

OFFICE OF THE CHIEF DISTRICT MEDICAL & P.H. OFFICER: GAJAPATI
PARALAKHEMUNDI
Email - cdmo_gajapati@rediffmail.com /Telephone No. 06815-222205 /223834

Letter No. 3661

Dt. 26/05/2022

To,

The Joint Director (Advertisement)
I & PR Department, Govt. Of Odisha,
Bhubaneswar

Sub- Advertisement in two daily news papers

Sir,

With reference to the subject cited above for supply of Diet in DHH PARALAKHEMUNDI, GAJAPATI the tender call is given which may be published in two local newspaper for wide publication.

Therefore kindly take necessary steps at your end for publication of advertisement.

This is for favour of information and necessary action.

Enclosure: Subject matter to be Published

Yours Faithfully

[Signature]
Chief District Medical & P.H. Officer, Gajapati.

OFFICE OF THE CHIEF DISTRICT MEDICAL & P.H. OFFICER: GAJAPATI PARALAKHEMUNDI Email - cdmo_gajapati@rediffmail.com /Telephone No. 06815-222205 /223834	
Adv. No.	dated,
Tender call Notice for Supply of Diet to Indoor Patient	
Sealed tenders are invited from the interested Diet preparation and catering firms/agencies to prepare and distribute therapeutic and non-therapeutic diet to indoor patients, of DHH PARALAKHEMUNDI for the FY 2022-2023. The tender documents detail terms and conditions can be downloaded from the website www.gajapati.nic.in . The required documents are to be sent to the DMO(MS)-cum- Superintendent, DHH Paralakhemundi Dist. Gajapati by Speed Post or Reg. Post only by super scribing on the top of the envelop "Tender for supply of Diet to DHH Gajapati" The last date of receipt of tender documents is on 15.06.2022 and the date of opening of Tenders will be on dt. 18.06.2022 The authority reserves the right to modify /cancel or reject any or all tenders without assigning any reason thereof.	
Sd/- Dr. Pradeep Kumar Patro Chief District Medical & P.H. Officer, Gajapati.	

Memo No. 3662 / Dated 26/05/22

Copy to the Collector & DM, Gajapati For information and necessary action.

Copy to DIO NIC, Gajapati- for information and publication of advertisement in website www.gajapati.nic.in

*Received
1/05/2022*

[Signature]
Chief District Medical & P.H. Officer, Gajapati.

OFFICE OF THE CHIEF DISTRICT MEDICAL & P.H. OFFICER: GAJAPATI
PARALAKHEMUNDI

Email - gajapaticdmo@gmail.com /Telephone No. 06815-222205 /223834

Letter No. _____

Dt. _____

**TENDER DOCUMENT FOR OUT SOURCING OF SERVICES FOR
SUPPLY OF DIET TO INDOOR PATIENTS OF THE DHH Paralakhemundi
Department of Health & FW, Odisha
Tender No.**

**LAST DATE FOR RECEIPT OF TENDER DOCUMENT IS
15.06.2022**

**SUBMISSION OF DOCUMENTS THROUGH SPEED POST or REGD POST
ONLY**

(Visit us at: www.gajapati.nic.in)

**Price of Bid Document: Rs.500/-(Rupees Five Hundred) only Processing
Fees Rs.500/-(Rupees Five hundred) only.**

And EMD:-Rs. 15,000/- (Fifteen Thousand) only

Mobile No. 9439984227/9439984004

E-mail: [gajapaticdmo@gmail.com/](mailto:gajapaticdmo@gmail.com)
dhhgajapati@gmail.com

OFFICE OF THE CHIEF DISTRICT MEDICAL & P.H. OFFICER: GAJAPATI
PARALAKHEMUNDI

Email - gajapaticdmo@gmail.com /Telephone No. 06815-222205 /223834

Letter No. _____

Dt. _____

**Notice for Invitation of Tender for Diet Services in DHH
PARALAKHEMUNDI,GAJAPATI**

Availability of Tender Documents	: <u>O/o- CDM&PHO, Gajapati</u>
Address of the website of the district	: gajapaticdmo@gmail.com
Last Date for Receipt of Tender	: 15.06.2022
Place, time & venue of Opening Tender	: CDM&PHO, Gajapati,Paralakhemundi
Period of Tender	: 27.05.2022 to 15.06.2022
Address for submission	: Chief District Medical & Public Health Officer, Gajapati. (Odisha), 761200
Cost of Tender Document Processing Fee	: Rs.500/- (Five Hundred only) : Rs.500/- (Five Hundred) only.
Earnest Money,Deposit (EMD)	: Rs.15, 000/- (Fifteen Thousand only)

The undersigned also reserves the right to accept or reject summarily any or all the tenders without assigning any reason there of during the process.

The Bidders need to be download the Tender Documents directly from the Website available www.gajapati.nic.in from 27.05.2022 to 15.06.2022. The tender Paper will be received through Regd. Post or Speed Post only. The Tender document cost amounting to Rs.500/- (Five Hundred only) (Non Refundable), EMD amounting to Rs 15,000/- (Fifteen Thousand) and processing fee of Rs.500/- (Five hundred) only (Non-refundable) in form of separate Demand Draft from any nationalized bank drawn in favour of DMO(MS)-cum- Superintendent, DHH Paralakhemundi, Dist. Gajapati, payable at SBI Paralakhemundi, Gajapati should be enclosed along with the Technical Bid.



Letter No. _____

Dt. _____

**Terms of Reference for Outsourced Agency:
Draft Contract**

1. Invitation to Bid:

"The DMO(MS)-cum- Superintendent, DHH Paralakhemundi, Dist. Gajapati invites Tender from the eligible registered diet preparation and catering firm/agencies to prepare and distribute cooked therapeutic and non-therapeutic diet to the Indoor patients. Women self help group [SHGs] can also apply. The bid is asked as per the decision of Advisory Committee of DHH Paralakhemundi to outsource the diet preparation and its service to the patients on annual contract basis to the eligible firms. The existing diet rates prescribed by Government of Odisha Health & F.W Department is @Rs.75/-, Rs.85/- & Rs.95/- for Paediatric patient/General Diet/Liquid diet/ High Protein diet for TB/Cancer/Burn Patients respectively per day. The Tenderer should quote the quantity of cooked food will be supplied as per the annexed Table. Within the diet rates fixed by the Government as indicated above. The bidders have to apply in two bid systems i.e. Technical Bid and Financial-cum-quantity Bid. The interested catering firm/agencies are advised to submit two separate sealed envelopes super scribing "Technical Bid for Providing Services for Supply of Diet to Indoor patients of DHH Paralakhemundi" and "Financial-cum-quantity Bid for Providing Services for Supply of Diet to Indoor Patients of DHH Paralakhemundi". Both sealed envelopes should be kept in a separate sealed envelope super-scribing "Tender for Providing Services for Supply of Diet to Indoor patients of DHH Paralakhemundi.

2. Introduction:

1. This bid is open to Firm/Agencies and women Self Help Group [SHGs] satisfying the criteria laid down in this bid document who have the required operational experience in dietary services and its management.
2. The Health institution will select an agency, in accordance with the method of selection specified in this bid document.
3. The work details have been mentioned in this bid document for the reference of the bidder and preparing the bid document accordingly.
4. Interested Bidders are invited to submit a "Financial-cum-Quantity Bid" for providing services required for diet preparation and diet related services as per the standard norm and procedure of the Government of Odisha.
5. The Hospital administration is not bound to accept any bid/s, and reserves the right to terminate the selection process at any time prior to the award of the contract, without showing any reason thereof. Keeping the greater interest of in-door patients in mind, the contract of the selected/ awarded agency may also be terminated by the hospital administration if prescribed quality standards are not adhered to. However, hospital administration is not bound to show any reasons for cancellation of the bidding process or termination of contract.
6. The tender Document is not transferable to any other bidder. The Tender Documents can be downloaded from the website www.gajapati.nic.in.
7. The bidder is expected to examine all instruction, forms, terms, specifications, and other information in the bid/tender document. Failure to furnish all information as required for bidding or to submit the bid may be considered for rejection.
8. The bidder would bear all costs in connection with the preparation of the bid and its submission. The hospital administration would not bear any bid preparation cost and cost for submission of the bid.
9. In case of necessity, the hospital administration would provide required information, based on the request of the bidder, which is necessary for preparing the bid.
10. This bid/tender does not commit to award the contract to engage any agency through negotiations. Further, no reimbursable cost may be incurred in anticipation of award and in such cases' hospital administration would not be responsible to bear such costs incurred by the bidder.



3. Eligibility Criteria:

1. The bidder should have a registered / operational office in the district with staff strength not less than 6 members.
2. The bidder /outsourced agency should have relevant experience in diet preparation, diet service and overall management of diet in hospital or similar government and/or Non-Government establishments.
3. The bidder should have a minimum of 3 years experience in diet preparation and its supply/services in public or private institutions.
4. The agency must be a registered body under appropriate law of the State or Central Government having the documentary evidence in this regard.
5. Up-to-date food license & GST Registration certificate from the competent authority. (Mandatory) duly attested by a Gazetted Officer with seal
6. The Tenderer or the personnel employed by him should not have any criminal record. He shall have to produce an up-to-date certificate from the concerned Police station (optional).
7. The Tenderer should have valid Labour License (Registration No. & Date) of Labour Department.
8. The Tenderer should provide proof regarding their financial stability (Bank Statement) for the last six months along with the copies of I.T return for last three years.
9. EMD of Rs.15,000/- (Fifteen Thousand only) in shape of Demand Draft from any nationalized bank in favour of DMO(MS)-cum-Superintendent, DHH Paralakhemundi, Dist. Gajapati payable at SBI, Paralakhemundi should be submitted along with the Tender. The EMD of unsuccessful tenderer will be refunded after Tender Process is over. In case of selected tenderer, the EMD will be refunded after execution of contract.
10. In case of Women SHGs, the Hospital Administration is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
11. The committee is free to take any suitable decision and may consider relaxation on the overall eligibility criteria.

4. Number of Bids:

1. The bidder can apply only one bid in this tendering/bidding process.
2. In case if a single bidder submits multiple bids, either singly or in collaboration, all bids, except one that is most suitable as per the decision of the hospital administration would be liable for rejection.

5. Bid Validity:

The bid would remain valid up to 15.06.2022 from the date of submission.

6. Tenure of Contract:

The selected agency / Bidder would be initially contracted for a period upto six months from the date of award of the contract. Based on the performance and feedback from different stakeholders, the contract may be renewed for another period of one year which is up to 31.12.2023.

7. Payment Schedule:

1. The agency would be paid once in a month by deducting 4 % out of which TDS 2% + GST 2% (of the Claimed Bill on Monthly Basis) based on the case load and number of meals supplied. The number of diets prepared during "lunch" would be considered as the benchmark for calculation of number of patients/days or any such norms that is suggested and agreed upon mutually by the hospital administration and the outsourced agency/bidder.
2. The Hospital Administration would verify the bills/vouchers and other supporting document and will do needful for payment of the dues to the agency within the first seven working days of submission of bills / vouchers/ supporting documents provided funds are made available by the Government of Odisha.



8. Tender Fee:

All Bidders are required to pay Rs.500/- (Rupees Five Hundred) Only + GST 9%+9%=Rs.75/towards cost of tender documents in the form of Demand Draft drawn in favour of **DMO(MS)-cum-Superintendent, DHH Paralakhemundi** payable at SBI Paralakhemundi. The amount is Non Refundable and cannot be claimed by the tendering agency/firm.

9. Tender Processing Fee:

All Bidders are required to pay Rs. 500/-(Rupees Five Hundred only) towards Tender Processing Fees in the form of DD. The tender Processing Fees is Non-Refundable and cannot be claimed by the tendering agency.

10. EMD:-

EMD of Rs.15,000/- (Fifteen thousand only) in shape of Demand Draft/Bankers Cheque drawn payable at on SBI, Gajapati should be submitted along with the Tender. The EMD of unsuccessful tenderer will be refunded after Tender Process is over. In case of selected tenderer, the EMD will be refunded after over of the contract.

11. Performance Bank Guarantee:

The agency, after selection, has to deposit "security money" in shape of Bank Guarantee amounting to Rs.30, 000/- (Rupees Thirty Thousand) only at the time of signing the contract. The Bank Guarantee would remain valid initially till the end of the initial contract period and extendable if the contract gets extended.

12. Last Date for receipt of Tender document (BID):

The bid would be submitted in an appropriate form in a sealed envelope on or before **dt. 15.06.2022** by **6.00 PM by Speed Post or Registered Post only**. The bids received after the due date would not be accepted and liable for rejection.

13. Bid Withdrawn:

After the submission of the bid, if so wished the bidder, may withdraw the bid with a payment of nonrefundable amount of Rs. 500/- towards withdrawal processing fee.

14. Right to Acceptance or Rejection of the Bid:

The administration of the concerned health institution reserves the right to accept or reject any Bid and the bidding process and reject all such bids at any time prior to award of contract, without showing any reason there by.

15. Opening of Bids:

The date of opening of bids will be on dt. 18.06.2022 by 11.00 A.M. for finalization of Diet tender.

16. Bid Evaluation Criteria:

The bids would be evaluated on cost and quality basis i.e. the quantity quoted by the bidder for each category of diet to be supplied to the patients in the hospital. The highest quantity quoted bidder adhering to the specified quality would be awarded the contract.

17. Disqualifications:

The administration of the hospital, can exercise its sole discretion to disqualify any bid document if,

1. The bidder submits the bid after the last date of submission of Bid;
2. The bid document does not have the proof of completion of similar type of work in public private health institutions or any such establishments of Government or Private agency
3. No registration certificate [photo copy] is attached to the bid document
4. The bidder is blacklisted by any Govt. agency [declaration in this regard is to be given by the bidder]
5. If specified document is not available towards cost of tender document, EMD and processing fee as detailed under eligibility criteria, Para no 8, Para no 9 & Para no10.

18. Adequacy of Information:

Once the bidder submits the bid document, it will be assumed that the bidder have carefully examined the bid document to his/her entire satisfaction. Once the agency is selected on the basis of its submitted bid, the agency would be responsible to fulfil his/her obligation as per the submitted bid.

19. Address for Submission of Bid:

The bid should be addressed in following address

Chief District Medical & Public Health Officer, Dist. Gajapati, Pin Code - 761200. With their detail correspondence address with telephone number must be mentioned.

The bid must be submitted by Speed Post or Regd. post on or before 15.06.2022 by 6.00 PM , super scribing on the top of the envelop "Tender for supply of Diet to DHH Paralakhemundi" along with from address clearly indicating the mail ID and Phone no.

20. General Information to Bidder:

- a. The successful bidder [also referred here as the agency or outsourced agency] would operate from the campus of the concerned health institution and required basic infrastructure would be provided by the health institution to facilitate the smooth operation of the agency.
- b. The agency would abide by the cost and quality norms/standards as mentioned in the bid, diet guidelines and communicated to them from time to time by the concerned health institution.
- c. The agency would recruit required number of staff for cooking and serving so that diet can be supplied to the in-doors patients in time.
- d. The agency would take up free health check-up of the cooking and serving staff from time to time, at least once in three months.
- e. The maintenance of kitchen and equipment would be the responsibility of the agency and the agency should ensure that proper care is taken in this regard.
- f. The agency would prepare and supply diet adhering to the quality norms specified by the health institution. The agency should also prepare different types of diet as per the indent placed by the health institution keeping in mind the diet requirement of different category of patients.
- g. The agency would be responsible for procurement of different items required for preparing diet and storing it properly. The health institution would not be responsible for any loss of procured items.
- h. Perishable items would be supplied/ procured on daily basis and for that supplier/suppliers would be identified jointly by the designated persons of the health institution and the outsourced agency.
- i. The health institution would have the right to monitor the quality of items purchased and used in the diet preparation process.
- j. The agency would manage kitchen waste in a scientific manner with due consultation with the concerned hospital administration.
- k. At any point of time i.e. during procurement of raw materials, processing, preparation of diet, serving the diet to the patients and cleaning the utensils/instruments, the dietician and / or any person from health institution can visit and interact with concerned person. The agency should not have any restriction to this rather the agency would facilitate such process to improve the service quality.
- l. The agency would prepare and update the account details and maintain other related documents that are required for reimbursement of the expenses on monthly basis. In case of incomplete documents, the hospital administration would not reimburse the incurred cost. The documents to be prepared should be supplied by the health institution before hand and maintained by the agency on daily basis. The financial and non-financial documents would be subjected to audit.
- m. The behaviours of the serving staff of the agency towards the patients should be conducive and disciplinary action would be taken by the hospital administration, in consultation with the concerned agency, against the person/s violating the behavioural norm.
- n. The agency would be responsible to make alternative arrangements in case of situations such as staff strike, local strike [Bandh/Hartal] etc. ensuring that the patients get diet in the appropriate time.
- o. The agency would abide by different Government notification, circulars, written instruction etc. published from time to time with regard to the subject. In case of requirement, the hospital administration would provide required clarity to the agency on the related notification, circular etc.
- p. Any dispute arising in the process of managing the diet preparation and supply, both the party i.e. the outsourced agency and the hospital administration should discuss and take appropriate decision that is mutually agreeable.

q. The hospital administration reserve the right to cancel the contract of the outsourced agency with prior notification of 30 days (One month) without assigning any reasons thereof. If the outsourced agency wants to quit its service will give a **three months** notice to the authority.

r. The outsourced agency would provide uniform embedded with its logo to all the staff recruited by the agency. The agency would ensure that the recruited staff attend their duty with clean uniform and keeping themselves neat and clean while on duty.

20. Supply of Diet

The bidder will provide diet to the Indoor Patients as per schedule at their bed side.

- a. Breakfast - between 7. A.M to 8 A.M
- b. Lunch - between 12.30 P.M to 1.30 P.M
- c. Dinner -- between 8 P.M to 9 P.M

There shall not be any deviation of timing exceeding 30 minutes maximum.

21. Quality of Diet:

The agency empanelled and assigned with the responsibility of preparation and supply of diet would adhere to the prescribed quality standard under specific diet category. The agency must agree to provide different types of diet, as per the requirement of the patient and indent placed in this regard by the hospital administration/management.

If the selected diet contractor fails to supply the necessary requirements of diet to the patients in time or any other deficiencies if reported or noticed then the committee/authority reserves the right to impose penalties on the contractor by way of deducting an amount from the diet bill as shall be decided by the committee/authority.

22. Fuel for cooking

1. The Kitchen should have LPG connection for diet preparation with provisions of LPG cylinders by the contractor.
2. In no case coal and wood for the purpose of cooking of diet will be accepted.

23. PENALTY

In case of deficiencies in providing quality service, the authority will have the right to impose penalty as per decision of the Committee which shall be deducted from the monthly bill.

24. The advisory committee has got right to relax any /partial conditions taking in to consideration of no of Tenders.

N.B: Technical bid (cover-A) will be opened on 18.06.2022 by 11.00 AM in the Meeting hall of Chief District Medical & Public Health officer, Gajapati in presence of bidders or their authorized representatives. The bidders would be requested to attend the opening of bid and all bidders present, shall put their signature on the bid as an evidencing of their attendance. Absence of any bidder will not be a legal impediment at the time of opening of bid/ tender.



Format of Technical Bid for supply of diet (cooked & dry) for indoor patients of DHH Paralakhemundi, Gajapati

Name & Address of the Agency / SHG		
Sl. No.	Criteria	Particulars
1.	Agency constitution Registered Company / Firm Women Self Help Groups (SHG) Others	
2.	Years of Experience	
3.	Staffs Skilled	
(i)	Semi-skilled	
(ii)	Unskilled	
(iii)		
4.	No. of Assignments	
(i)	Finished	
(ii)	Current Assignments in hand	
5.	Amount of investment in equipment & Tools (modern technology)	

PRICE BID (COVER B)

N.B: COVER B (PRICE BID) WILL BE OPENED ONLY OF THE TENDERER WHO QUALIFYING TECHNICAL BID (COVER A) IN PRESENCE OF TENDERERS/THEIR AUTHORIZED REPRESENTATIVES.

The financial proposal form duly filled in for each category of diet as per Annexure- III (in duplicate) indicating the rates for various diets as per the daily diet menu/chart.

The price of each type of diet should be quoted inclusive of all taxes, if any. The rate should be quoted for each type of diet both in figure & words ingredient wise. The quoted rate of the bidder will be compared with the State approved rate of the ingredient. In case of difference in words & figure, words will be taken in to consideration for evaluation.

Annexure III Financial Proposal For

SN	Diet Type	Cost of diet per patient per day approved by Govt. of Odisha	Break up of Menu Ingredient wise			
			Break fast	Lunch	Dinner	Total
1.	Normal/full Diet	Rs 85/-				
2.	Diet for diarrhea, Semi Solid /soft Diet	Rs 85/-				
3.	Paediatric diet	Rs 75/-				
4.	Clear Liquid Diet	Rs.85/- (total Six Time food must be given as per schedule given)				

[Handwritten signature]

**TENDER FORM FOR OUTSOURCING OF COOKED FOOD DIET FOR INDOOR PATIENT
OF DMO(MS)1-cum-Superintendent, DHH Paralakhemundi, Dist. Gajapati.**

1. Name of the Agency/ NGO/ Organization/ Women self help group(SHGs) with registration number	
2. Address of the Agency office with staff strength (Enclose Proof of Staff Strength)	
3. Contact Person Address with telephone no	
4. SUPPORTING DOCUMENTS TO BE SELF ATTESTED (ATTACHED)	
a. Xerox copy of the valid registration Certificate.	
b. Xerox copy of the valid GST Reg. certificate	
c. Xerox copy of valid food licence.	
d. Xerox copy of valid labour licence.	
e. Xerox copy of last 3 year Income tax return.	
f. Xerox copy of certificate from the concerned Police station (optional).	
g. Xerox copy of ISO 9001:2008 Certificate (Optional)	
h. Xerox copy of Experience Certificate(in DIET preparation, DIET service & overall management of DIET in hospital or similar govt. / non govt.) documentary evidence may kind be enclosed	
i. Demand draft no, date & amount towards EMD fee	
j. Whether firm has been blacklisted Yes or No (Submit the affidavit of declaration)	
k. Copy of Solvency Certificate to the tune of Rs 3 lakhs by Bank	

Documents attached should be properly indexed

DECLARATION: It is certified that the above information submitted by me/my firm is true to the best of my knowledge and if any information is found false at any point of time then the whole offer/tender may be cancelled. I have suppressed no facts in the tender which could debar me to participate in the tender. If it is revealed after opening of the tender that any fact is suppressed by me, tendering authority shall have the right to reject my tender along with other punitive action against me as per law. Again I agree & will abide with the terms & conditions fixed by the authority.

(Signature & seal of the authorized signatory) Place:



Annexure-1-(Diet menu chart)

OFFICE OF THE DMO(MS)-CUM-SUPEINTENDENT, DHH PARALAKHEMUNDI
DIET MENU OF RKS DHH PRKHEMUNDI FOR THE YEAR 2022-23 NORMAL DIET
MENU FOR ADULT MALE/FEMALE@Rs85.00/DAY/PATIENT

Days	Breakfast	Lunch	Dinner
Sunday	Sujikhir,fruit Suji-100gms,sugar-20gms,milk-250ml Apple/orange/banana-1	Cooked rice/roti, dalma&chicken potato curry Rice/atta-175gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,chicken-50gms,patato-50gms &oil15gms	Cooked rice /roti, dal, vegetable curry & veg fry /bharta Rice/atta-125gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms
Monday	Uppma , matar curry &fruit Suji-50gms, semai-50gms carrot,mungdal,-matar- 20gm,potato-50gms,oil-5gms Apple/orange/banana-1	Cooked rice/roti, dal & paneer potato curry &leafy veg fry /other veg fry Rice/atta-175gms,dal-40gms,paneer-50gms,potato-50gms,leafyveg/otherveg- 100gms& oil-15gms	Cooked rice/roti,dalma &veg fry/bharta Rice/atta-150gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms
Tuesday	Semaikhir,fruit Semai-100gms,sugar-20gms ,milk-250ml Apple/orange/banana-1	Cooked rice/roti, dalma& egg potato curry Rice/atta-175gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,egg1,patato-50gms &oil-15gms	Cooked rice/roti, dal, vegetable curry & veg fry/bharta Rice/atta-125gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms
Wednesday	Chuda ,santula, matar curry& Fruit Chuda-100gms, matar- 20gms,potato-50gms,oil-5gms Apple/orange/banana-1	Cooked rice/roti, dalma& fish potato curry Rice/atta-200gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,fish-50gms,patato-50gms &oil15gms	Cooked rice /roti, dal, vegetable curry & veg fry/bharta Rice/atta-125gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms

Thursday	Sujikhir,fruit Suji-100gms,sugar-20gms,milk-250ml Apple/orange/banana-1	Cooked rice/roti, dal & paneer potato curry & leafy veg fry /other veg fry Rice/atta-175gms,dal-40gms,paneer-50gms,potato-50gms,leafyveg/otherveg- 50gms& oil-15gms	Cooked rice/roti, dalma &veg fry/bharta Rice/atta-150gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms
Friday	Semaikhir,fruit Semai-100gms,sugar-20gms ,milk-250ml Apple/orange/banana-1	Cooked rice/roti, dalma& chicken potato curry Rice/atta-175gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,chicken-50gms,patato-50gms &oil15gms	Cooked rice/roti, dal, vegetable curry & veg fry/bharta Rice/atta-125gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms
Saturday	Uppma , matar curry &fruit Suji-50gms, semai-50gms carrot,mungdal,-matar-20gm,potato-50gms,oil-5gms Apple/orange/banana-1	Cooked rice/roti, dalma& egg potato curry Rice/atta-175gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,egg1,patato-50gms &oil-15gms	Cooked rice/roti, dal, vegetable curry &veg fry/bharta Rice/atta-125gms,dal-40gms,potato-50gms, Mixed vegetable-50gms,veg/potato-50gms &oil-10gms

N.B -Rice-parboiled , Atta-whole wheat (ashirbad /rista) & Oil-mustard/refined should be used in cooking.

N.B--- For vegetarian ,soyabean /paneer /chole curry will be given , instead of egg/fish/chicken curry



**OFFICE OF THE DMO(MS)-CUM-SUPEINTENDENT, DHH PARALAKHEMUNDI
DIET MENU OF RKS DHH PRLKHEMUNDI FOR THE YEAR 2022-23 NORMAL DIET
DIET MENU FOR ADULT MALE/FEMALE@Rs85.00/DAY/PATIENT**

DAY	BREAKFAST	LUNCH	DINNER
Monday	Sujikhir , fruit Suji50gms,Milk-250ml,Sugar-25gms&banana-1	Khichidi, alubharta Rice-50gms, mung dal- 20gms,potato-100gms	Khichdi/roti, bharta/boiled vegetable Rice-50gms, mung dal-20gms,potato-100gms &vegetable-100gms
Tuesday	Cornflakes, fruit Cornflakes- 50gms,milk-250ml, Sugar25gms,banana-1	Cookedrice/Khichidi, Dalma, soft boiled egg Rice-50gms,mung dal20gms vegetables-100gms&egg-1	Roti,boiledveg,custard, Atta80gms,vegetables-100gms,custard powder-20gms,milk-300ml&sugar- 25gms
Wednesday	Semaikhir ,fruit Semai50gms,milk-250ml,sugar20gms& Banana-1	Cooked rice , mashed dal, boiledvegetables(tender) Rice100gms,dal(mung)-25gms Vegetables100gms	Rice khir, mashed dal with veg Roti 2 Rice-50gms,milk-300ml,sugar-20gms,refined oil-5gms Dal(mung)-25gms,vegetables- 100gms,atta-80gms
Thursday	Dalia,fruit Dalia-50gm,milk- 250ml,sugar-20gms Banana-1	Khichidi , alubharta Rice50gms, mung dal- 20gms,potato-100gms	Khichdi/roti, bharta/boiled veg Rice-50gms, mung dal-20gms,potato-100gms &vegetable-100gms
Friday	Cornflakes,fruit Cornflakes- 50gms,milk-250ml, Sugar25gms,banana-1	Cookedrice/Khichidi, Dalma, soft boiled egg Rice-50gms,mung dal20gms vegetables-100gms&egg-1	Roti,boiledveg,custard, Atta80gms,vegetables-100gms,custard powder-20gms,milk-300ml&sugar-25gms
Saturday	Semaikhir ,fruit Semai50gms,milk-250ml,sugar20gms& Banana-1	Khichidi, alubharta Rice-50gms, mung dal- 20gms,potato-100gms	Khichdi/roti, bharta/boiled vegetable Rice-50gms, mung dal-20gms,potato-100gms &vegetable-100gms
Sunday	Sujikhir , fruit Suji50gms,Milk-250ml,Sugar-25gms&banana-1	Cookedrice/Khichidi, Dalma, soft boiled egg Rice-50gms,mung dal20gms vegetables-100gms&egg-1	Roti,boiledveg,custard, Atta80gms,vegetables-100gms,custard powder-20gms,milk-300ml&sugar-25gms



OFFICE OF THE DMO(MS)-CUM-SUPEINTENDENT, DHH PARALAKHEMUNDI
DIET MENU OF RKS DHH PRLKHEMUNDI FOR THE YEAR 2022-23 NORMAL DIET
DIET MENU FOR PAEDIATRIC PATIENT @Rs75.00/DAY/PATIENT

Day	Table 6: Diet Menu for Paediatric		
	Energy- 1090K/Cal(Rs 75/- per day (Breakfast +Lunch +Dinner))		
	Breakfast	Lunch Item with suggestive quantity	Dinner Item with suggestive quantity
Sunday	Apple-one and Bread 100gm	Rice-50gm Dalma- (Dal- 15gm+ Veg- 50gm + Potato-25gm) Veg Potato Fry(Veg- 50gm+Potato-25gm)	Rice-50gm , Dalma- (Dal- 15gm+Veg50gm +potato- 25gm) Veg Potato fry (Veg 50gm+Potato-25gm)
Monday	Apple one and Bread 100gm	Roti/Rice-50gms, Dal- 15gm, Veg- 50gm, Potato-25gm, paneer-25gm	Roti/Rice-50gms, Dal- 15gm+Veg.50gm, Potato- 25gm, Paneer-25gm
Tuesday	Orange One and SujiKheer	Rice-50gm, Dalma-(Dal- 50gm+veg150gm), Veg Potato fry(Veg- 50gm+Potato-25gm)	Rice-50gm, Dalma-(Dal- 50gm+Veg150gm), Veg Potato fry(Veg- 50gm+Potato-25gm)
Wednesday	Banana one and SujiKheer	Rice Khichdi (Veg- 100gm+Rice 25gm) Potato Verta-(Potato-50gm)	Rice Khichdi(Veg100gm+Rice- 25gm) Potato Varta-(Potato 50gm)
Thursday	Apple One and Simeikheer	Rice-50gm, Dalma- (Dalma- 15gm+Vegetable- 75gm+Potato- 25gm), Veg Fry-100gm	Rice-50gm, Dalma-(Dal- 15gm+Veg.- 75gm+Potato- 25gm), Veg Fry-100gm
Friday	Orange One and custard	Rice-50gm, Dal-15gm, Egg curry-(Egg-one)	Rice-50gm Dal-15gm Egg curry-Egg one
Saturday	Banana one and Bread 100gm	Rice-50gm Dal-15gm Soyabean20gm	Rice-50gm Dal-15gm Soyabean-20gm

Note: The diet menu is suggestive and may change as per the availability of the proposed items. The concerned Treating physician would be the final authority to take appropriate decision on the menu without compromising the quality.



OFFICE OF THE DMO(MS)-CUM-SUPEINTENDENT, DHH PARALAKHEMUNDI
DIET MENU OF RKS DHH PRKHEMUNDI FOR THE YEAR 2022-23 NORMAL DIET
DIET MENU FOR CLEAR LIQUID DIET @Rs85.00/DAY/PATIENT

8AM	Whey water-150ml
10AM	Tender coconut water-150ml
01 PM	Dal water-150ml
04PM	Fruit juice-150ml
07PM	Boiled vegetable water-150ml
10PM	Whey water-150ml



3.3 Category of Diet & it's Food Stuff

1. General Diet

Food Stuff	Vegetarian	Calorie	Protein	Non-Vegetarian
Cereals	375gm	1294	26.25	375 gm
Pulses	75 gm	259	16.5	75 gm
Green Leafy Vegetables	100 gm	45	4	100 gm
Other Vegetables	200 gm	64	3.8	200 gm
Roots and Tubers	200 gm	146	2.6	200 gm
Fruits	100 gm	60	0.8	100 gm
Milk and milk products	500 ml	325	16	500 ml
Curd	100gm	65	3.2	
Egg	100gm	173	13.3	Egg (2 No.)
Sugar	20 gm	80		20 gm
Oil	25 ml	225		25 ml
Condiment and spices				
Calories		2563		2671
Proteins		73.15		83.25
Total Cost		Rs. 85/- per patient / day		

2. Paediatric Diet

Food stuff	Vegetarian (in gms)	Calorie kcal	Protein gram	Non Vegetarian (in gms)
Cereals	180	621	12.6	180
Pulses	60	207	13.2	60
Green leafy vegetables	100	45	4	25
Other vegetables	100	32	1.9	75
Roots and tubers	100	73	1.3	75
Fruits	200	120	1.6	200
Milk	500 ml	325	16	250 ml
Curd	100gm	65	3.2	0
Egg	50gm	87	6.65	50 gms
Sugar	20	80		30
Oil	30	270		25
Condiment and spices		0		
Total Calories		1838		1860
Total Protein		53.8		57.25
Total cost		Rs.75/- per patient / day		

3. Dry food (Milk, Bread, Egg, Fruits):

Food stuff	Amount
Milk	1000 ml
Bread	400gm
Egg	2Nos.
Banana	2Nos.
Protein	90 gms
Calories	2055 Kcal
Total cost	Rs. 75/- per patient per day

4. Full Liquid Diet:

The full liquid diet can be provided to the patients in the pre or post operative stage for one or two days or based on the advice of the doctor and dietician. Only clear liquids such as milk, clear soup, fruit juice etc. should be given. This diet is to be used for a very short period of time. Full liquid diet may also be given to all patients with acute conditions including ICU patients as per the advice of the treating physician.

Food stuffs	Amount
Milk	1000ml
Fruit juice	500ml
Sugar	50gms
Rice, Dal, Vegetable soup	50gms
Dal	20gms
Vegetable	100gms
Total cost	Rs. 85/- per patient per day

5. High Protein Diet for TB/Burn/Cancer Patients:

Food Stuff	Vegetarian	Calorie	Protein	Non-Vegetarian
Cereals	375gm	1294	26.25	375 gm
Pulses	75 gm	259	16.5	75 gm
Green Leafy Vegetables	100 gm	45	4	100 gm
Other Vegetables	200 gm	64	3.8	200 gm
Roots and Tubers	200 gm	146	2.6	200 gm
Fruits	100 gm	60	0.8	100 gm
Milk and milk products	500 ml	325	16	500 ml
Curd	100gm	65	3.2	
Egg	200gm	246	26.6	Egg (4 No.)
Or Paneer / Cheese	50gm			
Sugar	20 gm	80		20 gm
Oil	25 ml	225		25 ml
Condiment and spices				
Calories		2563		2671
Proteins		73.15		83.25
Total Cost				Rs.95/-per patient / day