

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

Email - cdmo_gajapati@rediffmail.com / Telephone No. 06815-222205 / 223834

Letter No. 708 / DHH
To,

Dt. 29/03/2023

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

Sub- Advertisement of Corrigendum Tender call notice in two daily news papers

Sir,

With reference to the subject cited above the corrigendum order for Tender Call notice for supply of Diet to the in-patient of DHH PARLAKHEMUNDI, GAJAPATI is given below for publication in two daily newspapers for wide publication.

Enclosure: The details of 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
CORRIGENDUM ORDER

Email - cdmo_gajapati@rediffmail.com / Telephone No. 06815-222205 / 223834

Adv. No. 02

Date: 29/03/2023

Tender call Notice for Supply of Diet to Indoor Patient

The undersigned is pleased to recall the tender call notice through Corrigendum Order from the interested DIET preparations & catering firms/agencies & as well as SHG groups to supply & distribute therapeutic and non- therapeutic DIET to indoor patient of DHH Paralakhemundi for 2023.

The tender documents and detailed terms and condition as per Govt. guidelines are downloaded from the website (www.gajapati.nic.in). The required documents are to be send to CDM&PHO, Gajapati by speed post or registered post only super scribing on the top of the envelope "**Tender for Supply of DIET to DHH Gajapati**".

The bidders who have already tendered and submitted the required documents along with EMD as per Tender call notice published on 01.06.2022 shall not be required to submit except quoted rate chart and other relevant documents of Corrigendum Tender Call. The last date of the receipt of the tender documents is on **15.04.2023** and the date of opening of the tender will be on **18.04.2023** in presence of the undersigned & the other committee members.

The authority reserves every right to modify or 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. 709 / Dated 29/03/2023

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

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

Letter No. 708

Dt. 29/03/2023

**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
15.04.2023
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/
dhhgajapati@gmail.com**



Letter No. 708

Dt. 29/03/2023

**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	: 15.04.2023
Place, time & venue of Opening Tender	: CDM&PHO, Gajapati,Paralakhemundi
Period of Tender	: 31.03.2023 to 15.04.2023
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 **31.03.2023 to 15.04.2023**. 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.

PARALAKHEMUNDI

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

Letter No. 708

Dt. 29/03/2023

**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 /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.
2. The bidder should have a minimum of 3 years experience in diet preparation and its supply/services in public or private institutions.
3. The agency must be a registered body under appropriate law of the State or Central Government having the documentary evidence in this regard.
4. Up-to-date food license & GST Registration certificate from the competent authority. (Mandatory) duly attested by a Gazetted Officer with seal
5. 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).
6. The Tenderer should have valid Labour License (Registration No. & Date) of Labour Department.
7. 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.
8. 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 Raralakhemundi, 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.
9. In case of Women SHGs, the Hospital Administration is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
10. The committee is free to take any suitable decision and may consider relaxation on the overall eligibility criteria.
11. The bidder applying for DHH/SDH must have minimum annual average turnover of Rs. 1Crore per year during the last three financial years, 2019-20 , 2020-21 & 2021-22. In case of SHG/ SHG federation the bidder must have minimum average annual turnover of Rs. 30 Lacs per year during the last three financial years. The Bidder has to furnish the details of their annual turnover certified by a chartered accountant in a required format FORM T4 supported by Auditor profit or loss statement.

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 15.04.2023 from the date of submission.

6. Tenure of Contract:

The engagement shall be for a period of 2 years from the signing of Contract . The Contract shall be signed initially for a period of 1 Year which may be extended for another year basing on the performance of the agency is found satisfactory .

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 Hundreded) 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 selected agency has to furnish a performance security deposit at the time of signing of contract amounting to 5 % of the total estimated yearly contract value of the concerned district / institutiton in shape of DD/ BG from nationalized Bank of India. The amount of EMD of the selected bidder can be adjusted against the performance security deposit. The performance security deposit is for due performance of the contract.

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. 15.04.2023** 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. 18.04.2023 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 no 10.



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 15.04.2023 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.

21 Supply of Diet

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

- a. Breakfast - between 7.30. A.M to 8.30 A.M
- b. Lunch - between 12.30 P.M to 1.30 P.M
- c. Dinner -- between 7.30 P.M to 8.30 P.M

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

22. 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.

23. 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.

24. 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.

25. 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 18.04.2023 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.



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	250	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		2569		2671
Proteins		73.15		83.25
Total Cost				Rs.95/-per patient / day

A.1. Daily Menu for General Diet of a Patient:

Day	Breakfast	Lunch	Dinner
Sunday	Idli - 4pc, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass(250ml), Idli Mix-100gms, Refined oil-5gm, Fruit-100gms	Rice 1 ½ Bowl, dal - ½ Bowl, egg curry/chole paneer curry - ½ bowl & Mix veg curry - ½ bowl, Curd -100gm, Rice-175gms, Dal (Moong/Aharhar) -25gms, egg-1/ paneer-20, chole-30gms, & Vegetables-50gms, potato-50gm, vegetable/cabbage-50gms, Mustard oil-10gms	Rice-1 ½ Bowl, Roti- 4nos, Dalma - 1 Bowl, chole paneer curry - ½ bowl, Milk- 1glass (250ml), Rice-atta-125gms, dal-25gms, Vegetable-50gms, potato-50gms, Soyabean-25gm, Refined oil-10gms
Monday & Thursday	Uppama- 1 Bowl, Alumatar - ½ Bowl, 1 medium size Fruit, Milk- 1 glass 250ml, Suji-100gms, Alo-20gm, matar-20gms, oil-5gms Fruit-100gms	Rice 1 ½ Bowl, Dalma - 1 Bowl, leaf veg/cabbage fry - ½ bowl, Curd -100gm, Rice-175gms, dal-25 gms, veg-50 gms, potato-50gms, leafy veg/cabbage fry-50gm, Refined oil-10gms	Rice 1 ½ Bowl, Roti- 4nos, dalma - 1 Bowl, chole paneer curry - ½ bowl, Milk-250ml, Rice/atta-125gms, dal-25gms, Vegetable-50gms, potato-50gms, Soyabean-25gm, Refined oil-10gms
Wednesday	Simci Upma-1 Bowl, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass(250ml), Simci - 100gms, Potato-20gm, matar-20gms oil-5gms Fruit-100gms	Rice 1 ½ Bowl, dal - ½ Bowl, egg curry/chole paneer curry ½ bowl & Mix veg curry - ½ bowl, Curd -100gm, Rice-175gms, dal (Moong/Aharhar)-25gms, egg-1/ paneer-20 gms, chole-30gms & Vegetables-50gms, potato-50gms, vegetable/cabbage-50gms, Mustard oil-10gms	Rice 1 ½ Bowl, Roti- 4nos, dal - ½ bowl, Mix veg curry- ½ bowl, Milk- 1glass(250ml), Rice-125gms/atta-125gms, dal-25 gms, Vegetables -50 gms, potato-50gms, soyabean-25gms, mustard oil-10gms
Tuesday & Saturday	Chuda Santula - 1 Bowl, Matar curry - ½ Bowl, Fruit, Milk 250ml, Chuda-100gms, matar-20gms, oil-5gms Fruit-100gms	Rice- 1 ½ Bowl dal - ½ Bowl, Veg chole curry - ½ Bowl, Leafy veg fry - ½ Bowl, Curd -100gm, Rice -150gms, dal-25gms, Vegetable-50gms, potato-50gms, Green leafy veg/ Cabbage-50gms, chole-25gms, mustard oil-10gms	Rice 1 ½ Bowl, Roti- 4nos, dal - ½ bowl Mix veg curry- ½ bowl, egg paneer curry Milk- 1glass(250ml), Rice-125 gms, dal-25gms, vegetable-50gms, potato-50gms, Egg-1 paneer-30gm, Milk-250ml, Mustard oil 10gms
Friday	Idli - 4pc, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass(250ml), Idli Mix-100gms, Refined oil-5gm, milk-250ml & Fruit-100gms	Rice - 1 ½ Bowl, Dalma - 1 Bowl, egg / paneer curry, leaf veg/cabbage fry - ½ bowl, Curd -100gm, Rice-150gms, dal-25gms, Vegetable-50gms, potato-50gms, egg-1/paneer-30gms, leaf vegetable/cabbage-50gms & mustard oil-10gm	Rice 1 ½ Bowl, Roti- 4nos, dal - ½ bowl Mix veg curry - ½ bowl, Milk 1glass (250ml), Rice-125gms/atta-125gms, Dal 25 gms, Vegetable-50gms, potato 50gms, Chole-25gms, mustard oil 10gms



Bowl Volume: 250ml water

Roti: 01 no. medium size = 30gm atta (raw unit), Rice: 01 bowl = 100gm cooked weight (100gm raw unit), Dal/ Pulses/ legumes: 01 bowl = 125 gm cooked weight (25 gm raw unit), Mixed vegetable: 01 bowl = 200gm cooked weight, Seasonal fruit: 01 no = 100gm, Upma and Poha: 01 bowl = 300gm.

A2. DIET MENU FOR DIABETIC PATIENTS

Day	Breakfast	Lunch	Dinner
Sunday	Idli -4pc, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass (250ml), Idli Mix-100gms, Dal-20 gm, Refined oil-5gm, Fruit-100gms	Rice 1 Bowl, Roti- 3nos, dal - ½ Bowl, egg curry/ chole paneer curry ½ bowl & Mix veg curry - ½ bowl, Curd -100gm, Rice/Atta-100gms, dal (Moong/Aharhar) - 25gms, egg-1 / paneer-20 gms, chole-30gms & Vegetables-100gms, Vegetable /cabbage-50gms, Mustard oil-10gms	Roti- 3nos dalma - ½ bowl chole Soyabean curry- ½ bowl, Milk- 1glass (250ml), Atta-100gms, dal-25gms, Vegetable-100gms, chole-25 gms, Soyabean-25gm, Refined oil-10gms
Monday & Thursday	Uppama- 1 Bowl, Matar curry - ½ Bowl, 1 medium size Fruit, Milk- 1 glass 250ml, Suji-100 gms, matar-25gms, oil-5gms, Fruit-100gms	Rice 1 Bowl / Roti- 3nos, Dalma - 1 Bowl, leaf veg/cabbage fry - ½ bowl, Curd -100gm, Rice/Atta-100gms, dal-25 gms, veg-100gms, leafy veg / cabbage fry-50gm, Refined oil-10gms	Roti- 3nos dalma- ½ bowl Soyabean curry- ½ bowl, Milk-250ml, Atta-100 gms, dal-25gms, Vegetable-100gms, Soyabean-25gm, Refined oil-10gms
Wednesday	Simeji upma-1 Bowl, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass (250ml), Simeji - 100gms, Dal-20gms, oil-5gms Fruit-100 gms	Rice 1 Bowl / Roti- 3nos, dal - ½ Bowl, egg curry/ chole paneer curry ½ bowl & Mix veg curry - ½ bowl, Curd -100 gm, Rice/Atta-100gms, dal (Moong/Aharhar)-25gms, egg-1 / paneer-20, chole-30gms & vegetables-100gms, vegetable/cabbage-50gms, Mustard oil-10gms	Roti- 3nos dal - ½ bowl Mix veg curry- ½ bowl, Milk- 1glass(250ml), Atta-100gms, dal-25 gms, vegetables-100gms, soyabean-25gms, mustard oil-10gms
Tuesday & Saturday	Chuda santula - 1 Bowl, matar curry - ½ Bowl, Fruit, Milk 250ml Chuda-100gms, matar-25gms, oil-5gms Fruit-100gms	Rice 1 Bowl / Roti- 3nos, dal - ½ Bowl, Veg chole curry - ½ Bowl, Leafy veg fry - ½ Bowl, Curd -100gm Rice -150gms, dal-25gms, Vegetable-100gms, Green leafy veg/ Cabbage-50gms, chole-25gms, mustard oil-10gms	Roti- 3nos dal - ½ bowl Mix veg curry- ½ bowl, egg/ paneer curry Milk- 1 glass (250ml) Atta-100gms, dal-25gms, vegetable-100gms, Egg-1/paneer- 30gm, Milk-250ml, Mustard oil-10gm
Friday	Idli -4pc, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1glass (250ml), Idli Mix-100gms, Dal-20gm, Refined oil-5gm, milk-250ml & Fruit-100gms	&mustard oil-10gm Rice 1 Bowl / Roti- 3nos, Dalma - 1 Bowl, egg/paneer curry, leaf veg /cabbage fry - ½ bowl, Curd -100gm, Rice/Atta-100gms, dal-25 gms, Vegetable-100gms, egg-1/paneer-30gms, leafy vegetable/cabbage-50gms	Roti- 3nos dal - ½ bowl Mix veg curry- ½ bowl, Milk- 1glass(250ml), Atta-100gms, dal-25 gms, Vegetables-100gms, Chole-25gms, mustard-oil-10gms

DIET MENU FOR DIARRHOEA PATIENT'S

Day	Breakfast	Lunch	Dinner
Monday & Tuesday	Sirochi, milk, barley, banana, 'Siro' barley, 100gm, milk-250ml, Sugar-30gms, Fruit-100gm i.e Banana-2	Khichdi, & Boiled potato, Curd-100gm, Rice-80gm, Moong dal-25gm, Potato-50gm, Oil-10gm.	Rice-100gm, Curd-50gm, White bread-70gm, Wheat flour-80gm, Dal-15gm, Potato-25gm, Oil-10gm, Milk-250ml, Fruit-100gm i.e Banana-2
Tuesday & Sunday	Manda Khir, milk, barley, banana, manda-50gms, barley-50gms, milk-250ml, Sugar-30gms, Fruit-100 gm i.e Banana-2	Khichdi & boiled potato, Curd-100gm, Rice-80gm, Moong dal-25gm, Potato-50gm, Oil-10gm.	Rice-100gm, Curd-50gm, Milk-250ml, White bread-70gm, Wheat flour-80gm, Dal-15gm, Vegetables-100gm, oil-10gm, Milk-250ml, Fruit-100gm i.e. Banana-2
Wednesday & Friday & Sunday	Chuda khir, milk, barley, banana, chuda-50gm, barley-50gms, milk-250ml, Sugar-30gms, Fruit-100gm i.e Banana-2	Khichdi, & boiled potato, Curd-100gm, Rice-80gm, Moong dal-25gm, Potato-50gm, Oil-10gm.	Rice- White bread, Milk, Dalma, Banana, Wheat flour-70gm, White bread-80gm, Dal-15gm, Vegetables-125gm, oil-10gm, Milk-250ml, Fruit-100gm i.e Banana-2

A4. DIET MENU FOR JAUNDICE PATIENT'S

Day	Breakfast	Lunch	Dinner
Sunday	Semai Upama with vegetable, Seasonal fruit, Semai-100 gms, Vegetable-50gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1), oil-5gm	Rice, dal & Mix veg curry, Curd-100gm, Rice-150 gms, dal (Moong/Aharhar)-25gms, Vegetables-100gms, potato-50gms, Leafy vegetable/cabbage-50gms, Mustard oil-10gms	Rice/Roti, dalma, Rice-atta-100 gms, dal-25gms, Vegetable-50gms, potato-50gms, Refined oil-5gms
Monday & Thursday	Uppama, alu curry & fruit, Suji-50gms and semai-50gms, potato-50gms, matar-20gms, oil-5gms & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Rice, Dalma, leaf veg/cabbage fry, Curd-100gm, Rice-150gms, dal-25 gms, veg-100gms, leafy veg / cabbage fry-50gm, Refined oil-10gms	Rice/Roti, dalma, Alu curry, Rice/atta-100gms, dal-25 gms, Vegetable-50 gms, potato-50gms, Refined oil-5gms
Wednesday	Suji Upama with vegetable, Seasonal fruit, Suji-100gms, Vegetable-50gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1), oil-5gm	Rice, dal Mix veg curry, Curd-100 gm, Rice-150gms, dal (Moong/ Aharhar)-25gms & Vegetables-100 gms, potato-50gms, vegetable / cabbage-50gms, Mustard oil-10gms	Rice/roti, Dal, Mix veg curry, Rice/atta-100 gms, dal-25 gms, Vegetables-50gms, potato-50gms, mustard oil-5gms



Tuesday & Saturday	Chuda santula/bun, mator curry & Fruit, Milk-100gms/bun-100gms, potato-50gms, oil-5gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Rice, dal, Veg chole curry, Paneer-100gm, Curd-100gms, Rice-100gms, dal-25gms, Vegetable-100gms, potato-50gms, leaf vegetable/cabbage-50gms, mustard oil-5gms	Rice/roti, Dalma, Rice-atta-100gms, dal-25gms, Vegetable-50gms, potato-50gms, Milk-250ml, Mustard oil-5gms
Friday	Semai Upama with vegetable, Seasonal fruit, Semai-100gms, Vegetable-50gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1) oil-5gm	Rice, Dalma, leaf veg, cabbage fry, Curd-100gm, Rice-100gms, dal-25gms, Vegetable-100gms, potato-50gms, leaf vegetable/cabbage-50gms & mustard oil-10gm	Rice/roti, Dal, Mix veg curry, Rice/atta-100gms, dal-25gms, Vegetables-50gms, potato-50gms, mustard oil-5gms

A.5 DIET MENU FOR LIVER CIRRHOSIS PATIENTS

Day	Breakfast	Lunch	Dinner
Sunday	Semai kheeri, Seasonal fruit, Semai-50gms, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1), oil-5gm	Rice, dal, & Mix veg curry, Paneer-50gm, Curd-100gms, Rice-100gms, dal (Moong/Aharhar)-50gms & vegetables-50gms, potato-50gms, Soyabean-25gm, Mustard oil-5gms	Rice/Roti, dalma, chole Soyabean curry, Milk-250ml, Rice/atta-50gms, dal-50gms, Vegetable-50gms, potato-50gms, chole-25gms, Soyabean-25gm, Refined oil-5gms, Milk-250ml
Monday & Thursday	Uppama, mator & fruit, Milk 250ml, Suji-50gms and semai-50gms, Milk 250ml, mator-20gms, oil-5gms & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Rice, Dal, Mix Veg Soyabean curry, Paneer-50gm, Curd-100gms, Rice-100gms, dal-40gms, veg-50gms, potato-50gms, Soyabean-50gm, Refined oil-5gms	Rice/Roti, dalma, Milk-250ml, Rice/atta-50gms, dal-40gms, Vegetable-50gms, potato-50gms, Refined oil-5gms, Milk
Wednesday	Suji kheeri, Seasonal fruit, Suji-100gms, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1) oil-5gm	Rice, dal, & Mix veg curry, Paneer-50gm, Curd-100gms, Rice-100gms, dal (Moong/Aharhar)-50gms & vegetables-50gms, potato-50gms, Soyabean-25gm, Mustard oil-5gms	Rice/Roti, dalma, chole Soyabean curry, Milk-250ml, Rice/atta-50gms, dal-50gms, Vegetable-50gms, potato-50gms, chole-25gms, Soyabean-25gm, Refined oil-5gms, Milk-250ml
Tuesday & Saturday	Chuda santula/bun, mator curry & Fruit, Milk 250ml, Chuda-50gms/bun-100gms, mator-20gms, oil-5gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Rice, dal, Veg chole curry, Paneer-50gm, Curd-100gms, Rice-100gms, dal-40gms, Vegetable-50gms, potato-50gms, chole-25gms, mustard oil-5gms	Rice/roti, Dal, Mix veg curry, Milk, Rice/atta-50gms, dal-40gms, vegetable-50gms, potato-50gms, Soyabean-50gm, Milk-250ml, Mustard oil-5gms

Semai Khir & seasonal fruit, Semai-50gms, Refined oil-5 gm, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)

Roti/Rice, Dal, cucumber, leaf veg /cabbage fry, Mix veg Chole curry, Curd-100gms/ Egg white 1, Rice/Atta(whole wheat)-100 gms, Dal-20 gms, Chole-25gm, vegetable-100gms, leaf veg /cabbage-50gms, refined oil-5 ml & cucumber-1

Roti, Dalma, Soyabean vegetable curry, One tomato, Cucumber, Atta(whole wheat)-50gms, Dal-30 gms, vegetable-Soyabean-25gm, 50gms, refined oil-5 ml and veg-100gm

A6. DIET MENU FOR CARDIAC DISEASE

Day	Breakfast	Lunch	Dinner
Monday & Thursday	Uppama, akamatar & fruit, Milk 250ml, Suji-50gms, Milk 250ml, matar-20gms, oil-5gms & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Rice/Roti, Dalma, green leafy veg & cucumber, Curd-100gms/ Egg white 1, Rice/Atta(whole wheat)-100 gms, Dal-30gms, vegetable-100gms, leaf veg /cabbage-100gms, mustard oil-5ml & cucumber-1	Roti, Dalma, Soyabean vegetable curry, One tomato, Cucumber, Atta(whole wheat)-50gms, Dal-30 gms, vegetable-Soyabean-25gm, 50gms, refined oil-5 ml and veg-100gm
Tuesday & Saturday	Chuda santula / bun, matar curry & Fruit, Milk 250ml, Chuda-50gms/bun-100gms, matar-20gms, oil-5gms, Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Roti/Rice, Dal, cucumber, leaf veg /cabbage fry, Mix veg Chole curry, Curd-100gms/ Egg white 1, Rice/Atta(whole wheat) -100 gms, Dal-20 gms, Chole-25gm, vegetable-100gms, leaf veg/cabbage-50gms, refined oil-5 ml & cucumber-1	Roti, dalma, Mix vegetable curry, One tomato, Milk-250ml, Atta(whole wheat)-50 gms, Dal-20 gms, vegetable-100gms, refined oil-5ml
Wednesday	suji kheeri, Seasonal fruit, Suji-50gms, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1) oil-5gm	Roti/Rice, Dal, cucumber, Mix veg Soyabean curry, Curd-100gms/ Egg white 1, Rice/Atta(whole wheat)-100 gms, Dal-30 gms, vegetable-50 gms, Soyabean-50gm, leafveg/cabbage-50 gms, refined oil-5ml & cucumber-1	Roti, dalma, vegetable curry, One tomato, leafy veg /cabbage fry, Atta(whole wheat)-50 gms, Dal-30 gms, vegetable-50, leafveg /cabbage-100gms, refined oil-5ml & veg-100gms
Friday	Semai khir & seasonal fruit, Semai-50gms, Refined oil-5gm, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1)	Roti/Rice, Dal, cucumber, leaf veg /cabbage fry, Mix veg Chole curry, Curd-100gms/ Egg white 1, Rice/Atta (whole wheat)-100 gms, Dal-20 gms, Chole-25gm, vegetable-100gms, leaf veg /cabbage-50gms, refined oil-5 ml & cucumber-1	Roti, dalma, Mix vegetable curry, One tomato, Milk-250ml, Rice/Atta(whole wheat)-50 gms, Dal-20 gms, vegetable-100gms, refined oil-5ml
Sunday	Semai kheeri, Seasonal fruit, Semai-50gms, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1) oil-5gm	Roti/Rice, Dal, cucumber, Mix veg Soyabean curry, Curd-100gms/ Egg white 1, Rice/Atta(whole wheat)-100 gms, Dal-30 gms, vegetable-50 gms, Soyabean-50gm, leafveg/cabbage-50 gms & refined oil-5ml & cucumber-1	Roti, dalma, vegetable curry, One tomato, leafy veg /cabbage fry, Rice /Atta (whole wheat)-50 gms, Dal-30 gms, vegetable-50, leafveg /cabbage-100gms, refined oil-5ml & veg-100gms

A7 Weekly Diet Menu for Chronic Renal Failure [CRF] / Chronic Kidney Disease [CKD]

Day	Breakfast	Lunch	Dinner
Sunday	Pomridge (Sagoo) Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji (Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Monday	Sagoo Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Tuesday	Semia Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Wednesday	Semia Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Thursday	Chuda Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji (Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Friday	Chuda Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji (Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar
Saturday	Rice Raw-100gm, Milk-100gm, Sugar-30gm to taste	Rice-150gm, Dal-1 cup(15gm), Sabji (Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato)	Rice/Rotti, Sabji-150gm, Porridge-(kheer)-50gm-Cereals-100gm-Milk, 30gm-Sugar

B) Daily Menu of Diet for Children :

Day	Breakfast	Lunch	Dinner
Sunday	Semai Khir, Fruit Semai-50gms, sugar-20gms, milk-250ml & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1), Oil-5gm	Rice, Dalma & egg curry / Chole paneer curry, leafy veg/cabbage fry, Curd - 100gm, Rice-80gms, dal-30gms, vegetable -50gms, potato-25gms, egg-1, paneer-20 gm., chole-30gms & leaf vegetable/cabbage-25gms, Mustard oil-12 gms	Rice/Roti, Dalma, Rice/atta-50gms, Dal-30gms, Vegetable-25gms, potato-50gms, Refined oil-8gms

Monday	100gm. Matar, 100gm. Milk, 200gm. Fruit, 200gm. Sugar, 200gm. Oil, 5gm. Milk, 250ml	Rice, Dalma, Aloo soyabean curry & leafy vegetable, Curd, 100gm. egg, 30gm. Dal, 30gm. vegetable, 50gm. Soyabean, 5gm. leafy veg, cabbage 100gm, Refined oil-12gms.	Rice/Roti, Dal, Milk, 50gm. Matar, 50gm. Sugar, 200gm. Fruit, 200gm. Oil, 5gm. Milk, 250ml
Wednesday	Semai Khir, Fruit, 50gms. sugar-20gms, milk-250ml & Fruit-100gms. banana-2/guava-1/Apple-1/Orange-1/Mango-1), Oil-5gm	Rice, Dalma & egg curry/Chole paneer curry, leafy veg/cabbage fry, Curd -100gm, Rice-80gms, dal-30gms vegetable -50gms, potato-50gms, egg-1, paneer-20 gms, chole-30gms, & leaf vegetable/cabbage-100gms, Mustard oil-12gms	Rice/Roti, Dal, Milk, 50gm. Matar, 50gm. Sugar, 200gm. Fruit, 200gm. Oil, 5gm. Milk, 250ml
Tuesday & Saturday	Chuda Santula - bun, Matar curry & Fruit, Milk, Chuda-50gms / bun-50gms, matar-20gms & Fruit-100gms (banana-2/guava-1/Apple-1/Orange-1/Mango-1), Oil-5gm, Milk-250ml	Rice, Dalma, Aloo soyabean curry & leafy veg/cabbage fry, Rice-100gms, dal-30gms, veg-50gms, potato-50gms, Soyabean-25gm, leafy veg /cabbage-100gms, Refined oil-12gms	Rice/Roti, Dal, Milk, 50gm. Matar, 50gm. Sugar, 200gm. Fruit, 200gm. Oil, 5gm. Milk, 250ml
Friday	Semai Khir & fruit, Semai-50gms, sugar-20gms, milk-250ml & banana-2/guava-1	Rice, Dalma & egg curry/ Chole Paneer curry, leafy veg / cabbage fry, Curd -100gm, Rice-80gms, dal-30gms, vegetable, -50gms, potato-50gms, egg-1, paneer-20, chole-30gms & leaf vegetable/cabbage-25gms, Mustard oil-12gms	Rice/Roti, Dalma, Rice-50gms, Dal-30gms, Vegetable-50gms, potato-50gms, Refined oil-8gms

C) Dry food (Milk, Bread, Egg, Fruits):

Food stuff	Breakfast	Lunch	Dinner
Milk	500 ml		500 ml
Bread	200 gm		200 gm
Banana		2 nos	
Egg		2 nos	

D) Full liquid diet

Clear Liquid Diet would 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. This diet should be completely free of any solids even those found in the milk. Only clear liquids such as tea or coffee without creams or milk, clear soup etc. should be given. This diet is to be used for a very short period of time. Full liquid diet should be given for all acute conditions before diagnosis.

Food stuffs	Amount
Milk	1000 ml
Fruit juice	500 ml
Sugar	50 gms
Rice, Dal, Vegetable soup (rice)	50 gms
Dal	20 gms
Vegetable	100 gms

E) DIET MENU FOR TB/BURN/CANCER PATIENTS

Day	Breakfast	Lunch	Dinner
Sunday	Idli -4pc, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1 glass (250ml), 2 Eggs/ 50gm paneer, Idli Mix-100gms, Refined oil-5gm, Fruit-100 gms	Rice 1 ½ Bowl, dal - ½ Bowl, egg curry/ chole paneer curry ½ bowl & Mix veg curry - ½ bowl, Curd -100gm, Rice-175gms, dal (Moong/Aharhar) -25gms, egg-1/ paneer-20, chole-30gms, & Vegetables-50gms, potato-50gms, Vegetable / cabbage-50gms, Mustard oil-10gms	Rice 1 ½ Bowl, Roti- 4nos, dalma - ½ bowl, chole Soyabean curry- ½ bowl, Milk- 1 glass (250ml), Rice/atta-125gms, dal-25gms, Vegetable-50gms, potato-50gms, chole-25gms, Soyabean-25gm, Refined oil-10gms
Monday & Thursday	Uppama- 1 Bowl, Alumatar - ½ Bowl, 1 medium size Fruit, Milk- 1 glass 250ml, 2 Eggs/ 50gm paneer, Suji- 100gms, Ato-20gm, matar-20gms, oil-5gms Fruit-100gms	Rice 1 ½ Bowl, Dalma - 1 Bowl, leaf veg/cabbage fry - ½ bowl, Curd -100gm, Rice-175 gms, dal-25 gms, veg-50 gms, potato-50gms, leafy veg / cabbage fry-50gm, Refined oil-10gms	Rice 1 ½ Bowl, Roti- 4nos dalma- ½ bowl, Alu Soyabean curry- ½ bowl, Milk-250ml, Rice/atta-125gms, dal-25gms, Vegetable-50gms, potato-50gms, Soyabean-25gm, Refined oil-10gms
Wednesday	Simei upma-1 Bowl, Sambar- ½ Bowl, 1 medium size Fruit, Milk- 1 glass(250ml), 2 Eggs/ 50gm paneer, Simei - 100gms, Ato-20gm, matar- 20gms, oil-5gms Fruit-100gms	Rice 1 ½ Bowl, dal - ½ Bowl, egg curry/ chole paneer curry ½ bowl & Mix veg curry - ½ bowl, Curd -100gm, Rice-175gms, dal (Moong/Aharhar)-25gms, egg-1/ paneer-20, chole-30gms & Vegetables-50gms, potato-50gms, vegetable/cabbage-50gms, Mustard oil-10gms	Rice 1 ½ Bowl, Roti- 4nos dal - ½ bowl Mix veg curry- ½ bowl, Milk- 1 glass(250ml), Rice-125gms/atta-125gms, dal-25 gms, Vegetables-50gms, potato-50gms, soyabean-25gms, mustard oil-10gms
Tuesday & Saturday	Chuda santula - 1 Bowl, matar curry - ½ Bowl, Fruit, Milk 250ml, 2 Eggs / 50gm paneer, Chuda- 100gms, matar-20gms, oil-5gms Fruit-100gms	Rice- 1 ½ Bowl dal - ½ Bowl, Veg chole curry - ½ Bowl, Leafy veg fry - ½ Bowl, Curd -100gm, Rice -150 gms, dal-25gms, Vegetable-50gms, potato-50gms, Green leafy veg/ Cabbage-50gms, chole-25gms, mustard oil-10gms	Rice 1 ½ Bowl, Roti- 4nos dal - ½ bowl Mix veg cunry- ½ bowl, egg/paneer curry, Milk- 1 glass (250ml), Rice-125gms, dal-25 gms, vegetable -50gms, potato-50gms, Egg-1/paneer- 30gm, Milk-250ml, Mustard oil-10gms

Idli - 4pc, Sambar - 1 Bowl, 1 medium size Fruit, Milk- 1/2 liter (250ml), 2 Eggs- 50gm paneer, Idli Mix- 100gms, Refined oil- 5gm, milk- 250ml & Fruit- 100gms	Rice 1 1/2 Bowl, Dal/bean/egg/paneer curry, leaf vegetable/cabbage fry - 1/2 bowl, Chutney- 100gm, Rice/ 50gm, dal/ 50gm, Vegetable- 50gms, potato 50gms, egg- 1/ paneer- 30gm, leaf vegetable/cabbage- 50gms, & mustard oil- 10gm	Rice- 1 1/2 Bowl, Dal/bean/egg/paneer curry, leaf vegetable/cabbage fry - 1/2 bowl, Chutney- 100gm, Rice/ 50gm, dal/ 50gm, Vegetable- 50gms, potato 50gms, egg- 1/ paneer- 30gm, leaf vegetable/cabbage- 50gms, & mustard oil- 10gm
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1 Bowl - volume 250ml water, Roti: 01 no, medium size = 30gm atta (raw unit), Pice: 01 no = 30gm cooked weight (100gm raw unit), Dal/ Pulses/ legumes: 01 bowl = 125 gm cooked weight (200 gm raw unit), Mixed vegetable: 01 bowl = 200gm cooked weight, Seasonal fruit: 01 no = 100gm (raw unit), 01 bowl = 300gm.

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

3.5 Timing of Diet Supply

The timing of diet supply to the patients is mentioned below for adherence. In no case, there should be deviation in time, not exceeding 20 minutes for each category of diet timing. The diet preparing and distributing contractor would be advised accordingly

- Breakfast: Between 7.30 am to 8.00 am
- Lunch: Between 1.00 pm to 2.00 pm
- Dinner: Between 8.00 pm to 9.00 pm

Note: Timing of diet and times of diet provision may vary based on the diagnosis and as per the recommendation / prescription of the dietician / doctor. The hospital manager / person designated for the management of dietary services would adhere to the timing as prescribed by the doctor / dietician. Timing for patients prescribed for "liquid diet" under therapeutic diet may vary based on the advice of the dietician / doctor.

3.6 Storage of Commodities / Raw Materials

1. Storage of commodities / raw materials would be the responsibility of the outsourced agency. However, it is to be monitored from time to time by the dietician / assistant dietician of the health institution or any other persons assigned for the purpose. The perishable and non-perishable items should be stored as per the storage specification norms.
2. Care should be taken to avoid quality degradation of the food commodities due to humidity, rodents, insects etc.



3.7 Fuel for Cooking

1. The kitchen should have LPG connection to be provided by the agency for diet preparation with provision of additional cylinder.
2. Coal and Wood must not be used for cooking, excluding emergency cases.

3.8. Diet Certification

Diet prepared [cooked / dry diet] on day to day basis should be certified by the dietician before its distribution. The diet certification would be with regard to quality, test and its adherence to the specified menu.

3.9 Constituting Diet Vigilance Committee [DVC]

For monitoring and supervision of diet preparation, distribution, ensuring diet quality and overall management of diet, Diet Vigilance Committees [DVC] will be constituted. In every Public Health Institutions, including CHCs and Area Hospitals, DVC would be constituted taking RKS members and medical staff of the concerned hospital. ADMO Medical would head the committee along with one Sr. Doctor. RKS would nominate two members on a rotational basis to be the member of DVC. The committee members shall meet once in a month to discuss matters related to present dietary services and propose changes, if necessary. The Hospital Manager and selected / nominated members of Swasthya Vikash Samiti would be the member of the DVC.

3.10 Role of DVC in Monitoring & Supervision:

Diet Vigilance Committee will overall supervise the diet preparation and distribution process. The Diet Vigilance Committee would do regular surprise check to see the aspects like quantity and quality check of the diet, timeliness in supply of diet, hygiene and other related aspects and report to the head of the concerned Public Health Institution on a periodic basis [time frame is to be decided by the CDMO/ADMO, Med]. The committee members will interact with the in-door patients on quality and quantity of diet and discuss accordingly with the outsourced agency.

3.11 Role & Function of Dietetics Section in the Health Institution:

The dietetics section would be expected to perform important functions in dietary services and management. The basic responsibility of dietetics section would be;

- a) Menu Planning;
- b) Requisition of needed supplies;
- c) Establishment and maintenance of safe food storage practices;
- d) Selection, training, assignment of duties, supervision of personnel;
- e) Supervision of departmental sanitation;
- f) Establishment of adequate records and supervision of record keeping, budget planning, etc.

3.12 Role of Dietician / Nutritionist:

- a) Periodic check of the quality of food materials
- b) Diet related counseling services to the patients during admission and discharge

RFP FORMATS

Diet Services at Govt. Health Institutions

TECHNICAL PROPOSAL

FORMAT- T1

(to be furnished in the technical proposal envelope)

Check List (Technical Proposal)

Please check whether following have been enclosed in the respective cover, namely, Technical Proposal (Please arrange the documents serially in the following order)

Sl. No.	Item	Whether included Yes/ No	Page No.
1	Format-T1 (Check List)		
2	Bid Document Cost as DD of Rs. _____/-		
3	Earnest Money Deposit of Rs. _____/- as Demand Draft		
4	Format-t2 (technical Proposal Submission form)		
5	Format – T3 (Details of Bidder		
6	Format- t4 (annual Turnover Statement by Chartered Accountant)		
7	Copies of the Annual audited Statement / annual report for 2019-20, 2020-21 & 2021-22 (Provisional Statement of account shall not be considered)		
8	Format – T5 (Performance Statement during the last three years)		
9	Copies of work orders & end user certificates in support of the information furnished in Format T-5		
10	Copy of quality Certificates: ISO 9001, Food License / registration Certificate		
11	Format-T6 (Format of Affidavit regarding the firm is not blacklisted)		
12	Copy of the Registration certificate(Certificate of Incorporation)		
13	Copy to the GST registration certificate		
14	Copy of PAN (income Tax)		

FORM T4

(to be furnished in the technical proposal envelope)

ANNUAL AVERAGE TURN OVER STATEMENT

(To be furnished in the letter head of the Chartered Accountant)

The Annual Turnover of M/s _____ for the financial years are given below and certified that the statement is true and correct.

Sl. No.	Financial Year	Turnover in Lakhs (Rs.)
1	2019-20	
2	2020-21	
3	2021-22	

Membership No.:

Registration No. of Firm

Note:

- To be issued in the letter head of the Auditor / Chartered Accountant mentioning the membership No.
- This turnover statement should also be supported by copies of audited Annual Statement of the last three years and the turnover figure should be highlighted there

FORMAT T6

(to be furnished in the technical proposal envelope)

Format for Affidavit certifying that the firm is not blacklisted (On a Stamp paper of Rs. 20/-)

Affidavit

I, M/s

(the name of the firm with address of the registered office) hereby certify and confirm that we are not debarred by Department of Health &FW, Govt. of odisha/ or any other entity of GoO or Black listed by any state Government or Central Government / Department / Organization in India form participating in Tenders/ Projects.

We further confirm that, our proposal for the captioned project would be liable for rejection in case any material misrepresentation is made or discovered at any stage of the Bidding process or thereafter during the agreement period.

Dated this Day of , 2021

Authorized Signatory/ Signature [In full and initials]: _____

Name and Title of Signatory _____

FORM T5

(to be furnished in the technical proposal envelope)

**PAST EXPERIENCE IN EXECUTING DIET PREPARATION AND ITS SUPPLY / SERVICES IN
GOVERNMENT OR PVT. HEALTH INSTITUTIONS / OTHER GOVT. INSTITUTIONS**

(Attach separate sheets if the space provided is not sufficient)

Name / address of the Organization	Work order/ Contract No. and date	Brief Description of the scope of work	Details of the kitchen setup established if any	No. of human resource deployed for the diet service	No. of beds/ people for which diet service provided	Date of completion of assignment	Value of the Assignment	Role of your firm

Note: Please furnish the work order/ Contract copies of the works executed serially in support of the information mentioned above.

Authorized Signatory / Signature [In full and initials] : _____

Name and Title of signatory : _____ (Organization Seal)

FORMAT – T2

(to be furnished in the technical proposal envelope)

TECHNICAL TENDER SUBMISSION FORM

(On the letterhead of the firm)

To

Ref: RFP Reference No. _____, Dtd. _____

Dear Sir,

We, the undersigned, offer to provide the services for the works selection of the agency for supply of Diet (Dry, Liquid, Cooked) to indoor patients.

We are hereby submitting our proposal, which includes this Technical Proposal sealed under a separate envelope.

We hereby declare our confirmation of acceptance of the conditions of Contract mentioned in the RFP document under reference cited above.

We hereby declare that all the information and statements made in this proposal are true and accept that any of our misrepresentations contained in it may lead to our disqualification/.

We undertake that our proposal shall remain valid for 180 days after the date of bid opening for the purpose of bid evaluation / finalization of contract.

I hereby declare that my company has not been debarred/ black listed by any Government / Semi Government organizations. I further certify that I am the competent authority in my company authorized to make this declaration.

We understand you are not bound to accept any proposal you receive.

Yours Sincerely,

Authorized Signatory { In full and initials} : _____

Name and Title of Signatory : _____

Name of Firm : _____

Address : _____

FORMAT T3

(To be furnished in the Technical Bid Envelope)

(On the letterhead of the Organization)

DETAILS OF THE BIDDER

GENERAL INFORMATION ABOUT THE BIDDER				
1	Name of the Bidder			
	Registered address of the Firm			
	State		District	
	Telephon No.		Fax	
	Email		Website	
CONTACT PERSON DETAILS				
2	Name		Designation	
	Telephone No.		Mobile No.	
COMMUNICATION ADDRESS				
3	Address			
	State		District	
	Telephone No.		Fax	
	Email		Website	
Type of the Firm (Please relevant box)				
4	Private Ltd.		Public Ltd.	
	Partnership		Society	
	Registration No. & Date of Registration.			
Nature of Business (Please relevant box)				
5	Manufacturer		Authorised Service Provider	
Key personnel Details (Chairman, CEO, Directors, Managing Partners etc.)				
6	In case of Directors, DIN No.s are required			
	Name		Designation	
	Name		Designation	
7	Whether any criminal case was registered against the company or any of its promoters in the past?			Yes / No
8	Details of the Branch Office in odisha 9 if registered office is not in Odisha)			

9	<p>GST Registration</p> <p>Furnish the copy of the GST registration certificate</p>			
10	<p>PAN :</p> <p>Furnish the copy of the PAN</p>			
11	<p>Registration certificate / certificate of Incorporation of the firm (furnish the copy)</p>			
12	<p>Copy of Quality certification: ISO 9001, Food License/ Registration (furnish the copy)</p>			
13	<p>Bank details of the Bidder: The bidders have to furnish the Bank Details as mentioned below for return of EMD/ Payment fro supply if any (if selected)</p> <p>a. Name of the Bank :</p> <p>b. Name of the Account & Full address of : the Branch concerned</p> <p>c. Account No. of the Bidder :</p> <p>d. IFSC Code of the Bank :</p>			
	Date:	Office Seal	Signature of the bidder/ Authorised signatory	