

## **OFFICE OF THE SUPERINTENDENT PRM MCH, BARIPADA**

Email Id: superintendentprmmch@gmail.com , Landline Phone No. 06792257013

### **TENDER CALL NOTICE**

No. 2157 // Dt. 24/12/2018 //

Sealed tenders are invited by the Superintendent, PRMMCH, Baripada, functioning under Health & Family Welfare department, Government of Odisha in two Bid systems from eligible registered outsourcing Agencies for providing services for supply of diet to the indoor patients of PRMMCH, Baripada. The detail information and term & condition in the form of Tender paper along with sample copy of agreement etc. may be downloaded from the District website Mayurbhanj i.e. [www.mayurbhanj.nic.in](http://www.mayurbhanj.nic.in) subject to payment of tender paper cost of Rs 2000/- in shape of demand draft in favour of Superintendent, PRMMCH, Baripada payable at Baripada from any nationalised bank. The last date and time for submission of Tender documents is 28/01/2019 by 3 P.M. Any tender paper received after due date and time will be rejected/ returned to the sender unopened. The tender must be submitted through Register post / Speed post /Courier only.

  
Superintendent,  
PRMMCH, Baripada.

**OFFICE OF THE SUPERINTENDENT PRM MCH,  
BARIPADA**

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**DRAFT COPY OF TENDER ADVERTISEMENT**



**TENDER DOCUMENT FOR PROVIDING  
SERVICES FOR SUPPLY OF DIET TO INDOOR PATIENTS OF THE  
PANDIT RAGHUNATH MURMU MEDICAL COLLEGE & HOSPITAL,  
BARIPADA, FOR THE YEAR 2018-19**

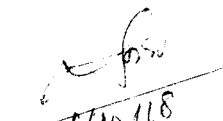
**Tel: (06792)-25267013**

**E-mail: [superintendentprmmch@gmail.com](mailto:superintendentprmmch@gmail.com)**

**Price: Rs.2000.00 Non-refundable,  
(THOSE WHO DOWNLOAD THE TENDER DOCUMENT FROM  
WEBSITE [www.mayurbhanj.nic.in](http://www.mayurbhanj.nic.in) SHOULD ENCLOSE A DD FOR  
TOWARDS COST OF TENDER PAPER)**

- a) Date of issue of Tender Document- 27/12/2018.
- b) LAST DATE FOR SUBMISSION OF TENDER IS 28-01-2019 BY 3 PM  
DATE FOR OPENING OF BID: 30-01-2019 AT 11 A.M.  
THROUGH SPEED/REGD POST/COURIER ONLY.
- c) Pre Bid conference on date:- 18-01-2019.
- d) Address for communication& receipt of documents:-

**Medical Superintendent  
PRM Medical College & Hospital,  
Baripada  
At- District Headquarter Hospital Campus  
Po- Baripada  
Dist- Mayurbhanj  
Pin-757001**

  
28/12/18  
**Superintendent  
PRM Medical College &  
Hospital, Baripada.**

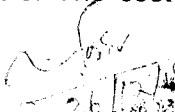
## General Instruction for Bidders

### 1) Invitation to Bid:

"The Superintendent, PRMMCH, Mayurbhanj has invited, Tender from the eligible registered diet provider, and catering firm 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 Department of Health & Family Welfare 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.50/- for Paediatrics per patient per day, Rs.50/- for General Patients per patient per day and Rs.60/- for T.B, Cancer, Malnutrition and Burn Patients per patient per day. The Tenderers should quote their rates both in figure and words for supply of Diet (cooked food) within the diet rates fixed by the Government as indicated above in the financial Bid. The bidder has to apply in **two bid system i.e. Technical Bid and Financial Bid**. The interested Service Provider are advised to submit two separate sealed envelopes super scribing "**Technical Bid for Providing Services for Supply of Diet to Indoor patients of PRMMCH Baripada**" and "**Financial Bid for Providing Services for Supply of Diet to Indoor patients of PRMMCH, Baripada**" to **Office of the Superintendent, PRMMCH, Mayurbhanj**". Both sealed envelopes should be kept in a separate third sealed envelope super scribing "**Tender for Providing Services for Supply of Diet to Indoor patients of PRMMCH, Baripada**"

### 2) Introductions:

1. This bid is open to agency/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 Bid" and "Technical Bid" for providing services required for diet preparation and diet related services as per the standard norm and procedure of the Government of Orissa for daily Diet menu/ chart consisting of therapeutic and non-therapeutic value.
5. The hospital administration is not bound to accept any bids, and reserves the right to terminate the selection process at any time prior to the award of the contract, without showing any reasons thereby. 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 prescribe 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 potential bidders can avail the tender/bid document from the office of the concerned health institution by paying Rs. 2000/- for the bid document and another Rs.500/- towards the processing fee of the bid. The amount paid towards the bid documented and processing fee would be non-refundable. The cost of tender document and processing


  
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fee must be deposited along with the Bid documents in the form of demand draft drawn in favour of “**Superintendent, PRMMCH, Baripada, Mayurbhanj**” payable at **Baripada** from any nationalised bank. The tender Document is not transferable to any other bidder. The Tender fee is Non-refundable and cannot be claimed by the Tender Agency.

7. The bidder is expected to examine all instruction, forms, terms, specifications, and other Information in the bid/tender document. Failure to furnish all required information for bidding who has submitted the bid will 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 towards submission of the bid.
9. In case of requirement, of any assistance, 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.
11. Bid documents must be signed on each page by the bidder.

### **3) Eligibility Criteria:**

1. The bidder should have a registered / operating office in the district with staff strength not less than 10members.
2. The bidder /outsourced agency should be having relevant document of 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 ( three) 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 certificate from the Health Officer, Mayurbhanj 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 Superintendent of Police.
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 financial years.
9. EMD of Rs.50,000/- (fifty thousand) only in shape of Demand Draft / Banquers Cheque drawn in favour of “**Superintendent, PRMMCH, Baripada, Mayurbhanj**” payable at

  
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PRM Medical College &  
Hospital, Baripada

Baripada should be submitted along with the Tender. The EMD of unsuccessful tender will be refunded after Tender Process is over. In case of selected tenderer, the EMD will be refunded after execution of order.

10. In case of Women SHGs, the Hospital Administration/ Tender Committee is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
11. The Agency must have GST Registration candidate along with update GST clearance certificate.
12. The Agent must have PAN card.

**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/ Tender Committee would be liable for rejection.

**5) Bid Validity:**

The bid would remain valid for a period of 365 days-financial year from the date of opening of tender bid.

**6) Tenure of Contract:**

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

**7) Payment Schedule:**

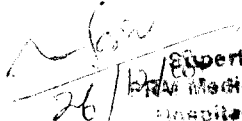
1. The agency would be paid once in a month based on the case load and number of meals supplied. The number of diets prepared during "lunch" would be considered as the benchmark for calculation of number of patients/days or any such norms that is suggested and agreed upon mutually by the hospital administration and the outsourced agency/bidder.
2. The Hospital Administration would verify the bills/vouchers and other supporting document and 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.2000/- (Rupees two thousand) Only towards Tender Fees in the form of Demand Draft drawn in favour of the **Superintendent, PRMMCH, Baripada, Mayurbhanj, Payable at Baripada**. The Tender fee is Non-Refundable and cannot be claimed by the tendering agency.

**9) Tender Processing Fee:**

All Bidders are required to pay Rs. 500/- (Rupees Five Hundred only) towards Tender Processing Fees in the form of Demand Draft drawn in favour of the the **Superintendent,**

  
26/12/20  
Superintendent  
PRMMCH, Baripada, Mayurbhanj  
Hospital, Baripada.

**PRMMCH, Baripada, Mayurbhanj, Payable at Baripada.** The tender Processing Fees is Non-Refundable and cannot be claimed by the tendering agency.

**10) Performance Bank Guarantee:**

The agency, after selection, has to deposit "security money" in shape of Bank Guarantee amounting to Rs.1,00,000/- (Rupees one lakh) 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.

**11) Last Date for Submission of Bid:**

The bid would be submitted in an appropriate with Register post / Speed post from in a sealed envelope on or before dt. 28-01-2019 by 3 P.M. The bids received after the due date would not be accepted and liable for rejection.

**12) Bid Withdrawn:**

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

**13) Right to Accept or Rejection 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.

**14) Opening of Bids:**

The bids would be opened on the specified date, time and venue in the presence of the persons nominated by the hospital administration and in presence of the bidders. The bidders would be requested to attend the bid opening and all present bidders shall put their signature on the bid as an evidencing of their attendance.

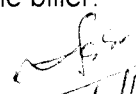
**15) Bid Evaluation Criteria:**

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

**16) Disqualifications:**

The administration of the hospital, seeking this bid, reserves under its sole discretion to disqualify any bid document if,

1. The bidder submit the bid after the last date of submission of Bid;
2. The bid document does not have the proof of similar nature 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 in form of Affidavit before the Executive Magistrate is to be given by the bidder]
5. No attachment of bank draft towards processing fee of Rs.500/- and cost of the bid document amounting to Rs.2000/- and EMD of Rs.50000/-
6. Bid documents not signed in each page by the biller.

  
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**17) Adequacy of Information:**

Once the bidder submits the bid document, it will be assumed that the bidder has carefully examined the bid documents 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.

**18) Address for Submission of Bid:**

The bid should be address to the following;

**Office of the Superintendent, PRMMCH,**

**Baripada, Mayurbhanj**

**Pin-757001**

**Phone No.- 06792-257013**

**19) Clarification on the Bid:**

In case the bidder seeks further clarifications/he may contact the following designated person for correspondence and providing clarification on the bid.

Name: Dr.Narendra Nath Soren

Designation: Superintendent, PRMMCH, Baripada.

Telephone No.: 9439991225

or

Name: Dr. Sameer Ranjan Mohapatra

Designation: Hospital Manager, DHH, Baripada

Telephone No.: 9439995514

or


Name: Dr. Binodini Dash

Designation: Hospital Manager, PRMMCH, Baripada

Telephone No.: 9439995512


**20) General Information to Bidder:**

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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

  
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placed by the health institution keeping in mind the diet requirement of different category of patients.

7. 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.
8. 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.
9. The health institution would have the right to monitor the quality items purchased and used in the diet preparation process.
10. The agency would manage kitchen waste in a scientific manner with due consultation with the concerned hospital administration.
11. 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.
12. The agency would prepare and update the accounts 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 subject to audit.
13. 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 behavioral norm. The authority will ask the agency to withdraw any of worker/s from the hospital without assigning any reason thereof.
14. 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 diets in the appropriate time.
15. 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.
16. 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.

  
26/11/18  
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PRM Medical College &  
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17. The Medical College administration reserves 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 two months notice to the authority.
18. 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. Photo Identity card (duly signed by Agency) be provided by him during period of work.

Signature

[Name and designation of the person signing on behalf of the agency]

Date & place

Name of the Bidder/Applicant

**21. Financial Proposal Form: Offer price by the Tenderer**

Sl. No.	Diet Type	Cost Offered per patient per day
1	General Diet	
2	Diabetic Diet	
3	Diet for Patients suffering from Heart Disease	
4	Diet for CRF/CKD	
5	Full Liquid Diet	
6	Semi Solid Diet	
7	Pediatric Diet	
8	T.B Cancer Malnutrition and Burn Patient Diet.	

Signature

(Name and designation of the person on behalf of the agency)

Date & Place

Name of the Bidder/Applicant

Diet menu chart- Annexure- I & II ( Enclosed in separate sheets)

**22. Supply of Diet**

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

1. Breakfast - between 7.30 A.M to 8 A.M
2. Lunch - between 1 P.M to 2 P.M
3. Dinner - between 8 P.M to 9 P.M

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

**23. 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 (Liquid diet, semisolid diet, diet for diabetic etc). 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

*[Handwritten signature]*  
 26/10/2018  
 Superintendent  
 P. M. S. Medical College &  
 Hospital, Garipada.

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

#### **24. General Diet:**

This general or routine diet must be nutritionally adequate either to maintain adequate nutrition or to improve the nutritional status. This general or full diet may be served to ambulatory patients who are not under therapeutic diet. This diet should contain minimum number of rich foods and foods that require longer time for digestion, since hospital patients are physically less active than average normal persons. Patients who need adaptations or modifications in their diet, due to illness, accident or injury, may be served a modified diet until they become ambulatory patients who can be served the general diet. The composition of general diet highlighted below.

#### **25. Summary of Diet**

Table 1: Summary of Diet

SN	Type of Hospital Diets	Foods Allowed	Foods to be Avoided
1	Liquid diet Clear liquid	Mild tea or coffee without cream or milk. Fat-free broth Carbonated beverages, strained vegetables or fruit juice and gruels (lapsi) Plain gelatin. Ginger ale protein supplements.	Milk, Cream, Egg, pureed vegetables or fruit; sugar, butter, margarine, oil or ghee, whole-grain cereals, legumes and pulses, fish, meat, poultry and sweetmeats,
2	Full liquid	Any food liquid at body or room temperature, milk, cream, ice-cream, gruels, kheer, vegetables and fruit juices, egg, plain gelatine desserts, custard, curds, sugar, butter or margarine, ghee, oil, strained soups, stained meat in broth, tea, coffee and carbonated beverages, soft-cooked pulses like mung dal in soup from can be given	Whole-grain cereals and pulses, vegetables such as cauliflower, onions, etc; sweetmeats, fish etc.
3	Soft diet	Soups-broth, cream or strained vegetables  Egg-all types except fried egg, soft-boiled and poached are preferably given.  All milk and milk products cooked vegetables with simple preparation methods using minimum quantity of oil or ghee.  Butter in limited amounts  Fruits-Cooked and canned ones	Salads are not to be given  Fried eggs  Sweetmeats  Strongly flavoured vegetables such as cauliflower, cabbage, onions and fibrous ones such as corn.  Spices and all ground masalas, green chillies, fried foods, nuts, coarse

*[Signature]*  
Superintendent  
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		<p>which are without seeds, coarse skins or rough fibres and bananas, All fruit juices.</p> <p>Cereals-All should be well-cooked, enriched, or finely ground, Rice, spaghetti, vermicelli, khakra, phulka, rotla, bread. All types of porridge or kheer.</p> <p>Pulses-Mung and mung dal</p> <p>Meat-ground or minced, baked, boiled, broiled or creamed, sweet breads, liver, poultry, lender chicken and fish may be used. Ground beef and lamb can be given</p> <p>Beverages-all may be given</p> <p>Desserts-ice-cream, sherbet, plain cakes, and biscuits, simple puddings such as custard, tapioca and blancmange.</p>	<p>cereals, fibrous vegetables, tough meats, pastries and pickles.</p> <p>Pulses like chana, chanadal, cowpeas, mothbeans, peas, etc.</p> <p>Fruits with seeds, coarse skins and rough fibre foods</p>
4	Mechanically softened	<p>All soups All egg preparations All milk products</p> <p>All vegetables especially in the pureed, chopped or diced form Corn cut from the cob, finely chopped lettuce, raw tomatoes, fried onion rings, etc.</p> <p>All fruits</p> <p>Meat, fish and poultry may be minced or finely ground, served with gravy to ease swallowing. Desserts-all may be given including pastries.</p> <p>All beverages</p>	<p>Pineapple, skin from apples and chiku may be removed before serving.</p>
5	Light Diet	<p>All as in soft diet + simple salads such as fruit and cottage cheese (paneer) or sliced tomato.</p>	<p>Fried foods, pastries, fibrous vegetables and nuts.</p>

### 25.1 Full Diet [Adult]

1. This is for all adult patients who are not on therapeutic or modified diet.
2. The dietician should prepare a weekly diet calendar keeping the nutritional value intact

Table 2: Full Diet

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2500	2500
B	Protein	75 gm	80 gm

C	Fat	60 gm	70 gm
D	Carbohydrates	420 gm	400 gm
	Diet Specification		
1	Cereals	350 gm	350 gm
2	Bread	50 gm	50 gm
3	Pulses	50 gm	25 gm
4	Milk/Curds	550 ml	300 ml
5	Green & other Vegetables	300 gm	300 gm
6	Potato or substitutes	100 gm	100 gm
7	Butter	10 gm	10 gm
8	Fats & oils	20 gm	30 gm
9	Sugar	50 gm	50 gm
10	Seasonal fruit	150 gm	150 gm
11	Meat/Fish/Chicken or Egg	-	100 gm; 2 egg
12	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
13	Salt	10 gm	10 gm
14	Condiments	15 gm	15 gm
Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm			

### 25.2 General Diet [Adult Female]

	Vegetarian	Non-Vegetarian
	Wt. In Gm	Wt. In Gm
Cereals (Rice)	0.350	0.350
Cereals (Wheat)	0.350	0.350
Pulses (Moong)	0.070	0.055
Pulses (Arhar)	0.070	0.055
Green Leaf vegetables	0.125	0.125
Other Vegetables	0.075	0.075
Roots and Tubers	0.075	0.075
Fruits	0.030	0.030
Milk	0.200	0.100
Fats n Oils	0.035	0.040
Meat and Fish	0	0.030
Eggs	0	0.030
Sugars and Jaggery	0.030	0.030
Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm		

### 25.3 General Diet for Children [From Six Months to Three Year]

SN	Food Items	Quantum
A	Calories	1150
B	Protein	40 gm
C	Fat	55 gm
D	Carbohydrate	125 gm
	Diet Specification	
1	Milk	1 lt.
2	Bread	50 gm
3	Egg	One
4	Sugar	50 gm
5	Orange	One
6	Banana	One

7	Butter	10 gm
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Note:  
Attending mother of the child below six months would be provided with normal adult diet if the child is dependent upon mother's milk.

#### 25.4 General Diet for Children [3- 9 Years]

SN	Food Items	Quantum
A	Calories	1450
B	Protein	50 gm
C	Fat	65 gm
D	Carbohydrate	125 gm
	Diet Specification	
1	Milk	1.25 lt.
2	Bread	50 gm
3	Egg	One
4	Sugar	50 gm
5	Orange or Banana	One
6	Tea	7 gm
7	Butter	100 gm
8	Salt	10 gm
9	Green & other leafy vegetables	150 gm
10	Potatoes [for soup]	50 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm.

#### 25.5 General Full Diet [Children]

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2000	2000
B	Protein	68 gm	75 gm
C	Fat	45 gm	55 gm
D	Carbohydrate	350 gm	340 gm
	Diet Specification		
1	Cereals	250 gm	250 gm
2	Bread	100 gm	100 gm
3	Pulses	25 gm	25 gm
4	Milk/Curds	750 ml	450 ml
5	Green & other vegetables	150 gm	150 gm
6	Potato or substitute	50 gm	50 gm
7	Butter	10 gm	10 gm
8	Fats & oil	10 gm	10 gm
9	Sugar	50 gm	50 gm
10	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
11	Seasonal fruits	150 gm	150 gm
12	Meat/Fish/Chicken or Egg		100 gm; 2 eggs
13	Salt	10 gm	10 gm
14	Condiments	10 gm	10 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm.

## 25.6 Full Soft Diet [Children]:

SN	Food Items	Vegetarian	Non-Vegetarian
A	Calories	1800	1800
B	Protein	55 gm	65 gm
C	Fat	55 gm	55 gm
D	Carbohydrate	275 gm	260 gm
	Diet Specification		
1	Cereals	100 gm	100 gm
2	Pulses [Dal]	50 gm	50 gm
3	Bread	100 gm	100 gm
4	Milk/Curds	750 ml	450 ml
5	Green & other vegetables	150 gm	150 gm
6	Potato or substitute	50 gm	50 gm
7	Butter	10 gm	10 gm
8	Fats & oil	10 gm	10 gm
9	Egg or Paneer	25 gm	One
10	Sugar	50 gm	50 gm
11	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
12	Seasonal fruits	150 gm	150 gm
13	Meat/Fish/Chicken or Egg		100 gm; 2 eggs
14	Salt	10 gm	10 gm
15	Condiments	10 gm	10 gm

Note: Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm.

## 25.7 Diet menu for Paediatric

Day	Breakfast	Lunch	Dinner
Sunday	Apple one and Bread-100gm	Rice-50gm Dalma- [Dal 15 Gm + Veg50 Gm +Potato 25 Gm] Veg Potato fry- [Veg 50gm+ Potato 25gm]	Rice-50gm Dalma- [Dal 15 Gm + Veg50 Gm +Potato 25 Gm] Veg Potato fry- [Veg 50gm+ Potato 25gm]
Monday	Apple one and Bread-100gm	Roti/Rice-50gms, Dal-15gm, Vegetable-50gm, Potato-25gm, Paneer-25gm	Roti/Rice-50gms, Dal-15gm, Vegetable-50gm, Potato-25gm, Paneer-25gm
Tuesday	Orange one and Suji Kheer	Rice-50gm Dalma- [Dal 50gm + Veg 150gm], Veg potato fry [Veg 50gm + Potato 25gm]	Rice-50gm Dalma- [Dal 50gm + Veg 150gm], Veg potato fry [Veg 50gm + Potato 25gm]
Wednesday	Banana one and Suji Kheer	Rice Khichdi [Veg 100gm + Rice 25] Potato Varta- [Potato 50gm]	Rice Khichdi [Veg 100gm + Rice 25] Potato Varta- [Potato 50gm]
Thursday	Apple one and Simei kheer	Rice-50gm Dalma- [Dal 15gm + Vegetable 75gm + Potato-25gm] Veg fry- 100gm	Rice-50gm Dalma- [Dal 15gm + Vegetable 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 Soyabean-20gm	Rice-50gm Dal-15gm Soyabean-20gm
<p>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.</p>			

## 26. Therapeutic Diet:

The progressive therapeutic diet is classified as follows:


1. Liquid Diets: [i] Clear liquid and [ii] Full liquid
2. Soft diets
3. Light diets

### 26.1 Liquid Diet-Clear / Full Liquid Diet

Clear Liquid Diet is for patients in the pre or post operative stage for one or two days. This diet should be completely free of any solids even those found in the milk. Only clear liquids such as tea or coffee without cream or milk, clear soup etc. should be given. This diet is nutritionally inadequate but to be used for a very short period of time. Full liquid diet should be given for all acute conditions before diagnosis.

SN	Food Items	Vegetarian
A	Calories	1500
B	Protein	45 gm
C	Fat	60 gm
D	Carbohydrates	190 gm
	Diet Specification	
1	Milk	1 lt.
2	Bread	100 gm
3	Butter	20 gm
4	Egg / Milk	One / 100 ml milk [Veg]
5	Green & other Vegetables [for soup]	150 gm
6	Potato or substitutes	100 gm
7	Sugar	50 gm
8	Seasonal fruit	150 gm
9	Tea / Coffee	7 gm / 15 gm
10	Salt	10 gm
<p>Note:</p> <ol style="list-style-type: none"> <li>1. Patients who do not take egg may be given 100 ml of milk</li> <li>2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm</li> </ol>		

Liquid diet is suitable for the conditions such as [1] Head injuries [2] Gastrostomy cases [3] Paralytic Syndrome and other conditions where patients are unable to swallow [4] first 24-48 hrs in cardiovascular disorders [5] post operative cases [6] Severe burns etc.

  
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Lunch [1.00 PM]	Grinded & Stained Rice + Dal + Oil [5ml] rich in MUF & DUF
Evening Tea [4.00 PM]	Milk with/without sugar 300ml
Dinner [7.00 PM]	Rice & porridge (30gm Rice / suji sugar-5gm, milk-100ml)
Bed Time [10.00 PM]	Barley Water [15gm Barley+150ml milk] vol. 300ml

Note:

The diet menu is suggestive & may be changed based on the recommendation of the dietician / medical officer

#### 26.4 Soft Diet

This diet is intermediate between a full liquid and light diet. It should be served to patients who are convalescing from surgery, gastro-intestinal disturbances and acute infections. This diet can be nutritionally adequate when planned on the basis of a normal diet. The food should be soft in texture and consistency, easy to chew and contain low roughage. The diet would be made of simple, easily digestible foods and should contain no harsh fibre and no rich or highly flavoured foods. It should be a high calorie-high protein diet. A slight modification of this diet may be mechanically softened or dental soft diet which requires little or no chewing.

#### 26.5 Full Soft Diet

Table 11: Full Soft Diet

S.no.	Food Items	Vegetarian	Non-Vegetarian
A	Calories	2250	2250
B	Protein	60 gm	65 gm
C	Fat	55 gm	60 gm
D	Carbohydrates	360 gm	360 gm
<b>Diet Specification</b>			
1	Rice or Dalia	200 gm	200 gm
2	Bread	50 gm	50 gm
3	Pulses	100 gm	100 gm
4	Milk/Curds	500 ml	200 ml
5	Egg or Paneer	25 gm	One
6	Green & other Vegetables	300 gm	300 gm
7	Potato or substitutes	100 gm	100 gm
8	Butter	10 gm	10 gm
9	Fats & oils	20 gm	30 gm
10	Sugar	50 gm	50 gm
11	Seasonal fruit	150 gm	150 gm
12	Meat/Fish/Chicken or Egg	-	100 gm; 2 egg
13	Tea / Coffee	7 gm / 15 gm	7 gm / 15 gm
14	Salt	10 gm	10 gm
15	Condiments	15 gm	15 gm

Note:

1. Vegetables should be cooked, Mashed [Pureed] and sieved, Dieticians should prepare a detail weekly diet calendar without altering the nutritional and calorie norm
2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

#### 26.6 Weekly Semi-Solid Diet menu

Table 12: Weekly Semi-Solid Diet menu

Day	Breakfast	Lunch	Dinner
Sunday	Bread-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula	Roti-100gm Dalma-150gm/Santula-

		Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	250g Kheer/Milk-250ml
Monday	Suji Halwa-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti/Rice-50gms, Dal-15gm, Vegetable-50gm, Potato-25gm, Paneer-25gm
Tuesday	Bread-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti-100gm Dalma-150gm/Santula-250gm Kheer/Milk-250ml
Wednesday	Semia-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti-100gm Dalma-150gm/Santula-250gm Kheer/Milk-250ml
Thursday	Custard-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti-100gm Dalma-150gm/Santula-250gm Kheer/Milk-250ml
Friday	Rice-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti-100gm Dalma-150gm/Santula-250gm Kheer/Milk-250ml
Saturday	Sugar-100gm	Khichdi(Rice-100gm+Dal50gm), Sntula Bharta (Mixed/Brinjal bharta-100gm), Kheer-150gm	Roti-100gm Dalma-150gm/Santula-250gm Kheer/Milk-250ml

**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.

### 26.7 Light Diet:

This diet is very similar to a soft diet and includes all foods mentioned in the soft diet in addition to simple salads such as fruits or sliced tomato.

### 26.8 Diet for Diabetes Mellitus

Table 13: Diet by Calorie Norm for patients suffering from Diabetes

Food Items	1200 Cal	1500 Cal	1800 Cal	2000 Cal	2500 Cal
Cereals & millets.	125g	175g	225g	225g	350g
Pulses legumes.	50g	50g	50g	75g	75g
Milk products.	500 ml.	500 ml.	750 ml.	750 ml.	750 ml.
Green Vegetables	200g	200g	200g	200g	200g
Other Vegetables	200g	200g	200g	200g	200g
Fruits	1 Portion	1 portion	1 Portion	1 Portion	2 portion

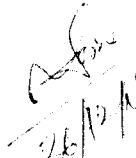
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Paneer/egg	30g/one	30g/one	30g/one	30g/one	30g/one
Oil Sugar	10g	15g	15g	20g	25g
Sugar	-	-	-	-	-
Approx Nutritive Value					
Calories	1195	1485	1795	1960	2490
Protein	50	60	70	80	90
Fat	35	45	55	60	70
Carbohydrate [CHO]	170	240	255	275	375
Foods can be allowed liberally: green leafy vegetables, vegetable salads without oil dressings, Lima, Lemonade, clear soups.					
<b>Note:</b>					
1. Roasted Bengal gram and fenugreek seeds can be included in the diet as these have been shown to have a hypoglycaemic effect.					
2. One portion of fruit providing 10 gm. carbohydrate can be determined from the fruit exchange list.					
3. Black coffee or tea without milk or with milk from the day's allowance,					
4. Chutneys and pickles without oil, Pepper [Golamaricha] and Cumin [zeera] water, Jamun [Jamu Koli], Phalse, rasbbery.					
<b>Foods to be avoided:</b>					
1. Soft drinks, all beverages not listed above					
2. Alcohol and wines,					
3. Fried foods, Sugar, Honey, Jams, sweets, cakes, pastries.					
<b>Note:</b> Potatoes, Colocasia [saru], yam [Khamba Alu], mangoes, banana are to be avoided but may be consumed as food alternatives, strictly in accordance to the Food Exchange List.					

## 26.9 Weekly Diet Menu for Diabetes Mellitus

Table 14: Weekly Diet Menu for Diabetes Mellitus

Day	Breakfast	Lunch	Dinner
Sunday	Idli 3pc -240gm Sambar-100gm Fruit-80gm (Orange/Apple)	1 Cup rice-150gm or 3 Roti, Dal-100gm, Non- Veg.Curry-100gm or Paneer-100gm	Rotti-2-100gm Dalma-100gm Milk & Milk product- 1glass(240ml)
Monday	Phulka-2-100gm Santula-100gm Fruit-80gm	1 Cup Rice-150gm/3 Roti Dal-100gm Veg Curry-100gm Salad-1 Quarter plate	Roti-2-100gm Cholle masala-100gm Santula-100gm Milk & Milk product-1glass
Tuesday	Dalia Upma- Vegetable- Fruit-80gm	1 Cup Rice/3 Roti-150gm Dalma-100gm Karela bharta-100gm Salad- 100gm	Roti-2-100gm Vegetable Curry-150gm Dal-100gm, Milk & Milk product(240ml)
Wednesday	Chakuli-2-100gm Matar Curry-50gm Fruit-80gm	1 Cup Rice/3 Roti-150gm Dal-100gm Non Veg. Curry-100gm Paneer-100gm	Roti-2 Veg.curry-150gm Dal-100gm Milk & Milk Product(240ml)
Thursday	Idli-3 Sambar-100gm Fruit-80gm	1 Cup Rice/Roti-3- 150gm, Dalma-100gm, Brinjal bharta100gm, Curd-80gm	Roti-2-100gm, Dal100gm, mix bhaja_100gm, Milk & Milk Product(240ml)

  
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Friday	Roti-2-100gm Santula-100gm Fruit-80gm	1 Cup Rice/3 Roti-150gm Dal-100gm Veg Curry-100gm, Raita – 150 gm	Roti-2-100gm Rajmah-100gm Santula-100gm, Milk & Milk Product(240ml)
Saturday	Dalia Upma- Vegetable- Fruit-80gm	1 Cup Rice/ 3 Roti-150gm, Dal-100gm Veg curry-100gm Raita-50gm	Roti-2- 100gm, Dal-100gm Brinjal bharta-100gm, Milk&Milk product(240ml)

**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.

## 27. Diet for Cardio-Vascular Disorders

Acute myocardial infarction or cardiac failure

Salient features: Low cholesterol, low fat (unsaturated), sodium restricted, low calories and frequent liquid feeds. Low & Modified Fat Diet for Atherosclerotic Conditions:

### 27.1 Diet by Calorie Norm for Cardio-Vascular Disorders

SN	Particular	Diet specification	Quantum
A	1000 Calories liquid diet.	Milk and milk products	750ml
		Egg [white]	One
		Fruit for Juice	200 g
		Vegetables for soup	200 g.
		Cereal (for porridge, bread)	150 g
		Sugar	20 g.
		Oil (unsaturated)	10 g
		Approximate Nutritive Value	
		Calories	1020
		Protein	40 g
		Fat	40 g
		Carbohydrate	150 g
		Sugar	20 g
		Oil (unsaturated)	10 g
		Note: Light tea, Coffee, jelly, sweet drinks can be given.	
B	Maintenance Diet – 1800 Calories	Milk and milk products	750ml
		Egg [white]	One
		Paneer / meat/chicken	30/50 g
		Fruit	200g
		Dal	25 g
		Vegetables	400 g
		Cereal	200 g
		Sugar	20 g
		Oil (unsaturated)	15 g

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		Approximate Nutritive Value	
		Calories	1815
		Protein	70 g
		Fat	55 g
		Carbohydrate	260 g
		Sodium	385 g
		Potassium	2671 mg
		Note: Salt and foods in which salt or baking power has been added are to be avoided	
<p>Foods to avoid:</p> <ol style="list-style-type: none"> <li>1. Glandular meat e.g. Kidney, liver and brain</li> <li>2. Whole milk, cream, ice cream and other preparations made out of whole milk</li> <li>3. Butter, ghee, hydrogenated fat, coconut oil, palm oil, Egg yolk, processed cheese</li> <li>4. Sweets of all kinds, cakes, pastries</li> <li>5. Dry nuts like almonds, walnut, groundnut, coconut</li> <li>6. Fried foods</li> <li>7. Cocoa and chocolate based drinks</li> <li>8. All aerated waters</li> <li>9. Alcohols and wines</li> </ol> <p>High sodium foods-(To be avoided if the person has hypertension and oedema)</p> <ol style="list-style-type: none"> <li>1. Bread, biscuits, eggs, cakes, pastries.</li> <li>2. Canned vegetables, soups and fruits.</li> <li>3. Salted or smoked fish, chicken, cheese etc.</li> <li>4. Salted nuts, peanut butter, salted pickles, samosa etc.</li> <li>5. Any other food in the preparation of which baking powder has been used</li> </ol> <p>Note: Green leafy vegetables have high sodium content and therefore should be Consumed after boiling the vegetable and discarding the water.</p>			

## 27.2 Weekly Diet menu for Patients of Heart Diabetes

Table 16: Weekly Diet menu for Patients of Heart Diabetes

Day	Breakfast	Lunch	Dinner
Sunday	Roti 3 pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable Chicken/fish-75 gm/ Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Monday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable, Meal Maker/Sola curry/ Besan curry Fruits- apple/orange/ banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk

  
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Tuesday	Chakuli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable, Meal Maker/Sola curry/ Besan curry Fruits- apple/orange/banana-one medium size	Roti /Dalma/Mixed bhaja/ Mixed vegetable curry, One glass of milk
Wednesday	Upama, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable Chicken/fish-75 gm/ Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Thursday	Chuda Puha, Sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable, Meal Maker/Sola curry/ Besan curry Fruits- apple/orange/ banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry/ One glass of milk
Friday	Roti 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable Chicken/fish-75 gm/ Egg-2pc/ Paneer 50gm exchange	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk
Saturday	Idli 3pc medium size, sambar and chatni	Rice/Roti-150gm, Dal-25-25gm Sabaji (mixed)-150gm- Seasonal vegetable, Meal Maker/Sola curry/ Besan curry Fruits- apple/orange/ banana-one medium size	Roti/Dalma/Mixed bhaja/Mixed vegetable curry, One glass of milk

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.

## 28. Diet for in Acute & Chronic Renal Disease

Salient Features:

1. Provision of low protein, low sodium and low potassium diet.
2. The protein given should be of good quality to minimize workload of kidneys.
3. Adequate calories to prevent utilization of protein for energy.

### 28.1 Diet by Protein Requirement

SN	Particular	Food Items	Quantum
A	20 g. Protein diet	Milk and milk products	200 ml.
		Egg /Panner	One/30g.
		Cereals	50 g

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		Potato or root vegetable	100 g.
		Other vegetables	100 g
		Sago	100 g
		Arrowroot powder	100 g
		Unsalted butter	25 g
		Cooking fat	25 g
		Sugar	75 g
		Approx Nutritive Value	
		Calories	1900
		Protein	20 g
		Fat	60 g
		Carbohydrate	320 g
		Sodium	136 g
		Potassium	922 mg
		Note:	
			1. Sugar can be increased as the diet aims at providing enough calories.
			2. Use of salt during cooking is to be avoided
			3. All green leafy vegetables and potato should be boiled and water is to be discarded.
B	30 gm. Protein diet	Milk and milk products	250 ml.
		Egg	1/30 g
		Paneer	75 g
		Cereals	100 g
		Potato	100 g
		Other Vegetables	100 g
		Fruit	100 g
		Sago	100 g
		Arrowroot powder	100 g
		Unsalted butter	25 g
		Cooking fat	25 g
		Sugar or glucose	50 g
		Approx Nutritive Value	
		Calories	2070
		Protein	30 g
		Fat	70 g
		Carbohydrate	330 g
		Sodium	225 g
		Potassium	1545 mg
		Note:	
			1". Sugar can be increased as the diet aims at providing enough calories.
			2. Use of salt during cooking is to be avoided.
			3. All green leafy vegetables and potato should be boiled and water is to be discarded.
C	40 gm. Protein diet	Milk and Milk Products	350 ml.
		Egg/ Paneer	1/30
		Cereals	30 g
		Other vegetables	150 g
		Potato	100 g
		Sago	50 g
		Arrowroot powder	100 g

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	Unsalted Butter	25 g
	Cooking fat	25 g
	Sugar	50 g
	Approximate Nutritive Value	
	Calories	2155
	Protein	40 g
	Fat	75 g
	Carbohydrate	330 g
	Sodium	230 mg
	Potassium	1552 mg
	<p>Foods to avoid in Renal disorders:</p> <ol style="list-style-type: none"> <li>1. Extra milk or milk products</li> <li>2. Meat, Fish, Chicken, extra egg etc.</li> <li>3. Pulses, extra cereals, legumes, peas, beans.</li> <li>4. Dry fruits, peanut, coconut, cashew nuts &amp; other nuts.</li> <li>5. Cakes, pastries, jam, jellies</li> <li>6. Squash, lemon, fruit, juices</li> <li>7. Vegetables which are rich in protein, sodium and potassium such as dried peas, spinach etc.</li> </ol>	

## 28.2 Weekly Diet Menu for Chronic Renal Failure (CRF)/ Chronic Kidney Disease(CKD)

Table 18: Weekly Diet Menu for Chronic Renal Failure (CRF)/ Chronic Kidney Disease (CKD)

Day	Breakfast	Lunch	Dinner
Sunday	Porridge (Sagoo) Raw-100 gm Milk-100 gm Sugar-30 gm 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- Cerels 100gm-Milk 30gm-Sugar
Monday	Sagoo Raw-100 gm Milk-100 gm Sugar-30 gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge- (kheer)-50gm - Cerels 100gm-Milk 30gm-Sugar
Tuesday	Semia Raw-100 gm Milk-100 gm Sugar-30 gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge- (kheer)-50gm- Cerels 100gm-Milk 30gm-Sugar

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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- Cerels 100gm-Milk 30gm- Sugar
Thursday	Chuda Raw-100 gm Milk-100 gm Sugar-30 gm to taste	Rice-150gm Dal-1 cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge- (kheer)-50gm- Cerels 100gm-Milk 30gm-Sugar
Friday	Chuda Raw-100 gm Milk-100 gm Sugar-30 gm to taste	Rice-150gm Dal-1cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato, Egg white of one egg	Rice/Rotti Sabji-150gm Porridge-( kheer)-50gm- Cerels 100gm-Milk 30gm-Sugar
Saturday	Rice Raw-100gm Milk-100gm Sugar-30gm to taste	Rice-150gm Dal-1cup(15gm) Sabji(Seasonable vegetable except Green Leafy Vegetable, Potato & Tomato	Rice/Rotti Sabji-150gm Porridge-(kheer)-50gm- Cerels 100gm-Milk 30gm-Sugar
<p>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.</p>			

### 29. High Protein High Calorie Diet:

This type of diet is suitable for [1] Tuberculosis [2] Chronic fevers and infections [3] Post-surgical Cases and [4] Burns.

Food items	Quantum
Cereals	400 gm.
Pulses	50 gm.
Roots & tubers	100 gm.
Green leafy vegetables	200 gm.
Other vegetables	200 gm.
Eggs / Panner	2/60 gm.
Fruit	200 gm.
Milk & Milk Products	1 litre
Fats and oils	25 gm.
Sugar	50 gm.
Tea or coffee	7/15 gm.
Approximate Nutritive Value	
Calories	3085
Protein	110 gm.
Fat	85 gm.
Carbohydrate	470 gm.

Note:

Nutritive value of the diet may be further enhanced by addition of 100 gm. of full cream milk Powder. Diet may also be supplemented with high protein foods.

**30. Fuel for cooking**

1. The Kitchen should have LPG connection for diet preparation with provisions of LPG cylinders by the contractor.
2. As far as possible, coal and wood will be avoided for cooking except under emergency conditions.

**31. 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.

  
**Superintendent**  
**PRMMCH, Baripada**

**ANNEXURE-I  
TENDER, PROVIDING SERVICE FOR DIET TO PRMMCH, MAYURBHANJ**

**TENDER NOTICE**


NAME OF THE BIDDER M/S. \_\_\_\_\_

Please put ✓ in the respective box

**(TECHNICAL BID)**

**DOCUMENTS: SUBMITTED OR NOT**

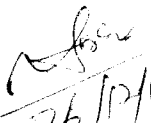
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2. Valid Labour License.	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Registration Certificate Up-to-date Food Licence	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4. Financial stability for last 6 month (Bank account Statement)	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Declaration by the Bidder (Black listed) In the form of Affidavit before the Executive Magistrate.	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. Proof of Experience (Min. 3 years) In Diet preparation and its supply & service In Public & Private Institution.	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7. IT Return for last Three Years	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
8. Up-to date certificate from concerned Superintendent of Police for not having any Criminal re	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
9. Evidence of having registered/operation office in the district with staff strength not less than 10 (Ten member)	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
10. GST registration certificate	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
11. PAN card	Page no. <input type="text"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>

  
**Superintendent  
PRM Medical College &  
Hospital, Beripada**

## Annexure II: Diet Prescription Slip

### Diet Prescription Slip

Sl. No.			Date of Issue				
District			Institution Type		MCH	DHH	
Block/Sub-division					SDH	AH	
Patient's Name					CHC	PHC	
Patient's Age			Gender		Male	Female	
Diagnosed Disease			Diagnosis Date				
Name of the Doctor			Admission Date				
Expected days of stay			Expected Discharge Date				
Prescribed Diet:							
Date	Breakfast		Lunch		Dinner		Special Diet, if any
	Diet Type	Diet	Diet Type	Diet	Diet Type	Diet	
Signature of the Dietician							
Name:							
Place:							
Please mention the Diet Type by date:							
[1] Normal Diet; [2] Semi-solid Diet; [3] Full-Liquid Diet; [4] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for paediatric							

  
 26/12/18  
**Superintendent**  
**PRM Medical College & Hospital, Hospita.**

### Annexure III: Diet Quality Certificate

#### Diet Quality Certificate:

Date	Breakfast			Lunch			Dinner					
	Diet Type	Quality		Diet Type	Quality		Diet Type	Quality				
		G	M	P		G	M	P		G	M	P
Signature of the Dietician						Signature of the Senior Doctor						
G: Good; M: Manageable; P: Poor												
Diet Type: [1] Normal Diet [2] Semi-solid Diet; [3] Full-Liquid Diet; [a] Diet for Cardio-Vascular; [5] Diet for Diabetic; [6] Diet for CRF/CKD; [7] Diet for paediatric												

  
 26/12/18  
 Superintendent  
 FRM Medical College &  
 Hospital, Beripada.

## Annexure IV: Stock Issue Register

### Stock Issue Register

Month	Date	Voucher/ Bill No	Particular	Received		Issued		Balance Stock	Remark
				QT	Price	Date	QT		


## Annexure V: indent Slip

### Indent Slip

Date:

Ward:

Diet Time	Diet Type	No. of Persons
Breakfast		
Lunch		
Dinner		
Signature		

  
 Superintendent  
 PRM Medical College &  
 Hospital, Baripada.