 2 diets to 5 Diets.
 3. The vendor needs to hire a kitchen dietician for monitoring and regulating of diet prescribed by the institute dietician.
 4. Microwave resistant utensils should be used for indoor patient.
 5. Space for kitchen will be provided by the institute.
 6. Electricity bill will be worn by the vender only after installation of the sub meter by the institute and it is to be paid as per actual.
 7. It is mandatory to run cafeteria along with Diet supply.
 8. Space for running a Cafeteria will be providing by thew institute free of cost to the successful vendor with prefixewd rate and items allowed selling. **(Annexure-2 Cafeteria Prefixed Menu)**
 9. Alteration in the rate and addition of items will only be possible with the permission of MS and committee members.
 10. RO water source of water as per the requirement of the canteen and IPD is to be installed by the successful vendor.
 11. Installation of modular storage system is to be installed by the successful vendor.
 12. Exhaust fan, electrical chimney, refrigerator and deep freezer is to be installed by successful vendor mandatorily.
 13. Two split ACs of 2 ton each is to be installed by the successful vendor at the restaurant area. Serving of diet to IP patient will be permissible only after tresting approval from institute dietician or competent authority.
 14. Payment to the contractor will be done on actual diet verified by the institute dietician.
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**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 is listed below for convenience.

Terms & Conditions

1. Tender should be addressed to the Store 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 invariable be accompanied with the technical bid Tenders submitted without following two-bid system procedure as mentioned above would be summarily rejected.
5. THE TENDER DOUMENTS DOWNLOADED FROM THE WEBSITE:- The bidder must download the tender documents directly from the website required to submit the tender cost fee of Rs. 5000/- 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 envelope 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 / Hostels with 100 plus Room / Mess with rotation of 200 beds for a period of at least for 3 years in the country in rotation of the dietary service for experience which the quotation / tenders are submitted. The vendor should give a declaration to this effect on a non-judicial stamp paper
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.)

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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. Vendor should submit statement of financial standing from any scheduled bank. The name of the bank / firm along with full address should be furnished. Vendor may also produce balance sheet of last three years, duly signed by C.A. Annual average turnover in last 3 financial years should be at-least 32.85 lakh per year.
11. Each tenderer should be accompanied by earnest money deposit of 5,91,300/- (Rupees five lakh ninety one thousand three hundred only) in form of FDR/DD/BG from any scheduled bank (Valid for one year from the date of opening of tender).

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

12. The Vendor should give a certificate that the firm has not been blacklisted in the past by any Government/Semi-govt./ Semi Govt. / private institution.
 13. The vendor has to give an affidavit on a Non –judicial paper that there is no vigilance / CBI case pending against the firm/ supplier.
 14. 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 be forfeited. Administrative action will be initiated.
 15. Rates quoted should be valid for 3 years from the date of opening of tender for its finalization.
 16. Force measure will be accepted on adequate proof thereof.
 17. 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.
 18. 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.
 19. Tenderers submitting tenders would be 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.
 20. The quantity shown in the tender can be increased or decreased to any extent depending upon the actual requirement.
 21. 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.
 22. Vendor should have food license and Gumasta from Nagar Nigam to participate.
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PROCESSES TO BE UNDERTAKEN BY THE VENDOR FOR DIETARY SERVICES 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. Microwave resistant utensils should be used for indoor patient.
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, hand gloves 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 10th and for Supervisors is 12th Number of staff required is Supervisor (2 Nos. in morning & 2 Nos. in evening), waiter – 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 Omit. Under no circumstances, should the premises be used for any other purpose, than what has been mentioned in the contract.

Payment towards Electricity and Rents

Electricity bill will be worn by the vendor only after installation of the sub meter by the institute and it is to be paid as per actual.

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 be provided by the AIIMS, Raipur 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 or Hospitality Manager must be appointed by vendor, who will be overall incharge so that proper dietary services are followed as ordered by institutes dieticians.

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 - 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.

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- 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 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 along with day to day gas consumption and its running cost. He/She shall procure the gas at his own level.
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4. TENURE OF CONTRACT:

Tenure of contract shall be for 3 years 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 Institute Dietician, 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

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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 11-03-2015at 11:00 AM at Office of the Administrative Officer, AIIMS, Gate no.-5, G.E. Road, Tatibandh, Raipur-492099in AIIMS Raipur.

Section B
General Diets

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 |
|--------------|---------------------|-----------|--|
| Bed Tea | Tea | 1 cup | 150 ml |
| | Milk | 1 glass | 200 ml |
| | Bread | 2 slices | 60 g (1 large slice=30g) |
| Lunch | 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) |
| Evening | Tea | 1 cup | 150 ml |
| 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. 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 (1 large slice=30g) |
| Paneer / Egg | 25g / 50g |
| Whole wheat Atta / Rice | 150 g |
| Whole pulses / legumes / Dal | 50 g |
| Seasonal vegetables | 400 g |

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| | |
|--------------------------|-----------------------|
| 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) |

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| | | | |
|----------------|------------------|-----------|----------|
| 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 | 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 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/1 medium | 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 | 150 ml |
| | 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 |
| Mid Morning | 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 instruction

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 (1medium egg=50g) |
| Jam | 10 g |

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| | |
|--------------------------------------|-----------------------------|
| 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 Menu per day:

| Meal pattern | Meals | Quantity | Amounts |
|--------------|------------|--------------------|------------------------------|
| Bed Tea | Tea | 1 cup | 150 ml |
| Break fast | Milk | 1 glass | 200 ml |
| | Paneer/egg | 2 slices/2Mediumim | 50g/2egg (1 medium size=50g) |
| | Bread | 2 slice | 60g (1 large slice =30g) |
| | Butter | 10g | 2 tsp (1cube) |
| | Jam | 10g | 2 tsp (1cube) |

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| | | | |
|----------------|--|----------|--|
| Lunch | Salads | 80 g | 1 Big spoon |
| | 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 | 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.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 |

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| | |
|--------------------------------------|-------|
| 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 | 50g |
| Sago 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) |

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| | | | |
|----------------|--------------------------------------|----------------------|--|
| Lunch | Chapathi | 4no's | 1 medium size roti =25g atta (raw unit) |
| | Rice Dal/pulses /legumes | 1 Karchi 1 Karchi | 25 g raw unit = 75 g (cooked weight) 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(1medium 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 |

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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 | 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. 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

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) |
| | Custard Rice/Sevai/Suji/Rice flakes/Sago | 1karchi | 100g (cooked weight) |
| Evening snacks | Tea | 1 cup | 150ml |
| | Arrow root 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.

Diet scale:40g Protein Renal Diet -13

Foods included per patient per day (Raw Unit) Quantity(Amounts)

| | |
|---------------------------------|------------------------------------|
| 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:

| 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) |
| | 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) |

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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/1cube | 10g |
| | Paneer/egg | 1slice/1Mediu m 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 / | karchi | 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, Semiyan.

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

Semi Solid Diet - 16

| MEAL PATTERN | MEALS | QUANTITY | AMOUNT |
|---------------------|---------------------|--------------------|------------------|
| Bed Tea | Tea | 1 Cup | 150 ml |
| Break Fast | Corn Flakes | 1 Cup | 100 gm |
| | Milk | 1 Glass | 200 ml |
| | Break Slice | 2 Slices | 60 gm |
| | Paneer/Egg | 1 Slice / 1 Medium | 25 gm /50 gm |
| Mid morning | Vegetable Soup | 1 Bowl | 200 ml |
| Lunch | Over Cooked Kichadi | 1 Bowl | 50 gm Raw Weight |
| | Dal | 1 Bowl | 25 gm Raw Weight |
| | Cued | 1 Karchi | 100 gm |
| | Mashed Potato | 1 No. | 100 gm |
| | Banana | 1 Slice | 120 gm |
| Evening Snack | Tea | 1 Cup | 150 ml |
| | Biscuit | 5 No. | 25 gm |
| | Bread | 1 Slice | 30 gm |
| Dinner | Same As Lunch | | |
| Bed Time | Milk | 1 Glass | 200 ml |

Note: CURDS AND FRUITS WILL BE SERVED ONLY IN LUNCH

Energy (K cal) – 1800 Kal approx

Carbohydrate – 250

Protein – 68 approx

Fat – 35 approx

DIABETIC DIET - 17

| MEAL PATTERN | Meals | Quantity | Amount | Timing |
|---------------------|---|--------------------|-------------------------|---------------|
| Bed Tea | Tea (without Suger) | 1 Cup | 150 ML | |
| Break Fast | Wheat Bread | 2 Slices | 60 GM | |
| | Milk (without Suger) | 1 Glass | 200 ML | |
| | Veg Salad | 1 Cup | 100 GM | |
| | Paneer/Egg | 1 Slice / 1 Medium | 25 GM / 50 GM | |
| Mid morning | Vegetable Soup | 1 Bowl | 200 ML | |
| Lunch | Roti | 3 no. | 25 GM Raw Weight (Each) | |
| | Rice | 1 Karchi | 25 GM Raw Weight | |
| | Dal | 1 Karchi | 25 GM Raw Weight | |
| | Cued | 1 cup | 100 GM | |
| | Salad | 1 cup | 100 GM | |
| | Veg Curry | 1 cup | 250 GM | |
| | Fruit | 1 cup | 120 GM | |
| Evening Snack | Tea | 1 Cup | 150 ML | |
| | Seasoned Sprouts / Veg Bhel | 1 cup | 120 GM | |
| Dinner | Same As Lunch (Rice will not be serves) | | | |
| Bed Time | Milk | 1 cup | 150 ML | |
| | Biscuit | 2 Nos. | 10 GM | |

- Energy (K cal) – 2065 approx
- Carbohydrate – 280 approx
- Protein – 70 gm
- Fat – 40 gm

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.

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- 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.

Gluten Free Diet (Diet no. 15 Annexure - III)

- In case of restricted to wheat and wheat products the following food items are not to be served.
- Wheat atta bread/Maida bread, Dalia, wheat Atta, Noodles,, Maida, Macarioni, Spahethh, 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 chapatti 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 has calculated only from food items (Salt has not included for calculation of sodium value).

Annexure-IV

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)

| <u>Food items included (Raw Unit)</u> | <u>Quantity (amount)</u> |
|---|---------------------------------|
|---|---------------------------------|

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

| <u>Food items included (Raw Unit)</u> | <u>Quantity (amount)</u> |
|---|---------------------------------|
|---|---------------------------------|

Milk (toned 3% fat) - 500ml

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)

| <u>Food items included (Raw Unit)</u> | <u>Quantity (amount)</u> |
|---|---------------------------------|
| 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)

Food items included (Raw Unit) Quantity (amount)

| | | |
|---------------------|---|------------|
| 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)

Food items included (Raw Unit) Quantity (amount)

| | | |
|--------------------------------|---|------------|
| 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: 8Diabetic 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)

| Quantity | | (amount) |
|----------------------|---|-----------------|
| Rooafza (Rose Syrup) | - | 50 (ml) |
| Arrow root powder | - | 50 (g) |
| Sugar | - | 100 (g) |

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

| Timing | Meals | Quantity | Amount |
|---------------|-----------------------------|-----------------|---------------|
| 6 - 6:30 AM | Black Tea | 1 Cup | 200 ML |
| 8 - 8:30 AM | Double Strained Fruit Juice | 1 Cup | 200 ML |
| 10 - 10:30 AM | Glucose Water | 1 Cup | 200 ML |
| 12 - 12:30 PM | Rice Starch | 1 Cup | 200 ML |
| 2 - 2:30 PM | Double Strained Soup | 1 Cup | 200 ML |
| 4 - 4:30 PM | Tender Coconut Water | 1 Cup | 200 ML |
| 6 - 6:30 PM | Black Tea | 1 Cup | 200 ML |
| 8 - 8:30 PM | Rice Starch | 1 Cup | 200 ML |
| 10 - 10:30 PM | Double Strained Soup | 1 Cup | 200 ML |

- Energy (K cal) – 730 Kal
- Carbohydrate
- Protein

Liquid Diet: 13 Sample Menu per Day

| MEAL PATTERN | Meals | Quantity | Amount | Timing |
|---------------------|-----------------------------|-----------------|---------------|---------------|
| Bed Tea | Tea | 1 Cup | 150 ML | |
| Break Fast | Milk/Egg nog (with milk) | 1 glass | 200 ml | |
| | Custard | 1 bowl | 200g | |
| | Fruit Juices | 1 glass | 200ml | |
| | Lemon Juice / Glucose water | 1 glass | 200ml | |
| Lunch | Vegetable soup | 1 Cup | 150 ML | |
| | Fruit Juices | 1 glass | 200ml | |
| | Pudding | 1 bowl | 200g | |

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| | | | | |
|---------------|---------------------------|---------|--------|--|
| Evening Snack | Tea | 1 Cup | 150 ML | |
| | Coconut water/butter milk | 1 glass | 200ml | |
| Dinner | Dal soup | 1 glass | 200ml | |
| | Fruit Juices | 1 glass | 200ml | |
| | Custard | 1 bowl | 200g | |
| Bed Time | Milk | 1 glass | 200ml | |

A. Diet Schedule

Meal PatternTime

| | |
|-------------|--------------|
| Bed Time | 06 – 6.30 am |
| Breakfast | 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 interms 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.