



**TENDER DOCUMENT FOR PROVIDING  
SERVICES FOR SUPPLY OF DIET TO INDOOR PATIENTS OF THE  
DISTRICT HEAD QUARTER HOSPITAL (CITY HOSPITAL) CUTTACK**

**Price: Rs.500 + VAT @ 18%=Rs.590/-  
(THOSE WHO DOWNLOAD THE TENDER DOCUMENT FROM  
WEBSITE [www.cuttack.nic.in](http://www.cuttack.nic.in) SHOULD ENCLOSE A DD OF  
RS. 590.00 TOWARDS COST OF TENDER PAPER)**

**Pre- Bid Meeting : 19/02/2020 at 4.00 PM in the  
Conference Hall of CDM & PHO,  
Cuttack**

**LAST DATE FOR SUBMISSION OF TENDER: 29 /02/2020 BY 12.00 NOON**

**DATE FOR OPENING OF BID : 29 /02/2020 AT 4.00 P.M**

**THROUGH SPEED/REGD POST/ COURIER ONLY.**

**Office of the C.D.M. & P.H.O, Cuttack  
Diet tender for the year 2020-20**

*S. B. Mohapatra*  
14.2.20  
**C.D.M. & P.H.O, Cuttack**

**OFFICE OF THE CDM & PHO,Cuttack**

**Terms of Reference for Outsourced Agency:**

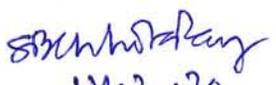
**1) Invitation to Bid:**

"The CDM & PHO,Cuttack invites Tender from the eligible registered diet preparation and catering firm to prepare and distribute cooked therapeutic and non-therapeutic diet to the Indoor patients.. 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.75/- for Pediatrics per patient per day, Rs.85/- for General Patients per patient per day and Rs.95/- for T.B, Cancer and Burn Patients per patient per day. The Tenderers should quote their rates both in figure and words for supply of Diet (cooked food) with in 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 District Head Quarter Hospital (City Hospital) Cuttack" and "Financial Bid for Providing Services for Supply of Diet to Indoor patients of District Head Quarter Hospital (City Hospital) Cuttack" to Office of The CDM&PHO,Cuttack". 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 District Head Quarter Hospital (City Hospital) Cuttack.

**2. Introductions:**

1. The Health institution will select an agency, in accordance with the method of selection specified in this bid document.
2. The work details have been mentioned in this bid document for the reference of the bidder and preparing the bid document accordingly.
3. Interested Bidders are invited to submit a "Financial Bid" for providing services required for diet preparation and diet related services as per the standard norm and procedure of the Government of Odisha.
4. 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 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.
5. The potential bidders can download tender document from the official website i.e. [www.cuttack.nic.in](http://www.cuttack.nic.in). The amount paid towards the bid documented would be non-refundable. The cost of tender document & EMD amounting Rs.20,000/ (Twenty Thousand) must be deposited along with technical bid in shape of demand draft drawn in favour of "Rogi Kalyan

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**Samiti, DHH, Cuttack, Payable at Cuttack”** from any nationalised bank. The tender Document is not transferable to any other bidder.

6. The bidder is expected to examine all instruction, forms, terms, specifications, and other Information in the bid/tender document. Failure to furnish all information required for bidding or to submit the bid may be considered for rejection.

7. 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.

8. This bid/tender does not commit to award the contract to engage any agency through negotiations. Further, no reimbursable cost may be incurred in anticipation of award and in such cases' hospital administration would not be responsible to bear such costs incurred by the bidder.

### **3 Eligibility Criteria:**

1. The bidder should be an eligible registered diet preparation and catering firm/Agency/NGO/Women SHGs/individual having valid GST Registration Certificate issued within the state of Odisha.
2. If the bidder belongs to the state of Odisha but outside of the Cuttack district, he/she has to submit the local office address for correspondence along with the technical bid.
3. The bidder /outsourced agency should be having 3(three) years of relevant experience in diet preparation, diet service and overall management of diet in hospital or similar government and/or Non-Government establishments.
4. The agency must be a registered body under appropriate law of the State or Central Government having the documentary evidence in this regard.(example –Registration certificate for Agency/Firm/ NGO/SHG etc.)
5. In case of Women SHGs, the hospital administration is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
6. Up-to-date valid Food License Certificate from the Concern Health Officer of any district within the state issued by competent authority.
7. The Tenderer should have valid Labour License (Registration No. & Date) issued by issued by competent authority under Labour Department, Government of Odisha.
8. The Tenderer should provide proof regarding their financial stability (Bank Statement) for the last six months along with the copies of PAN card & I.T return for last three years (F.Y.2016-17, 2017-18 & 2018-19).
9. Up to date certificate from concerned Superintendent of Police for not having any Criminal record against the firm/agency/NGO/SHG/individual/ the worker/labour/ stake holder

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engaged which will be submitted at the time of signing of contract with the successful L1 bidder.

10. EMD of Rs.20, 000/- (Twenty Thousand) only in shape of Demand Draft drawn in favour of "Rogi Kalyan Samiti, DHH,Cuttack , Payable at Cuttack" should be submitted along with the Technical bid failing which the bid is subjected to cancellation. The EMD of unsuccessful tenderer will be refunded after Tender Process is over. In case of selected tenderer, the EMD will be refunded after deposition of Security Money.

#### **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. 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 the Diet Committee may decide to renew the contract for another one year.

#### **6. 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.

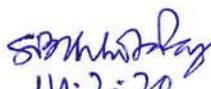
#### **7. Tender Fee:**

All Bidders are required to pay Rs.590/- (Rupees five hundred Only +GST@18%) towards Tender Fees in the form of Demand Draft drawn in favour of the **Rogi Kalyan Samiti, DHH, Cuttack, Payable at Cuttack**. The Tender fee is Non-Refundable and cannot be claimed by the tendering agency.

#### **8. Performance Bank Guarantee:**

The agency, after selection, has to deposit "security money" in shape of Bank Guarantee amounting to Rs.50000/- (Rupees Fifty Thousand) only at the time of signing the contract. The Bank Guarantee would remain valid initially till the end of the initial contract period and extendable if the contract gets extended.

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**9. Last Date for Submission of Bid:**

The bid would be submitted in an appropriate form in a sealed envelope on or before Dt. **29 /02/2020** by 12.00 Noon sharp. The bids received after the due date & time would not be accepted and liable for rejection.

**10. 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.

**11. 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 or their authorized representative ( In such case the authorization letter need to be produced). 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.

**12. 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.

**13. Disqualifications:**

The administration of the hospital, seeking this bid, reserves under its sole discretion to disqualify any bid document if non submission of following documents & circumstances -

- I. The bidder submits the bid after the last date & specified time line for submission of Bid.
- II. Non-Submission of E.M.D Amounting Rs.20000/- in form of DD.
- III. Non-Submission of Cost of Tender Document amounting Rs.590/- in form of DD.
- IV. Non- submission of Valid Registration certificate for Agency/Firm/ NGO Registration/SHG etc.
- V. Non-Submission of 3 (Three years i.e. 2016-17,2017-18 & 2018-19) end User Certificate along with contract award certificate (Order copy) being the proof of conducting similar nature of work issued by competent authority from public/ private health institutions or any such establishments of Government or Private agency.
- VI. Non-Submission of GST Registration Certificate.
- VII. Non-Submission of Valid Food Licence Certificate from Concerned Health Officer issued by competent authority within the state of Odisha.
- VIII. Non-Submission of Valid Labour License (Registration Certificate No. & date) issued by competent authority.

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- IX. Non-Submission of Proof of financial stability (Bank statement) of six months.
- X. Non-Submission of Copy of PAN Card with I.T. Return for last 3 years i.e. (F.Y. 2016-17, 2017-18 & 2018-19)
- XI. The bidder is blacklisted by any Govt. agency [declaration in this regard in form of Affidavit in Rs.20/- Stamp Paper before the Executive Magistrate is to be given by the bidder].

**14. 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.

**15. Address for Submission of Bid:**

**(To be submitted in working days only)**

The bid should be address to the following;

**Office of CDM & PHO, Cuttack**

**Old Secretariate, Buxi Bazaar**

**Pin:753001**

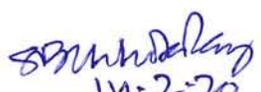
**16. Pre- Bid Meeting for Clarification on the Bid:**

A Pre- bid meeting will be organized in the Conference Hall of the CDM & PHO, Cuttack On **19 /02/2020** at 4.00 PM with the bidders or their authorized representatives for clarification of any doubt pertaining to the tender document.

**17. 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 Such as space, electricity and water only will be provided by the hospital administration.
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 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.

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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.
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 behavioural norm.
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. (Will be resolved at the level of the Collector and District Magistrate)
17. The Hospital 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 have to give three months notice to the authority. In such case the performance security of the concerned agency will be forfeited.

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.

Signature

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

Date & place

Name of the Bidder/Applicant

Signature

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

Date & Place

Name of the Bidder/Applicant

### 18 . 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.

### 19. 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 dietician/hospital 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 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.

### 20. 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.

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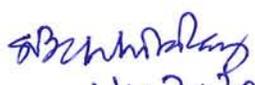
  
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Table 1: Summary of Diet

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	<p>Soups-broth, cream or strained vegetables</p> <p>Egg-all types except fried egg, soft-boiled and poached are preferably given.</p> <p>All milk and milk products cooked vegetables with simple preparation methods using minimum quantity of oil or ghee.</p> <p>Butter in limited amounts</p> <p>Fruits-Cooked and canned ones 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, tender chicken and fish may be used.</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>Salads are not to be given</p> <p>Fried eggs</p> <p>Sweetmeats</p> <p>Strongly flavoured vegetables such as cauliflower, cabbage, onions and fibrous ones such as corn.</p> <p>Spices and all ground masalas, green chillies, fried foods, nuts, coarse 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 from 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>	Pineapple, skin from apples and chiku may be removed before serving.
5	Light Diet	All as in soft diet + simple salads such as fruit and cottage cheese (paneer) or sliced tomato.	Fried foods, pastries, fibrous vegetables and nuts.

### 20.1 Full Diet [Adult]

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

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			

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## 20.2 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

## 20.3 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

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.

## 20.4 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

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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		

## 20.5 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			

## 20.6 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

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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

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

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

### 20.7 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

### 20.8 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

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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

Note:

1. Patients who do not take egg may be given 100 ml of milk
2. Dietician should prepare a weekly diet calendar in accordance to the calorie and nutritional norm

Breakfast	Milk-300ml
Mid-Morning [10.00 AM]	Plain Custard Milk-150ml 30gm Custard Sugar-5gm to 7gm
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/Nursing Sister / medical officer

### 20.8 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.

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

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	Diet Specification		
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

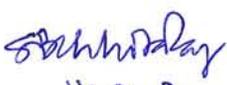
#### 21. Fuel for cooking

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.

#### 22. 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.

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**PART-I**

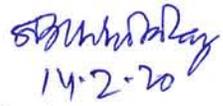
**Technical Format for out sourcing of Diet Services**

Sl No.	Name of Document	Status		Remarks
		Submitted (Page No.)	Not Submitted	
1.	Name of the Bidder/Applicant			
2.	Weather the Bidder is firm/Agency/NGO/Women SHGs/ individual			
3.	Cost of Tender Document in shape of Demand Drafts			
4.	EMD deposited in shape of Demand Drafts			
5.	Copy of Registration Certificate of firm/Agency/NGO/Women SHGs/ individual			
6.	3 (Three years i.e. 2016-17,2017-18 & 2018-19) End User Certificate along with contract award certificate (Order copy)			
7.	Address for Correspondence office in the district along with name and telephone no. for correspondence.			
8.	Copy of GST Registration Certificate			
9.	Specimen signature & Telephone number of the authorised signatory firm /agency			
10.	PAN No. (Attested Copy of certificate to be attached) & I.T. Return (F.Y. 2016-17, 2017-18 & 2018-19)			
11.	Valid Food License from competent Authority			
12.	Copy of valid Labour License			
13.	Whether firm has been blacklisted Yes or No (Submit the affidavit of declaration in Rs.20/- stamp paper)			
14.	Proof of financial stability (Bank statement) of six months			

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

(Signature & seal of the authorized signatory)  
Place:

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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 and Burn Patient Diet.	

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14.2.20  
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