

# **All India Institute of Medical Sciences**

**Rishikesh-249203**

**(As discussed by AIIMS Rishikesh)**



**Tender document for providing “DIETARY SERVICES” in AIIMS Rishikesh premises**

**AIIMS, Rishikesh**

**(As discussed by AIIMS Rishikesh)**

Ref. No.	:	.....
Publishing Date	:	.....
Pre-Bid Meeting	:	.....
Bid Submission Start Date	:	.....
Last Date of Bid Submission	:	.....
Bid Opening	:	.....

Tender documents may be downloaded from institute’s web site [www.aiimsrishikesh.edu.in](http://www.aiimsrishikesh.edu.in) (for reference only) and CPPP site <https://eprocure.gov.in/eprocure/app>

# **NOTICE INVITING TENDER**

**For**

**“Providing DIETARY SERVICES AT AIIMS Rishikesh ”**

**Dated.....**

**Subject: E-TENDER FOR SETTING UP DIETARY SERVICE AT AIIMS RISHIKESH.**

All India Institute of Medical Sciences (AIIMS), Rishikesh invites bids through E-Tender for setting up, operation and management of Dietary services at AIIMS Rishikesh.

The bids will consist of two packets: Packet-A and Packet-B. Packet-A will consist of Technical and other conditions as laid down in the Bid document. Packet-B shall consist of the Financial Bid as per conditions laid down in the Bid document.

Bidders are required to deposit an amount of Rs 25,00,000/- (Rs. Twenty-five Lakh only) as EMD through DD/FD prior to submission of E-Tender. The E-receipts for the same shall be uploaded along with tender document. Bids uploaded without E-receipt of EMD shall not be entertained.

The successful bidder shall be intimated about the Award of Licence within 150 days of opening of bid.

The Notice inviting bid along with instructions to bidders, Scope of Work, eligibility criteria, system of award of licence, agreement, etc. form part of the bid document.

## TENDER NOTICE

### For **“Providing Dietary services in AIIMS Rishikesh premises”**

**AIIMS, Rishikesh**  
**Dated.....**

1. E-tenders in Two Bids (Technical & Financial) basis are invited on behalf of the Director, All India Institute of Medical Sciences, Rishikesh from interested and eligible Companies/Firms/Agencies for establishment of **Dietary services** at **AIIMS Rishikesh**.

2. Bids shall be submitted online only at CPPP website:  
<https://eprocure.gov.in/eprocure/app>.

3. The complete bidding process is online. Bidders should be in possession of valid digital Signature Certificate (DSC) for online submission of bids. Prior to bidding DSC need to be registered on the website mentioned above. For any assistance for e-bidding process, if required, bidder may contact to the helpdesk at 0135-2462915.

4. Tenderer/Contractor/Bidders are advised to follow the instructions provided in the 'Instructions to the Contractors/Tenderer/Bidders for the e-submission of the bids online through the Central Public Procurement Portal for e Procurement at <https://eprocure.gov.in/eprocure/app>'.

5. Bid documents may be scanned with 100 dpi with black and white option which helps in reducing size of the scanned document.

6. Hard Copy of original (EMD) earnest money deposit and tender fee etc. must be delivered to AIIMS, Rishikesh on or before last date/time of Bid Submission as mentioned above. The bid without EMD and tender fee will be summarily rejected. The scanned copy of the EMD and Tender fee should be attached in the technical bid.

7. The tender shall be submitted online in two part, viz., technical bid and financial bid. All the pages of bid being submitted must be signed and sequentially numbered by the bidder irrespective of nature of content of the documents before uploading.

**The offers submitted by Telegram/Fax/email shall not be considered. No correspondence will be entertained in this matter.**

8. Any future clarification and/or corrigendum(s) shall be communicated through the Central Public Procurement Portal for e Procurement at <https://eprocure.gov.in/eprocure/app> or AIIMS, Rishikesh website: [www.aiimsrishikesh.edu.in](http://www.aiimsrishikesh.edu.in). The bidders are required to regularly check the website to know

about any/all such corrigendum(s) as only these bids, taking care of such corrigendum(s) shall be considered for finalisation of the tender.

9. Bidder should necessarily enclose a covering letter mentioning a summary of applied document with proper numbering. Secondly, bid should also attach a compliance sheet as per specification mentioning that they are complying with all specifications or have any variation.

10. The pre bid conference would be held on ..... **-2019 at 03.00 PM** in the office of Tender Opening Room, AIIMS, Rishikesh. All firm's representative who are attending the pre bid meeting, shall produce an authorization letter from their firm on the firm's letter head. They are required to put their query in writing before the committee and submit the same in writing on its letter head.

11. All the duly filled/completed pages of the tender should be given serial /page number on each page and signed by the owner of the firm or his Authorized signatory. In case the tenders are signed by the Authorized signatory, a copy of the power of attorney/authorization may be enclosed along with tender. A copy of the terms & conditions shall be signed on each page and submitted with the technical bid as token of acceptance of terms & conditions. Tender with unsigned pages/incomplete/partial/part of tender if submitted will be rejected out rightly.

12. Any omission in filling the columns of Financial Bid form (Schedule of Rates) shall debar a tender from being considered. Rates should be filled up carefully by the tenderer. All corrections in this schedule must be duly attested by full signature of the tenderers. The corrections made by using fluid and overwriting will not be accepted and tender would be rejected.

**copy of original (Bid Security) EMD, tender fee etc. sealed and super-scribed with tender name, number and address must be delivered to the address mentioned below:**

**The Director  
All India Institute of Medical Sciences, Rishikesh  
Virbhadr Marg Rishikesh  
Rishikesh-249203, Uttarakhand.**

**Scope of work:**

- Purchasing, Processing, cooking and serving of food and therapeutic diets to all indoor patients as required by AIIMS, Rishikesh.
- The number of daily diets for indoor patients shall be as per occupancy of beds in the ward of AIIMS, Rishikesh on actual basis. The available bed strength is under:  
General Ward- 900 beds (can be extended upto 1100 or more)  
Private Beds – 20 (can be extended upto 30 or more)
- More than 85% of patients are taking diet.

## **Terms and Conditions**

### **A. General Conditions:**

1. Pre-bid meeting shall be held in the AIIMS Rishikesh to clarify any queries of the tenderer on --/--/2019.
2. **Preparation and Submission of Tender:** The tender should be submitted online in two parts i.e. Technical Bid and Financial Bid. **Each page of tender document and all the other documents should be properly signed and stamped by the authorised person to confirm the acceptance of the entire terms & conditions as mentioned in the tender enquiry document.**
3. Earnest Money Deposit: The bidder shall be required to submit the Earnest Money Deposit (EMD) for an amount of Rs. 25,00,000 (Rupees Twenty-five Lakh Only) by way of demand drafts/FD/TD/CD only which shall be drawn in favour of "All India Institute of Medical Sciences, Rishikesh". The earnest money deposit must be enclosed in the envelope containing the technical bid. The EMD of the successful bidder shall be returned after the successful completion of contract order and for unsuccessful bidder(s) it would be returned after award of the contract. Bid(s) received without demand drafts of EMD will be rejected.
4. Tender fee: Tender fee will be Non-refundable amount of Rs. 1180/- (Rupees one thousand one hundred and eighty only).
5. Period of Contract: The contract period shall commence on the date of Commencement and shall remain for 1 years. The period is further extendable for a period of 6 months on the same terms and conditions and the rates at which the contract is awarded will be valid throughout the contract and no claims whatsoever on account of increases in the rate of material to be used and other factors such as statutory payments, etc., shall be entertained and it will be the responsibility of the contractor to bear such other expenses. However, if there is any downward revision of all the rates due to revision of govt. taxes etc. or any other reasons, the same shall be passed on to the AIIMS RISHIKESH through appropriate reduction of the contracted rates.
6. All the Technical Bid will be scrutinized, by the evaluation committee constituted by the Director to check all relevant documents for their authenticity and the Tenderer whose Technical tenders are accepted will be informed about the date and time for opening the Financial Bids.
7. No tenderer will be allowed to withdraw after submission of the tenders within the bid validity period otherwise the EMD submitted by the tendering firm would stand forfeited.

8. In case the successful tenderer declines the offer of contract, for whatsoever reason(s) his EMD will be forfeited.
9. A formal contract shall be entered into with the successful tenderer. In this contract, the successful tenderer shall be defined as contractor.
10. **Performance Security: The successful tenderer will have to deposit a Bank Guarantee of @ Rs. 40 Lakh of the contract value by way of Bank Guarantee of scheduled bank in favour of AIIMS, RISHIKESH as per the prescribed format attached as Annexure -IV payable at RISHIKESH valid for 63 days beyond the expiry period of contract.**
11. **(a) The successful Tenderer will have to deposit the Bank Guarantee and commence the work within 15 days of acceptance of tender otherwise the contract may be cancelled and EMD will be forfeited.**
12. Each page of the tender documents and papers submitted along with, should be numbered, signed and stamped by the authorised signatory in acceptance of the terms and conditions laid down by the AIIMS RISHIKESH.
13. The Director, AIIMS, RISHIKESH reserves the right to withdraw/relax/modify any of the terms and conditions mentioned in the tender document if it is felt necessary in the benefit of the Institute.
14. The Director, AIIMS, RISHIKESH reserves the right to reject all or any tender in whole, or in part, without assigning any reasons thereof.
15. Intending tenderers are advised to inspect and examine the site and its surroundings and satisfy themselves before submitting their tenders to the nature of the site. The nature of the site, the means of access to the site, the accommodation they may require and in general shall themselves obtain all necessary information as to risks, contingencies and other circumstance which may influence or effect their tender. A tenderer shall be deemed to have full knowledge of the site whether he inspects it or not and no extra charges consequent on any misunderstanding or otherwise shall be allowed. Submission of tender by a tenderer implies that he has read this notice and all other contract documents has made himself aware of the scope and specifications of the work to be done.
16. The Director, AIIMS, RISHIKESH does not bind itself to accept the highest/lowest or any other tender and reserves to itself the authority to reject any or all the tenders received without the assignment of any reason. All tenders in which any of the prescribed condition is not fulfilled or any condition including that of conditional rebate is put forth by the tenderer shall be summarily rejected.
17. The contractor shall take at his own cost, if required, necessary insurance cover in

respect of staff and other personnel to be employed or engaged by him in connection with the afore mentioned services to AIIMS and shall indemnify AIIMS against all acts of omissions, fault, breaches and or any claim or demand, loss injury and expenses to which AIIMS, RISHIKESH may be party or involved as a result of the contractor failure to comply and of the obligation under the relevant act law which the contractor is to follow.

18. The successful bidder/contractor will be required to enter into an Agreement/ Contract.
19. The services will be provided to the Institute at the fixed rate.
20. The timings and working days of the mess will be regulated by the committee.
21. The Dietary services should be kept neat & clean and free of unhygienic conditions.
22. The responsibility of maintaining the cleanliness and hygienic condition of the Dietary services will be of the contractor, at his own cost and proper disposal of waste. In case of violation of this condition, Management Committee may have the right to impose a fine and the contract may be cancelled by giving a week's notice to vacate the premises.
23. The bearer / staff (not below the age of 18 years) employed by the contractor shall have to be medically fit and kept neat and clean. The contractor shall not employ young children as prohibited under the law / rules / regulations.
24. The contractor will make his own arrangement for crockery, cutlery, glasses and other kitchen equipment. Disposable good quality paper made items for tea etc. shall be allowed but not of plastic material.
25. The contractor shall be responsible for ensuring safety and maintenance of all the equipment/fixtures installed/provided by the Institute, during the entire period of the contract. If any damage/loss of equipment/fixtures found then the same will be recovered from the contractor. The contractor shall take adequate fire pre-cautions.
26. The contractor shall maintain the Institute premises in good condition and shall not cause any damage thereto. If any damage is caused to the premises by the contractor or his workers, employees or agents the same shall be rectified by the contractor at his own cost either by rectifying the damage or by paying cash compensation as may be determined by the Institute.
27. The successful tenderer shall not sub-let the premises either in whole or in part. The premises shall not be used for residential purposes even for the staff. No additions or alterations of the premises will be made without permission of the Institute. No bathing and washing of clothes etc. will be allowed.



28. The contractor and his employees would be governed by the discipline rules as may be laid down by the Institute while they are in the Institute premises.
29. **Electricity Charges shall be paid by contractor (vendor) as per actual consumption at prevailing rates of Uttarakhand Power Corporation Ltd.(UPCL) or at such higher rates as may be decided by the Institute from time to time.**The designated area will be decided by the concerned committee of AIIMS Rishikesh in due course. Area would be around 110 sq.m. Water will be provided by the Institute.
30. The technically qualified Bidder who submits lowest financial bid amount shall be declared as Successful bidder (L1) and communication to that effect shall be made subject to approval and as decided by the Competent Authority.
31. Quality of food/drink items & services provided will be inspected/ checked from time to time and if found unsatisfactory the contract may be cancelled at any time by the Institute with/ without furnishing any notice. The Institute reserves the right to impose a fine, if deemed necessary.
32. The conduct/characters/antecedents and proper bonafide of the workers shall be the sole responsibility of the contractor. However, the contractor should provide the necessary details of all its employees (permanent, temporary, casual) to the Institute. All the employees should be police verified.
33. The decision to award the **Dietary services** contract will be taken on the basis of prices quoted, feasibility and quality.
34. The contractor will use cylinder and gas stove for the purpose of cooking.
35. Cylinder should be stored outside.
36. Police verification and worker's identity cards will be compulsory before taking the charge of complementary catering services. Employees will be in proper uniform provided by the contractor, medically found fit, hygienically suitable, nails trimmed, haircut and shave taken.
37. As regards quality of materials and preparation, the tenderer shall ensure that: (a) Food/drink ingredients, additives and materials must be of best quality available in the market, (b) Milk, bread, Fruit, vegetable and other such perishable items should be purchased fresh from the market on daily basis, (c) the Tenderer shall take meticulous care to provide clean and quality food/drink items in all preparations. The committee members shall have free access to inspect the kitchen, service counters at any time on any working day, and (e) waste and garbage disposal must be done twice a day on regular basis.
38. The Tenderer shall ensure that the staffs engaged by him observes safety precautions and security regulations at the campus.
39. The tenderer shall not keep the it closed without prior permission from the AIIMS,

RISHIKESH authority. Any such incident shall be treated as breach of contract and suitable action including penalty shall be taken for the same by AIIMS, RISHIKESH, as it may deem fit.

40. The tenderer shall bring their own tools, Coffee machine, cookers, hot boxes, steam boxes, trolleys, equipment, utensils, cups, jugs, etc., in sufficient quantity as needed to maintain the services, in addition to what is provided by AIIMS, RISHIKESH.
41. Any attempt at negotiation direct or indirect on the part of the tenderer with the authority to whom he has submitted the tender or the authority who is competent finally to accept it after he has submitted his tender or any endeavour to secure any interest for an actual or prospective tenderer or to influence by any means the acceptance of a particular tender will render the tender liable to exclusion from consideration.
42. The tenderer should have been in business in hospital more than 500 bedded for a period of at least for 3 years in the country in relation to the dietary services for which the quotation tender is submitted. The vendor on a non-judicial stamp paper should give a declaration to the effect.
43. The tenderer will quote the prices for the general diet and the price for the other specific diet should be quoted in proportion of general diet. (For example diabetic diet, hypertension diet, etc)
44. The vendor is required to submit performance report from the other similar organization where it is registered for dietary services. The firm should also submit list of organisation where it is running its services in last two years,
45. Experience in working with central/state agencies in implementation of similar projects.
46. Rates quoted should be valid for 12 months from the date of opening of tender for its finalization.
47. The Institute requires Dietary services contractor to run Dietary services to cater for the needs of the indoor patients attending the Institute.
48. All the workers to be deployed will be got declared medically fit from any govt. hospital at his own cost. Therefore, their health checkup will be got done twice in a year i.e. after every six months at the cost of the contractor. Immunization of the workers for different infective diseases shall be got done by the contractor at his own cost.
49. The contractor shall supply a list of all the workers so deployed to the office of the Medical Superintendent/Consultant Dietician before they are put to work. Similarly, he/she will also inform immediately in case any workers has been changed.
50. All workers deployed shall primarily be the workers of the contractor. The Institute will have no obligation; they will have no right to claim any job from AIIMS, Rishikesh on this account.
51. The contractor shall be liable to obtain any license under the FSSAI Food Act at his own from the competent authority as required under the relevant rules and submit a copy of the same to the Institute.
52. This activities will be carried out on all days of work all the year round.

## **PENALTIES AND RECOVERIES**

In the event of contractor's failure

- To supply meals
- Carry out related jobs on any day/days
- Quality of food as prescribed

The Institute will have recourse to make alternative arrangements and a penalty double the amount so spent on this account shall be recovered from the Contractor and he will have to pay back that amount within two weeks to make up the deficiencies, failing which the same shall be recovered from the next bill.

(b) Recovery of the penalty as mentioned above shall continue to be imposed up to seven days consecutively. Therefore, the contract shall be furnished without any notice and the bank guarantee forfeited.

## **INSTITUTE OBLIGATION:**

The Institute will provide following facilities to the contractor;

- Building Complex free of rent which includes kitchen, stores (DRY AND COLD STORE) ward pantries as per drawings available with Medical Superintendent, AIIMS, Rishikesh for their inspection.
- Annual maintenance of the public health services, electrical and relating to civil works in the building complex shall be provided by the institute.
- The electricity charges will be borne by the contractor.
- Major equipment's shall be provided to the contractor by the institute against a security of Rs. 50,000/-. The same is to be returned in good working conditions immediately after the expiry of the contract failing which the cost of same shall be recovered from the contractor. Replacement of any breakage etc. during the tenure of the contract will have to be borne by the contractor.
- For hospital indoor patients food services crockery, cutlery and services dishes trays, feed bottles shall be provided by the contractor.
- Fuel gas connection with pipeline, distribution and control fixtures shall be provided to the contractor by the institute against separate cash security deposit equivalent to the amount actually paid by the Institute. However, day to day gas consumption and its running cost shall be borne by the contractor. He/she shall procure the gas at his own level.

## **53. Financial Bid:**

- The contract will be awarded to the firm, who will quote the minimum amount.
- **Rent free space**

**Legal Terms & Conditions:**

54. The Tenderer and his staff shall abide by various rules and regulations of AIIMS, RISHIKESH as prevalent from time to time.
55. The Tenderer shall comply with all existing labour legislations and Acts, Provisions, such as Contract Labour Regulation Act, Workmen's' Compensation Act, Minimum Wages Act, Payment of Wages Act, Provident Fund Act, ESI Act, etc. For any lapse or breach on the part of the Tenderer in respect of non-compliance of any Labour legislation in force during the validity of the contract, the Tenderer would be fully responsible and would indemnify the Institute, in case the Institute is held liable for the lapse if any, in this regard.
56. The Tenderer shall submit to AIIMS, RISHIKESH a list of all workers engaged to carry out the service work, indicating name, age, home address, qualifications, etc., and would also intimate as and when any change takes place. The Tenderer shall not at any time engage any minor to carry out the work under the contract.
57. The Tenderer shall undertake that any act of omission or commission including theft, by his staff shall be his sole responsibility and further that he would compensate the Institute immediately, any loss or damage or theft occurring on account of his staff individually or collectively.
58. AIIMS, RISHIKESH would have the right to terminate the contract without notice before the expiry of the term, in case the work performance is not up to the standard, or in case there is any violation of AIIMS, RISHIKESH rules & regulations, or if there is any lapse in compliance of any labour legislation, or if there is any incident of indiscipline on the part of the Tenderer or his staff. The decision of AIIMS, RISHIKESH's management in this regard would be final and binding on the Tenderer. In such an event, AIIMS, RISHIKESH shall have the right to engage any other tenderer to carry out the task.
59. The Tenderer and his staff shall comply with all instructions and directions of the AIIMS RISHIKESH authorities given from time to time. In the event of any emergent situation, the staff of the Tenderer shall comply with instructions given by the AIIMS, RISHIKESH authorities, without waiting for confirmation by the Tenderer.
60. All the workers engaged by the Tenderer for carrying out tasks under this contract, shall be deemed to be the employees of the Tenderer only. The tenderer shall be solely responsible for their wages, fringe benefits, conduct, duty roster, leave-records, relievers, etc. The tenderer shall also provide its Workers photo-identity cards which shall be checked by the AIIMS, RISHIKESH, as and when necessary.
61. Noncompliance of any terms and conditions enumerated in the contract shall be treated as breach of contract.

62. The contractor shall ensure that the person deployed are disciplined and conduct in office premises, be best suitable and is entailed on enforce in prohibition of consumption of alcoholic drinks, paan, smoking, loitering without work and engaging in gambling, satta or any immoral act.
63. Dispute Settlement: - It is mutually agreed that all differences and disputes arising out of or in connection with this agreement shall be settled by mutual discussions and negotiations if such disputes and differences cannot be settled and resolved by discussions and negotiations then the same shall be referred to the sole Arbitrator appointed by the Director, AIIMS, RISHIKESH whose decision shall be final and binding on both the parties.

### **PROCESSES TO BE UNDERTAKEN BY THE VENDOR FOR DIETARY SERVICES**

#### **OPERATIONAL**

1. Time schedule & Menu planning, preparation and cooking of normal diet, Therapeutic diet and enteral feeds in hospital (AIIMS, RISHIKESH) kitchen as per the instructions of Dietary In-charge. (Terms & Condition are enclosed as per section B: Annexure I-V). The preparation of various diets will be under direct supervision of the Institute's dietician.
2. All types of nutritional supplements (for all types of patients including RT feed) shall be provided by the contractor.
3. The vendor shall be responsible for procurement of all the raw food materials (only from laboratory tested reputed firms and AGMARK marked where ever possible).
4. It will be the responsibility of the vendor for transportation of the prepared diet to the patient according to specific requirement, in a covered trolley/ already prearranged trays under hygienic conditions.
5. Stainless Steel crockery should be used for indoor patient and disposable crockery as required.
6. Contractor will be responsible for collection, washing and cleaning with safe & standard quality of cleaning material, of the serving trays/utensil/bottle etc (in case of non-disposable).
7. The vendor will be responsible for safe disposal of the left over food/vegetables peels/and other kitchen garbage as per the prevailing norms of the Nagar Nigam, Rishikesh.
8. The vendor shall be responsible for providing food to patients in emergency as per instruction of dietary in-charge at times other than specified timings in the diet scheduled including night (example when patients goes for some test or investigations).
9. The vendor will be responsible for entire cleanliness of kitchen and hygiene of staff deployed by the vendor.
10. If disposables are used in any step of dietary, they should be disposed off, as per Rishikesh Nagar Nigam requirement from time to time.

11. Only LPG or electricity will be used for cooking. No Coal, wood or any other fossil fuel shall be used as fuel for cooking of food, heating of food etc.
12. The vendor will need to have a meeting with In-charge of Dietary Department, AIIMS, Rishikesh once in a month/on call to review the services.

#### **ADDITIONAL TERMS AND CONDITIONS**

- The successful bidder should deposit performance security money of Rs. 40 lacs (Rupees forty lakh Lacs only) either in the form of Bank guarantee valid upto 3 months in addition to the validity of contract in favour of 'AIIMS, Rishikesh' or by Demand Draft before signing the agreement.
- The contractor shall deploy the required personnel to provide the said services and immediately communicate the names and residential address, age etc. of the persons as and when deployed or changed from time to time.
- For the purpose of proper identification of the employee of the contractor deployed at various points, the contractor shall himself issue them the identity cards/identification document to his employees and they shall be duty bound display the identity cards at the time of duty. The employees deployed by contractor would be required to wear uniforms supplied by him during cooking services meals on duty.
- The competent authority or any their representative so authorized shall be liberty to carry out any surprise check on the working of the contractor.
- The competent authority of the institute or any authorised representative the food qualities prepared in the kitchen at any time and can also samples of the same to be tested in the Institute. In case, on testing the food is not found up to the mark, action as deemed fit will be taken by the contractor. Any decision taken by the competent authority in this regard shall be final. The contractor shall take daily orders for the work to be undertake quality and verify of food to be served from the schedule given.
- The persons deployed by the contractor for the work, shall be the employees of the contractor for all intents and purposes and in no case, there shall be any relationship of employer and employee between the said persons and the Institute.
- The persons so deployed shall be under the overall control and supervision of the Contractor and the contractor shall be liable for payment of their wage other dues which the contractor is liable to pay under the various labour and

other statutory provisions. The institute shall be absolved of any such liability at its own level and other statutory provisions. The Institute shall be absolved of any such liability t own level.

- The uniforms will be supplied by the contractor at his own cost, to the persons deployed for this work, as per this institute instructions.
- The contractor shall take all reasonable precautions to prevent any unlawful riots or disorderly conduct or acts of his employees so deployed by the contractor indulge in any unlawful activity or disorderly conduct, the contractor shall take suitable action against such employee.
- In case of any complaint/defect pointed out by the institute/authorities, the contractor shall immediately replace the particular persons so deployed without further arguments.
- The contractor shall keep the Institution indemnified against all the loss caused to the Institute property by way of theft, mishandling on otherwise and the claims whatsoever in respect of employees deployed by the contractor so deployed enters in dispute of any nature whatsoever, it will be the sole responsibility of the contractor concerned to contest the same. In case institution is also a party and is supposed to contest the case, the cost, if any of the actual expenses incurred towards counsel fee and other expenses shall be paid to the institute by the contractor in advance on demand. Further, the contractor shall ensure that no financial or any other legal liability comes on the institution in respect of any nature whatsoever for the act done by the person of the contractor and shall keep the institution indemnified in this respect.
- The Institution shall have further right to adjust or readjust or deduct any of the amounts as aforesaid from the payments to be made to the contractor under this contract or out of the bank guarantee of the contractor.
- The contractor shall furnish an indemnity bond from Insurance company at its own cost of indemnifying institute against any claim arising out of or connected with this agreement.
- In event of exigencies arising due to the death, infirmity, insolvency of the contractor or/for any other reason or circumstances liabilities thereof of the contract shall be borne by the following on such terms and conditions, as the director/Medical superintendent, AIIMS, Rishikesh may further think proper in public interest on revoke the contract. Namely:

Legal heirs in case of sole proprietor:

The next partners in the case of company or institution otherwise the competent authority of the institute shall reserve the right to settle the matter according to the circumstances of the case as he may think proper.

### **MANPOWER**

The vendor shall employ adequate number of well trained & educated staff (bearers and cooks) at his own expense for the proper discharge of the responsibility entrusted to him under the agreement and such employee shall be persons with enough experience. They shall be provided with uniforms, apron, and head gear by the vendor at his own cost and they are to be maintained in neat and tidy condition while on duty & the minimum qualification of services boys is 10<sup>th</sup> and for supervisors is 12<sup>th</sup>. Number of staff required is supervisor (2 Nos. in the morning & 2 Nos. in -2, No. of staff can be increased as per requirement of Dietary department.

### **MEDICAL EXAMINATION OF STAFF**

The vendor shall employ only those persons in the kitchen who are found to be medically fit. Regular periodic medical examination as per guidelines will be responsibility of service provider.

Hospital reserved its rights to examine any of the employees for medical fitness without prior notice. Expenses, if any incurred by AIIMS Rishikesh on medical examination as per guidelines of such employees, shall be borne and paid by the vendor. Maintain a First Aid box in the kitchen area

### **EQUIPMENTS AND MAINTENANCE**

The vendor should procure and install remaining equipment's /machines of different capacities/types, including cooking utensils, crockery, cutlery and serving dishes according to the menu. All machines must be cleared every day after use, at regular interval. Preventive maintenance is a must. All operational and maintenance aspect of the equipment will be the responsibility of the vendor.

### **WAGES TO EMPLOYEES AND INSURANCE**

The vendor shall comply with the laws applicable to employees working in the kitchen regarding working hours, minimum wages, safety, cleanliness, leave, over time allowances, provident fund, retrenchment benefit, medical benefits etc. If on account of non- compliance with the provisions of any such laws, AIIMS, Rishikesh,



is called upon to make any payment to or in respect of his employees, the vendor shall fully reimburse to Institute all such payment and institute shall be free to make deductions on this account from the amount of security deposit, in which case, the vendor shall immediately pay to the institute such amount as may be payable to institute to the vendor. The vendor will sign an Indemnity bond in favor of AIIMS, Rishikesh to this effect.

**Qualifying Requirements:**

64. The firm must have valid food/drink license certificate issued on or before date of issuance of tender.
65. The annual average turnover of services provided by the bidder should not be less than Rs. 6 crore during the last three years as per their audit books of accounts/Tax Returns.
66. The Bidder shall have at least 3 years' experience of providing mess/ canteen services/ catering services.
67. A firm having any suit/criminal case pending against its proprietor or any of its Directors (in case of Pvt. Ltd. Company) or having been earlier convicted for violation of PF/ESI/Minimum Wages Act or any other laws in force shall also not be eligible.
68. Bid should be complete and covering the entire scope of job and should confirm to the General and Special Conditions indicated in the bid documents. Incomplete and non-confirming bids will be rejected outright.
69. No Joint Venture/ Consortium are allowed to participate in the Tender Process.
70. Tenderer should submit an undertaking on firm's letter head in this regard.
71. List of the present contract with public and private hospitals.
72. Certificate for registration with income tax, sales tax, PF, ESI, and any authority applicable for the last three years.
73. Authority of person signing documents: A person signing the tender form or any documents forming part of the contract on behalf of another shall be deemed to warranty, that he has authority to bind such other and if, on enquiry, it appears that the person so, signing had no authority to do so, the Director, AIIMS RISHIKESH may without prejudice to other Civil and criminal remedies cancel contract and held the signatory liable for all cost and damages.
74. Validity: The quoted rates must be valid for a period for 180 days from the date of closing of the tender. The overall offer for the assignment and bidder(s) quoted price shall remain unchanged during the period of validity. If the bidder quoted the validity

shorter than the required period, the same will be treated as unresponsive and it may be rejected.

75. In case the tenderer withdraws, modifies or change his offer during the validity period, bid is liable to be rejected and the earnest money deposit shall be forfeited without assigning any reason thereof. The tenderer should also be ready to extend the validity, if required, without changing any terms, conditions etc. of their original tender.
76. Arbitration: If any difference arises concerning this agreement, its interpretation on payment to be made there-under, the same shall be settled out by mutual consultation and negotiation. If attempts for conciliation do not yield any result within a period of 30 days, either of the parties may make a request to the other party for submission of the dispute for decision by an Arbitral Tribunal containing Sole Arbitrator to be appointed by the Secretary, Department of Legal Affairs. Such requests shall be accompanied with a panel of names of three persons to act as the sole arbitrator. In case of such arbitrator refusing, unwilling or becoming incapable to act or his mandate having been terminated under law, another arbitrator shall be appointed in the same manner from among the panel of three persons to be submitted by the claimant. The provision of Arbitration and Conciliation Act, 1990 and the rule framed there under and in force shall be applicable to such proceedings.
77. Subletting of Work: The firm shall not assign or sublet the work/job or any part of it to any other person or party without having first obtained permission in writing of AIIMS, RISHIKESH, which will be at liberty to refuse if thinks fit. The tender is not transferable. Only one tender shall be submitted by one tenderer.
78. Breach of Terms and Conditions: In case of breach of any terms and conditions as mentioned above, the Competent Authority, will have the right to cancel the work order/ job without assigning any reason thereof and nothing will be payable by AIIMS, RISHIKESH in that event the security deposit shall also stands forfeited.
79. Insolvency etc.: In the event of the firm being adjudged insolvent or having a receiver appointed for it by a court or any other order under the Insolvency Act made against them or in the case of a company the passing any resolution or making of any order for winding up, whether voluntary or otherwise, or in the event of the firm failing to comply with any of the conditions herein specified AIIMS, RISHIKESH shall have the power to terminate the contract without any prior notice.
80. The AIIMS RISHIKESH, reserves the right to review the performance of the firm every three months or whenever a need arises, and also to terminate the contract at any point of time during the currency of the contract in case of performance and the service rendered by the contract firm is found to be unsatisfactory. The decision of the competent authority shall be binding on the contract firm. The AIIMS RISHIKESH further reserves the right to renew the contract the such period(s) as it may deem necessary, taking into account the satisfactory performance of the firm during the

currency of the contract.

81. In case of pecuniary and material loss suffered by the Institute on account of negligence attributable to the Contractor or his employees, the AIIMS RISHIKESH will have the right to forfeit the Security Deposit falls short or found to be insufficient to the loss thus incurred by the Institute, the balance, as may be necessary shall be recovered from the contractual charges due to the contractor's firm. All disputes arising out of or in connection with the contract shall be settled by the sole arbitration of the competent authority in this behalf.
82. The standard of sanitation will always be up to the satisfaction of the authorized representative or the officer-in-charge whose decision in this regard shall be final and binding on the contractor.
83. The contractor shall supply to his workers all gadgets/articles required for safety purposes, such as gas masks, torch, safety belt, gas lantern etc. He may also maintain a First Aid Box to meet any emergency situation in respect of staff deputed by him.
84. The intending tenderers may mention the rates clearly in figures as well as in words in the enclosed format. The tenders not submitted in the specified manner or those found to be incomplete in any respect would be summarily rejected.
85. The work shall be carried out satisfactorily as per the directions of the competent authority of the AIIMS RISHIKESH. The Director in the AIIMS RISHIKESH reserves the right to impose a monetary penalty not exceeding 10% of the monthly contractual charges of the respective item, in the first instance, if he notices or it is brought to his notice any unsatisfactory cleaning, non-wearing of uniforms and gumboot by the employees deputed by the contractor firm.

**After due evaluation of the bid(s) Institute will award the contract to the lowest/best evaluated responsive tenderer. However, the successful bidder has to supply the items on the most reasonable rates quoted for the items in Annexure II.**

86. Conditional bid will be treated as unresponsive and it may be rejected.

**87. Applicable Law:**

- The contract shall be governed by the laws and procedures established by Govt. of India, within the framework of applicable legislation and enactment made from time to time concerning such Commercial dealings / processing.
- Any disputes are subject to exclusive jurisdiction of Competent Court and Forum in DEHRADUN & RISHIKESH, Uttarakhand, India only.
- The Arbitration shall be held in accordance with the provisions of the Arbitration and Conciliation Act, 1996 and the venue of arbitration shall be at RISHIKESH. The decision of the Arbitrator shall be final and binding on both the parties.

**Hygiene & Other Standards for the staff provided by the Contractor:**

- Contractor shall be responsible for behaviour and conduct of his workers. No workman with doubtful integrity of having bad record shall be engaged by the contractor.
- Employees should be in proper uniform at time of work. Uniform provided to workers by contractor should be different and distinguish from other categories of Institute staff with name plate, badges, uniform should be approved by Director, AIIMS Rishikesh.
- The employees should be presentable in appearance i.e. well cut and groomed hair, properly combed, neat shaved etc.
- Contractor/service provider shall get medical examination and blood samples of the staff deployed to ensure that they are free from any contagious diseases and/or are fit for discharge of duties as are assigned to him/her. Medical certificate every six months shall be provided starting from date of start of work.
- Contractor shall provide its staff, a minimum of three sets of uniforms. The employees shall also display a photo identity card on their person clipped to the shirt at all times.
- Food License
- Hygiene of site and equipment
- Waste Management
- Storage of products
- Personal Hygiene
- Industrial dishwasher for used utensils
- Use of stainless steel for surface area for food supply and food preparation.
- Water Quality
- Cleaning and sanitation
- Records pertaining to machine cleaning, kiosk cleaning, site cleaning
- A managed approach to Professional Pest Control and safeguard
- Well maintained to food storage system
- Separate sinks for raw foods and ready-to-eat foods and another sink for the dishes
- Protective clothing, that they should keep hair tied back with a suitable head covering when preparing food, not wear watches or other jewellery and the best practices for handwashing
- Hand Hygiene as per International Standards.
- Avoid spreading germs and bacteria due to health conditions

88. **Right of the AIIMS, Rishikesh:** - The AIIMS, Rishikesh reserves the right to suitably increase/reduce the scope of work put to this Tender. In case of any ambiguity in the interpretation of any of the clauses in Tender Document or the contract Document, interpretation of the Clauses by the AIIMS, Rishikesh shall be final and bindings on all Parties.

89. **Force Majeure:** -

- (i) Neither party shall be deemed to be in breach of this agreement if failure to comply with the requirement of this agreement is due to circumstances beyond the control of AIIMS or Successful vendor.
- (ii) If because of any strike or lockout either in AIIMS or in the Local area, the Successful vendor is unable to function or his business is affected, AIIMS shall not be liable for any loss, which the Successful vendor may suffer in such an event.

**Administrative Officer**  
**AIIMS Rishikesh**

**Annexure-I**

**Technical Bid**

**(In Separate sealed- Cover-I superscribed with “Technical Bid” for Dietary services)  
(Documents to be attached in the “Technical Bid”)**

**Having read and accept all terms and conditions of tender document we submit the  
details for Dietary services services as follows:**

<b>1.</b>	<b>Name and address of the Registered office of the agency/firm.</b>	
<b>2.</b>	<b>Name of the owner(s) Partners (Attach Bio-data of all Partners)</b>	
<b>3</b>	<b>Telephone no.</b>	
<b>4</b>	<b>Residence (Proof of Aadhaar card copy may be attached)</b>	
<b>5</b>	<b>Office</b>	
<b>6</b>	<b>Mobile</b>	
<b>7.</b>	<b>List of Organization/Office, Where firm is presently providing mess/Canteen Services (Mention) / Catering services</b>	
<b>8.</b>	<b>Details of EMD No., Date ,Amount, and Bank Name</b>	
<b>9.</b>	<b>Whether the firm/agency is registered, attach copy of the certificate of registration and indicate WCT number</b>	
<b>10.</b>	<b>GST Number</b>	
<b>11.</b>	<b>PAN</b>	
<b>13.</b>	<b>Food License</b>  1) License Food Safety and Standards Authority of India (FSSAI)  2) Accredited ISO: 22000 (Food Safety Management System) Certificate  3) Accredited ISO: 9001: 2008 Certificate	

14.	Details of the similar work which have done by the contractor or in under process (Please attach proof)	
15	Please provide ITR of last three years	
16.	Please attach the copies of the Annual certificate and audited balance sheets for last three financial years.	
17	Please provide a notarised affidavit on Indian Non Judicial stamp paper of Rs. 10/- <u>in the format given in Annexure- A</u> that rate quoted by you to AIIMS Rishikesh is minimum rate for similar food/drink items provided by you across India. If you don't fulfil this criterion, your tender will be out rightly rejected.	
18.	Please submit a notarised affidavit on Indian Non Judicial stamp paper of Rs. 10/- <u>in the format given in Annexure-B</u> that no case is pending with the police against the Proprietor/Firm/Partner or the Company (Agency). Indicate any conviction in the past against the Company/Firm/Partner.	
19.	Please declare that Proprietor /firm/company has never been blacklisted/debarred by any Organization. An oath certificate to this effect may be enclosed on Rs. 10/- notarised Indian Non Judicial stamp paper <u>in the format given in Annexure-C.</u>	
20.	Please submit a notarised affidavit for miscellaneous declaration on Indian Non Judicial stamp paper of Rs. 10/- <u>in the format as given in Annexure-D.</u>	
21.	Details of the FD/DD/TD/CD of Bid security (EMD)	
22.	Details of cost of Tender for Rs. 1180/- (i.e. Tender fee)	

**Annexure -A**

**NOTARISED AFFIDAVIT**  
(On Rs. 10/- Non-Judicial Stamp Paper)

**TENDER NO.**

I, undersigned ..... (name).....(designation)....., duly authorised representative of .....(name of Proprietorship/Firm/Company/Agency) hereby undertake, affirm, confirm and declare that-

Rate quoted by Proprietorship/Firm/Company/Agency to **AIIMS Rishikesh** is **minimum rate for similar food/drink items providing by the proprietor/Firm/Company/Agency across India**. If at any stage it is found that the firm (bidder) has quoted lower rates to any Govt./ Private Institute/Organization, bidder shall be liable to payback access value to AIIMS Rishikesh. AIIMS Rishikesh further reserves right to impose suitable penalty shall be made by AIIMS Rishikesh.

Undersigned, on behalf of Proprietorship/Firm/Company/Agency does hereby solemnly declare and affirm that the above declaration is true and correct in all respects and we hold responsibilities for the same. No part of it is false and nothing has been concealed. Any false/incorrect submission shall make Proprietorship/Firm/Company/Agency as well as undersigned personally liable for all civil/criminal obligations including complaint to police and other authorities.

Deponent Signature: .....

Name: .....

Designation: .....

Aadhaar No: .....

Email Id: .....

Mobile No: .....

Landline No: .....

Fax No: .....

Address: .....



*(Copy of Authorisation Letter from Proprietorship/Firm/Company/Agency enclosed)*

**Annexure- B**

**NOTARISED AFFIDAVIT**

(On Rs. 10/- Non-Judicial Stamp Paper)

**TENDER NO.**

I, undersigned ..... (name).....(designation)....., duly authorised representative of..... (name of Proprietorship/Firm/Company/Agency) hereby undertake, affirm, confirm and declare that-

**No criminal case is pending with the Police** against our Proprietorship/Firm/Company/Agency or any of its authorized signatories.

Undersigned, on behalf of Proprietorship/Firm/Company/Agency does hereby solemnly declare and affirm that the above declaration is true and correct in all respects and we hold responsibilities for the same. No part of it is false and nothing has been concealed. Any false/incorrect submission shall make Proprietorship/Firm/Company/Agency as well as undersigned personally liable for all civil/criminal obligations including complaint to police and other authorities.

Deponent Signature: .....

Name: .....

Designation: .....

Aadhaar No: .....

Email Id: .....

Mobile No: .....

Landline No: .....

Fax No: .....

Address: .....

*(Copy of Authorisation Letter from Proprietorship/Firm/Company/Agency enclosed)*

**Annexure- C**

**NOTARISED AFFIDAVIT**

(On Rs. 10/- Non-Judicial Stamp Paper)

**TENDER NO.**

I, undersigned ..... (name).....(designation)....., duly authorised representative of .....(name of Proprietorship/Firm/Company/Agency) hereby undertake, affirm, confirm and declare that-

Proprietorship/Firm/Company/Agency has never been **blacklisted/ debarred** by any organization.

Undersigned, on behalf of Proprietorship/Firm/Company/Agency does hereby solemnly declare and affirm that the above declaration is true and correct in all respects and we hold responsibilities for the same. No part of it is false and nothing has been concealed. Any false/incorrect submission shall make Proprietorship/Firm/Company/Agency as well as undersigned personally liable for all civil/criminal obligations including complaint to police and other authorities.

Deponent Signature: .....

Name: .....

Designation: .....

Aadhaar No: .....

Email Id: .....

Mobile No: .....

Landline No: .....

Fax No: .....

Address: .....

*(Copy of Authorisation Letter from Proprietorship/Firm/Company/Agency enclosed)*

**Annexure- D**

**NOTARISED AFFIDAVIT**  
(On Rs. 10/- Non-Judicial Stamp Paper)

**TENDER NO.**

I, undersigned ..... (name).....(designation)....., duly authorised representative of ..... (name of Proprietorship/Firm/Company/Agency) hereby undertake, affirm, confirm and declare that-

1. Undersigned is fully competent and authorised from Proprietorship/Firm/Company/Agency to make this Affidavit to bind such Proprietorship/Firm/Company/Agency.
2. All details/information/documents furnished by Proprietorship /Firm/ Company/Agency in bid document is true and correct.
3. Proprietorship/Firm/Company/Agency is fully solvent and legally/financially competent to perform terms and conditions of Tender.
4. Proprietorship/Firm/Company/Agency is duly registered under various relevant government notifications and all dues have been paid as on date.
5. Proprietorship/Firm/Company/Agency hereby agrees and fully understands that notwithstanding anything contrary contained in Tender document and without prejudice to any of the rights or remedies of AIIMS Rishikesh, AIIMS Rishikesh shall be entitled in its sole discretion to determine that a bidder is to be disqualified at any stage of the process and its participation in Tender process and/or its Technical Proposal and/or Financial Bid dropped from further consideration for any reasons.

Undersigned, on behalf of Proprietorship/Firm/Company/Agency does hereby solemnly declare and affirm that the above declarations are true and correct in all respects and we hold responsibilities for the same. No part of it is false and nothing has been concealed. Any false/incorrect submission shall make Proprietorship/Firm/Company/Agency as well as undersigned personally liable for all civil/criminal obligations including complaint to police and other authorities.

Deponent Signature: .....

Name: .....

Designation: .....

Aadhaar No: .....

Email Id: .....

Mobile No: .....

Landline No: .....

Fax No: .....

Address: .....

*(Copy of Authorisation Letter from Proprietorship/Firm/Company/Agency enclosed)*

### **Undertaking**

1. I/We have read and understood the contents of the Tender and agree to abide by the terms and conditions of this Tender.
2. I/We also confirm that in the event of my/our tender being accepted, I/we hereby undertake to furnish within 15 days, Bank Guarantee/ Performance Security after the issue of Purchase Order, as applicable, in the format to be provided by AIIMS Rishikesh in addition to execution of a Contract as pre-condition for obtaining the supply orders.
3. I/We further undertake that none of the Proprietor/Partners/Directors of the firm was or is Proprietor or Partner or Director of any firm with whom the Government have banned /suspended business dealings. I/We further undertake to report to the AIIMS Rishikesh immediately after we are informed but in any case not later 15 days, if any firm in which Proprietor/Partners/Directors are Proprietor or Partner or Director of such a firm which is banned/suspended in future during the currency of the Contract with you.
4. I/We undertake that the information given in this tender are true and correct in all respect and I/We hold the responsibility for the same.

(Signature of the Bidder)

Name:

Designation with Seal of the Firm:

## **Annexure-II**

### **List of Items**

#### **General instructions for diet management**

##### **No.1- Normal Diet & Therapeutic Diet {Diet No 1 to 11 (1000 Kcal-3000 Kcal)}**

###### **Diet no: 5 (1800 Kcal) will be considered as normal diet .**

The normal diet breakfast menu will be prepared only after consultation with dietician (to include milk Dalia/milk cornflakes/milk oats) etc.

In case of diabetic diet from 1000-3000kcal Sugar, Banana, grapes, chikoo, mango, potato, arvi, zimikhand will not be

added in the diet. It will be served only on recommendation basis if it is required.

Diet No:7(2200kcal) will be served in case of high protein high calorie diet on recommendation basis.

Diet no:8 (2400- 2800) kcal will be served in case of high carbohydrate diet on recommendation basis.

3000 kcal diet will be served in case of special diet on

recommendation basis (Plain/ stuffed with vegetable/paneer parantha will be served).

In case of soft and bland diet whole cereals, whole pulses , spices (Condiment I & Condiment II) & fiber will be restricted (dehusked dal –preferably moong dal will be served, refined wheat flour and refined wheat flour bread will be served and low fiber content of vegetables will be served on recommendation basis.

In case of semi solid diet Diet no:5 (1800 kcal) will be served (chapathi and salads will be restricted in the total diet) and kichiri,suji,dalia,ice cream custard / kheer will be served The ratio of kichiri& dal will be 1:1

In case of low salt diet, salt will be restricted in the total diet on recommendation basis.

In case of low cholesterol diet butter and fat will be limited.

In case of low purine diet whole pulses / legumes namely rajma,canna, dal channa, lobia and lentil dal will be restricted and cabbage, cauliflower ,beans ,raddish and palak will be restricted in the total diet on recommendation basis.

In case of low calcium & low oxalate diet all green leafy vegetables & citrus fruits like lemon, orange, musambi will be restricted in the total diet on recommendation basis.

In case of low residue diet milk, whole cereals, whole pulses will be restricted in the total diet and curds, dehusked dal – preferably moong dal will be served on recommendation basis.

Standardisation of the recipe will be done from time to time in the presence of the Dietician/stewards.

The preparation of the menu will be set by the dietician/stewards from time to time as per the season changes/seasonal vegetables available from the market.

Milk (3% fat) toned and curds packed from the reputed company will be used.

##### **No. 2 Annexure-II 30g, 40g and 50g Protein Renal Diet ( Diet no.-12,13,14)**

Ratio of Whole wheat atta& Arrow root powder = 1:1

Low potassium content of seasonal fruits (namely Papaya,Apple,Pineapple, William Pears,Pineapple slices/ cubes) will be served on recommendation basis.

High potassium content of seasonal vegetables namely Arvi ,Zimikhand,Lotusstem,Kathal,Plantain,sweetpotato,Palak and Bathuva will not be served on recommendation basis.

Potato to be leached (boiled and drained) for cooking on recommendation basis.

High potassium content of fruits namely Mango, Banana, Peaches Plums, Custard apple, Oranges, Musambi,Melons will not be served on recommendation basis.

In case of renal with diabetic diet sugar, banana, grapes, chikoo, mango, potato, arvi, zimikhand will not be served in the diet. It will be served only on recommendation basis if it is required.

### **No.3 Annexure-III Gluten Free Diet (Diet no.- 15)**

In case of restricted to wheat and wheat products the following food items are not to be served.

Wheat atta bread/Maida Bread, Dalia, Wheat Atta, Noodles, Maggi Maida, Macaroni, Spaghetti, Suji, Sevai, Wheat Atta Biscuits, Arrow Root Biscuits, Barley, Rye, oats.

#### **Foods to be included:**

Maize flour, Rice flour, channa flour, black channa flour will be included for making chappathi

Gluten free diet will be served on the variations of different calories as mentioned in the diet scale 1- 15

## ANNEXURE-1

### General Diets

#### Diet scale: 1000 Kcal –1

#### Food items included per patient per day(Raw Unit)Quantity (Amounts)

Milk	250 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1 large slice=30g )
Whole wheat Atta / Rice	100 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	200 g
Roots & Tubers	25 g
Fruits	120 g
Cooking Oil (Refined)	10 ml
Spices &condiments I&II	5-10g
Salt	5-10g

#### Nutritive Value:

Energy	1042 (Kcal)
Carbohydrate	156 (g)
Protein	44 (g)
Fat	22 (g)
Sodium	426 (mg)
Potassium	1617(mg)

#### Sample Menu per day:

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
Lunch	Chapathi	1 no.	1 medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal / Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (medium size)
Evening	Tea	1 cup	150 ml
Dinner	As same as lunch		



**Diet scale :1200 Kcal Diet- 2****Food items included per day(Raw Unit) Quantity (Amounts)**

Milk	250 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1large slice=30g )
Whole wheat Atta / Rice	125 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	250 g
Roots & tubers	50 g
Fruits	120 g (1 medium)
Cooking Oil (Refined)	10 ml
Spices &condiments I&II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1200 (Kcal)
Carbohydrate	175 (g)
Protein	50 (g)
Fat	30 (g)
Sodium	450 (mg)
Potassium	1725 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large size=30g )
Lunch	Chapathi	2 nos.	1medium size roti =25 g atta (raw unit )
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/Pulses/ legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100 g (cooked weight)
	Roots & tubers	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (medium size)
Evening	Tea	1 cup	150 ml
Dinner	As same as lunch		

**Diet scale: 1400 Kcal Diet-3****Food items included per patient day(Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g
Bread (Whole wheat Atta)	2 slices (1large slice =30g)
Whole wheat Atta / Rice	150 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	300 g
Roots & tubers	50 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1400 (Kcal)
Carbohydrate	217 (g)
Protein	65 (g)
Fat	36 (g)
Sodium	622 (mg)
Potassium	1996(mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
	Milk	1glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
<b>Lunch</b>	Chapathi	2 nos.	1 medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal/Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	1 Karchi	100g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g(1 medium)
<b>Evening</b>	Tea	1 cup	150 ml
<b>Dinner</b>	As same as lunch		
<b>Bed Time</b>	Milk	1 glass	200 ml

**Diet scale: 1600 Kcal Diet-4**

**Food items included per patient per day (Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g (packed)
Bread(Whole wheat Atta )	2 slices (1large slice=30g)
Paneer / Egg	25g / 50g
Whole wheat Atta / Rice	150 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	400 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Sugar	10 g
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1665 (Kcal)
Carbohydrate	251 (g)
Protein	68 (g)
Fat	36 (g)
Sodium	892 (mg)
Potassium	2556 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60 g (1large slice=30g)
	Paneer / Egg	1 slice/1 medium	25g/50g
Lunch	Chapathi	2 nos.	1medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/ Pulses/ legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 serving	120 g (1medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwich	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Diet scale:1800 Kcal Diet-5 (Normal Diet)**

**Food items included per patient per day(Raw Unit)Quantity (Amounts)**

Milk	500 ml
Curds	100 g (packed)
Bread (whole wheat atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice =30 g)
Paneer / Egg	25g/50g (1 slice/ 1medium size)
Whole wheat Atta / Rice	200 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	10 ml
Sugar	10 g
Spices& Condiments I &II	5-10g
Salt	5-10g

**Nutritive Value:**

Energy	1822 (Kcal)
Carbohydrate	290 (g)
Protein	70 (g)
Fat	40 (g)
Sodium	920 (mg)
Potassium	2719(mg)

**Sample Menu per day**

<b>Meal pattern</b>	<b>Meals</b>	<b>Quantity</b>	<b>Amounts</b>
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread/Cornflakes/Oats/ Dalia	2 slices	60 g (1large slice=30g)
	Paneer / Egg	1slice/1 medium size	25g/50g
Lunch	Chapathi	3 nos.	1 medium size roti=25g atta (raw unit)
	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal /Pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	100 g (packed)
	Fruits	1 medium	120 g
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwich	1 serving	1 slices

Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

### **Diet scale:2000 Kcal Diet -6 (High protein diet)**

#### **Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	500 ml
Curd	100 g (packed)
Paneer/Egg	50g/ 50g (1slice/1 medium size)
Bread (Whole wheat Atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice= 30 g)
Whole wheat Atta / Rice	200 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	120 g
Cooking Oil (Refined)	20 ml
Sugar	20 g
Spices & Condiments I &II	5-15g
Salt	5-15g

#### **Nutritive Value:**

Energy	2027 (Kcal)
Carbohydrate	315 (g)
Protein	75 (g)
Fat	45 (g)
Sodium	940 (mg)
Potassium	2970 (mg)

#### **Sample Menu per day:**

<b>Meal pattern</b>	<b>Meals</b>	<b>Quantity</b>	<b>Amounts</b>
<b>Bed Tea</b>	<b>Tea</b>	<b>1 cup</b>	<b>150 ml</b>
Break fast	Milk	1 glass	200 ml
	Bread / Cornflakes/Oats/ Dalia	2 slices	60g(1large slice=30g)
	Paneer/egg	2 slice/1medium	50 g /50 g
Mid Morning	Soup	1 glass	200 ml
Lunch	Chapathi	3 nos.	1 medium size roti =25 g atta (raw unit)

	Rice	1 Karchi	25 g raw unit = 75 g (cooked weight)
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Curds	1 cup	100g (packed)
	Fruits	1 serving	120 g (1Medium)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Idly/Sandwiches/Dhokla	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Diet scale:2200Kcal Diet-7(High protein high calorie)**

**Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	600 ml
Curds	200 g (packed)
Paneer/Egg	50 g/50g (1 slice/1 medium )
Butter/Jam	10g
Bread (whole wheat atta)/ Cornflakes/Oats/ Dalia	2 slices (1large slice=30g)
Whole wheat Atta / Rice	225 g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & Tubers	100 g
Evening Snacks	25 g
Fruits	120 g (1 medium size)
Cooking Oil (Refined)	20 ml
Sugar	20 g
Salt	5-15g
Spices & condimentsI&II	5-15g

**Nutritive Value:**

Energy	2200 (Kcal)
Carbohydrate	340 (g)
Protein	90 (g)
Fat	58 (g)
Sodium	975 (mg)
Potassium	3159(mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice=30g)
	Paneer/egg	1slice/1 medium unit	25g / 50g
Mid Morning	Soup	1 glass	200 ml
Lunch	Chapathi	3No's	1medium size roti =25 g atta(raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g (cooked weight)
	Dal/Pulses/Legumes	1 Karchi	25g (raw unit)=125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	120 g (2Medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwich/Dhokla/Idly	1 serving	1 slices
Dinner	As same as lunch		
Bed Timeok	Milk	1 glass	200 ml

### **Diet scale:2400Kcal Diet-8 (High Carbohydrate Diet)**

**only in the lunch 2.**

#### **Food items included per patient per day(Raw Unit) Quantity(Amounts)**

Milk	600 ml
Curds	200 g (packed)
Paneer/Egg	50g/ 2 medium size (1medium egg=50g)
Jam	10 g
Butter	10g (2 tsp)
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Whole wheat Atta / Rice	250 g
Whole pulses / legumes / Dal3	50 g
Seasonal vegetables	500 g
Roots & tubers	100 g
Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	20 ml
Sugar	20g
Custard /Rice/Sevai/Suji/Rice flakes	50g
Salt	5-15g
Spices&condimentsI&II	5-15g

#### **Nutritive Value:**

Energy	2400 (Kcal)
Carbohydrate	347 (g)
Protein	95 (g)
Fat	74 (g)
Sodium	1064 ( mg)
Potassium	3365 (mg)

**Sample Menuper day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Paneer/egg	2 slices/2Medium	50g/2egg (1 medium size=50g)
	Bread	2 slice	60g ( 1 large slice =30g)
	Butter	10g	2 tsp (1cube)
	Jam	10g	2 tsp (1cube)
Lunch	Salads	1 Big spoon	80 g
	Chapathi	4 nos.	1 medium size roti =25 g atta raw Unit
	Rice	1 Karchi	25 g raw unit = 75 g cooked weight
	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g cooked weight
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato	1 karchi	100g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	2serving	200 g(2medium)
	Custard /Rice/Sevai/Suji/Rice flakes	1 karchi	100g (cooked weight)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Diet scale: 2600 Kcal Diet-9**

**Food items included per patient per day(Raw Unit)**

**Quantity (Amounts)**

Milk	700 ml
Curds	200 g (packed)
Paneer/Egg	50/ 2 Nos.(1medium size=50g)
Bread (Whole wheat Atta)	2 slices (1 large slice=30g)
Butter	10 g (2tsp/1cube)
Jam	10 g (2tsp/1cube)
Dalia/cornflakes/rice flakes	25g
Whole wheat Atta / Rice	250g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g



Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	20 ml
Sugar	20 g
Custard /Rice/Sevai/Suji/Rice flakes Sago	50g
Salt	5-15g
Spices &condimentsI&II	5-15g

**Nutritive Value:**

Energy	2600 (Kcal)
Carbohydrate	366(g)
Protein	110(g)
Fat	78(g)
Sodium	1097 ( mg)
Potassium	3515 (mg)

**Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Breakfast	Milk	1 ½ glass	300 ml
	Bread	2 slices	60 g (1 large slice=30g)
	Paneer/egg	1slice/ Medium	25g/50 g
	Butter	2tsp/1cube	10g
	Jam	2tsp/1cube	10g
	Dalia/cornflakes/rice flakes	1 karchi	75g (cooked weight)
Lunch	Chapathi	4no's	1 medium size roti =25g atta (raw unit) 25 g raw unit = 75 g (cooked weight)
	Rice	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Dal/pulses /legumes	1 Karchi	weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato/finger chips	5 no's	100g/25g (cooked weight)
	Custard/Rice/Sevai/Suji/Rice flakes	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	2 serving	200 g (2 medium size)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Diet scale :2800 Kcal Diet-10****Food items included per patient per day (Raw Unit) Quantity (Amounts)**

Milk	750 ml
Curds	200 g (packed)
Paneer/Egg	100 g /4 Nos(1medium size =50 g )
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Butter	10 g (2tsp/1 cube)
Jam	10g (2tsp/1 cube)
Dalia/cornflakes/rice flakes	25g
Whole wheat Atta / Rice	250g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g
Evening Snacks	25 g
Fruits	200 g
Cooking Oil (Refined)	25 ml
Sugar	25 g
Custard /Rice/Sevai/Suji/Rice flakes/Sago	50 g

**Nutritive Value:**

Energy	2808(Kcal)
Carbohydrate	379 (g)
Protein	115 (g)
Fat	92 (g)
Sodium	1191( mg )
Potassium	3614 (mg)

**Sample****Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice)
	Paneer/egg	4slices/4 eggs	100 g/ 1Medium size egg=50 g
	Butter	2tsp	10g(1cube)
	Jam	2tsp	10g( cube)
	Dalia/cornflakes/Rice flakes	1 karchi	75g(cooked weight)
Lunch	Chapathi	4 nos	1 medium size roti =25 g atta(raw unit)
	Rice	1 Karchi	25 g (raw unit) = 75 g ( raw unit)
	Dal/Pulses/ legumes	1 Karchi	25 g (raw unit) = 125 g (cooked weight)
	Seasonal Vegetables	2 Karchi	200g (cooked weight)
	Mashed potato/finger chips	5 nos.	25g (cooked weight)
	Custard /Rice/Sevai/Suji/Rice flakes/Sago	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	200 g (2 medium)
Evening	Tea	1 cup	150 ml

Snacks			
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1 serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

**Diet scale:3000 Kcal Diet-11 (Special Diet)**

**Food items included per day patient per(Raw Unit) Quantity amounts)**

Milk	800 ml
Curds	200 g (packed)
Paneer/Egg	100g /4 egg(1 medium size egg=50g)
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Butter	10g (2tsp/1cube)
Jam	10g (2tsp /1cube)
Dalia/cornflakes/ riceflakes	25 g
Whole wheat Atta / Rice	300g
Whole pulses / legumes / Dal	50 g
Seasonal vegetables	500 g
Roots & tubers	200 g
Evening Snacks	25 g
Cooking Oil (Refined)	25 ml
Sugar	25 g
Custard /Rice/Sevai/Suji/Rice flakes/sago	50 g
Salt	5-15g
Spices & Condiments I& II	5-15g

**Nutritive Value:**

Energy	3013 (Kcal)
Carbohydrate	415(g)
Protein	120(g)
Fat	99(g)
Sodium	1356 (mg)
Potassium	3844 (mg)

**Sample Menu per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	2 glass	400 ml
	Bread	2 slices	60g(1large slice=30g)
	Dalia/cornflakes/Rice flakes	1 karchi	75g (cooked weight)
	Paneer/egg	4slices/ 4 Nos.	100 g /1Medium size=50 g
	Butter	2tsp	10g /1 cube
	Jam	2tsp	10g /1 cube
Lunch	Salad	1 big spoon	80 g
	Chapathi/parantha	5 nos./3	1 medium size roti =25 g raw unit
	Rice	1 Karchi	25 g raw unit = 75 g raw unit

	Dal/pulses /legumes	1 Karchi	25 g raw unit = 125 g (cooked weight)
	Seasonal Vegetables	3 Karchi	300g (cooked weight)
	Mashed potato/finger chips	1karchi/5no's	100g/25g (cooked weight)
	Custard Rice/Sevai/Suji/Rice flakes/Sago	1 karchi	100 g (cooked weight)
	Curds	1 cup	200 g (packed)
	Fruits	1 serving	200 g (2medium)
Evening Snacks	Tea	1 cup	150 ml
	Biscuits	5 Nos.	25g (or)
	Sandwiches	1serving	1 slices
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200 ml

#### **Diet scale: 30 g Protein Renal diet-12**

Milk	250 ml
Curds	100 g (packed)
Paneer/Egg	25g/ 1no (50 g medium size)
Unsalted Butter	10g
Bread (Whole wheat Atta)	2 slices (1large slice=30g)
Arrow root Biscuit	25 g (15 Nos.)
Whole wheat Atta / Rice	50g
Arrow root powder	50g
Sago	50g
Seasonal vegetables	250 g
Potato after leaching	50 g
Fruits	120g(1 medium size)
Cooking Oil (Refined)	30 g
Sugar	30 g
Sago	50g
Salt	2-3g
Spices & condiments I I &II	5-10g

#### **Nutritive Value:**

Energy	1623 kcal
Carbohydrate	242(g)
Protein	31(g)
Fat	59(g)
Sodium	465(mg)
Potassium	1168 (mg)

#### **Sample Menu per day:**

Meal pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large size=30g)

	Paneer/Egg	25g/50g	1slice/1Medium size
	Unsalted Butter	10g	2tsp/1 cube
Lunch	Chapathi	1no.	1 medium size roti =25 g atta (raw unit)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1 Karchi	100 g (cooked weight)
	Mashed potato curry	1 karchi	50g (cooked weight)
	Fruits	1 serving	120 g (1 medium size)
	Curds	1 cup	100 g (packed)
	Sago khichri	1 karchi	25 g raw unit= 100 g (cooked weight)
	Custard Rice/Sevai/Suji/Rice flakes/Sago	1karchi	100g (cooked weight)
Evening snacks	Tea	1 cup	150ml
	Arrow root biscuits	15 Nos.	25 g (or)
	Sago vada	2 Nos.	60g
Dinner	As same as lunch		

### **Diet scale:40g Protein Renal Diet -13**

#### **Foods included per patient per day (Raw**

#### **Unit)**

#### **Quantity(Amounts)**

Milk	400 ml
Curds	100 g (packed)
Paneer/Egg	25g / 50 g (1 slice/1 medium size)
Bread (Whole wheat Atta)	2 slices (1large size=30g)
Arrow root Biscuit	25 g (15 Nos.)
Whole wheat Atta / Rice	100g
Arrow root powder	50g
Seasonal vegetables	250 g
Potato after leaching	100 g
Fruits	120 g ( 1 medium )
Cooking Oil (Refined)	40 ml
Sugar	35g
Sago	50g
Custard/rice/sevian/rice flakes	50g

#### **Nutritive Value:**

Energy	1842 kcal
Carbohydrate	313(g)
Protein	42(g)
Fat	60(g)
Sodium	506(mg) (22 meq)
Potassium	1513 (mg) (38 meq)

**Sample menu per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large slice=30g)
	Paneer/egg	25g/50g	1slice/1 Medium size
	Unsalted Butter	2 tsp	10g
Lunch	Chapathi	2no.	1 medium size roti =25 g (raw unit )
	Rice	1 Karchi	25 g raw unit =75g (cooked weigh)
	Seasonal Vegetables	1 karchi	100 g (cooked weight)
	Mashed potato curry after leaching	1 karchi	50g (cooked weight)
	Curds	1 cup	100 g (packed)
	Sago khichri	1 karchi	50 g (cooked weight)
	Custard/rice/sevian/rice flakes	1 karchi	100g (cooked weight)
	Fruits	1serving	120g (1 medium size)
Evening snacks	Tea	1 cup	150 ml
	Biscuits	15 Nos.	25 g (or)
	Sago vada	2 Nos.	60g
Dinner	As same as lunch		

**50g Protein Renal Diet ( On Dialysis)-14**

**Food items included per patient per day(Raw Unit)**

**Quantity(Amounts)**

Milk	500 ml
Curds	200 g (packed)
Paneer/Egg	25g/50 g (1slice/1 medium size)
Unsalted Butter	10g
Bread (Whole wheat atta)	2 slices (1large size=30g)
Whole wheat atta/Rice	150 g
Arrow root Biscuit	25 g (15 Nos.)
Arrow Root Powder	50g
Dehusked dal	25 g
Sago	50
Seasonal vegetables	250 g
Potato after leaching	100 g
Cooking Oil (Refined)	20 ml
Sugar	20g
Custard/rice/sevian/rice flakes	50g
Fruits	120g (1 Medium size)

**Nutritive Value:**

Energy	2400 Kcal
Carbohydrate	374 (g)
Protein	50 (g)
Fat	80 (g)
Sodium	665(mg )
Potassium	1633 (mg)

**Sample Menu per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Bread	2 slices	60g(1large slice=30g)
	Dalia/cornflakes/Rice flakes	1 karchi	75g (cooked weight)
	Usalted butter	2tsp/1cube	10g
	Paneer/egg	1slice/1Medium size	25g/50g
Lunch	Chapathi	4no.	1 medium size roti =25 g atta ( raw unit)
	Dehusked dal	1 Karchi	25g (rawunit)=125g (cooked eight)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1 karchi	100 g (cooked weight)
	Sago Khichri	1 karchi	50g (cooked weight)
	Mashed potato curry	1 karchi	100g (cooked weight)
	Curds	1cup	100g (packed)
	Custard/kheer/Rice/ rice flakes/Sevai/sago	1 karchi	100g (cooked weight)
	Fruits	1 serving	120g(1Medium size)
Eveningsnacks	Tea	1 cup	150 ml
	Arrow root Biscuits	15 Nos.	25 g (or)
	Sago vada	2 no's	60g
Dinner	As same as lunch		

**Diet scale:Gluten Free Diet -15****Food items included per patient perday (Raw  
Unit)****Quantity (Amounts)**

Milk	500 ml
Curds	100 g (packed)
Rice flakes/ puffed rice	50g
Paneer/Eggs	25g/50g (1 slice/1 medium size)
Butter	10g
Jam	10g

Maize flour/rice flour/Rice	175 g
Whole Pulses/legumes/dal	50 g
Seasonal vegetables	400 g
Roots and tubers	100 g
Evening snacks	25 g
Fruits	120g ( 1 medium size)
Cooking Oil (Refined)	15ml
Sugar	15g

**Nutritive Value:**

Energy	1812 (Kcal)
Carbohydrate	270 (g)
Protein	70 (g)
Fat	40 (g)
Sodium	920 (mg)
Potassium	2718(mg)

**Sample Menu per day per day:**

Meal Pattern	Meals	Quantity	Amounts
Bed Tea	Tea	1 cup	150 ml
Break fast	Milk	1 glass	200 ml
	Rice flakes/Puffed rice/Besanchilla/Idli	1 karchi 2 small/2-3 Nos.	75g (cooked weight)
	Paneer/egg	25g/50 g	1 slice/1 Medium
	Butter	2tsp/cube	10g
	Jam	2tsp/cube	10g
Lunch	Maize Chapathi	4no.	1 medium size roti =25 g maizeatta (raw unit)
	Rice	1 Karchi	25 g (raw unit) =75g (cooked weight)
	Seasonal Vegetables	1karchi	100 g (cooked weight)
	Whole pulses/legumes/dal	1karchi	25 g (raw unit)= 125g (cooked weight)
	Mashed potato/Finger chips	1 karchi/5no'	100g (cooked weight)
	Curds	1 cup	100g (Packed)
	Fruits	1 medium	120g



Evening snacks	Tea	1 cup	150 ml
	Rice flakes/ puffed rice /	1karchi	100g(cooked weight)
Dinner	As same as lunch		
Bed Time	Milk	1 glass	200g

### **General ward Liquid diet { (Enteral feeds)-Blenderised}**

**Note:** 1.Up to 20-25% will be on liquid Diet

2. Up to 3000 kcal and volume of feeds will be increased

### **Liquid Diet -1Half Strength Milk (500ml = 1 glucose bottle)**

<b><u>Food items included ( Raw Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk (toned 3% fat) -	250 ml
Water	-250 ml

### **Nutritive Value /500ml:**

Energy (Kcal)	74
Carbohydrate (g)	5.5
Protein (g)	4.0
Fat (g)	4.0
Sodium (mg)	20.0
Potassium (mg)	175.0

### **Liquid Diet: 2Full Strength Milk (500ml = 1 glucose bottle)**

<b><u>Food items included ( Raw Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk (toned 3% fat) -	500ml

### **Nutritive Value /500ml:**

Energy (Kcal)	296
Carbohydrate (g)	22
Protein (g)	16
Fat (g)	16
Sodium (mg)	160
Potassium (mg)	700

### **Liquid Diet: 3Special Feed (500ml = 1 glucose bottle)**

**(High Protein High Calorie Feed)**

### **Food items included ( Raw**

<b><u>Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk (toned 3% fat)	-375 (ml)
Sugar	-10 (g)
Refined Oil	-10 (g)
Corn starch	-15 (g)

Egg	-1 No (40g)
High protein supplement powder	-10(g)

**Nutritive Value /500ml:**

Energy (Kcal)	505
Carbohydrate (g)	42
Protein (g)	29
Fat (g)	27
Sodium (mg)	221

Potassium (mg)	597
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**Liquid Diet: 4Diabetic Feed (500ml = 1 glucose bottle**

- Diabetic Feed (As Same as Liquid Diet: 3 Special Feed except sugar

(Note: Sugar will not be added in the diabetic feeds)

**Nutritive Value /500ml:**

Energy (Kcal)	465
Carbohydrate (g)	42
Protein (g)	29
Fat (g)	27
Sodium (mg)	221
Potassium (mg)	597

**Liquid Diet: 5 Renal Feed (500ml = 1 glucose bottle**

(30g protein / one liter)

<b><u>Food items included ( Raw Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk (toned 3% fat)	-300 (ml)
Sugar	-30 (g)
Refined Oil	-30 (g)
Corn starch	-kichiri 30 (g)
Egg	-1 No (40g)

**Nutritive Value /500ml:**

Energy (Kcal)	713
Carbohydrate (g)	60
Protein (g)	17
Fat (g)	44
Sodium (mg)	113
Potassium (mg)	468

**Liquid Diet: 6Renal Feed (500ml = 1 glucose bottle**

**(40g protein / one liter)**

**Food items included ( Raw**

<b><u>Unit)</u></b>	<b><u>Quantity (amount)</u></b>
Milk	-300 (ml)
Sugar	-40 (g)
Refined Oil	-40 (g)
Corn starch	-30 (g)
Egg	-1 No (40g)
High protein supplement powder	-5 (g)

**Nutritive Value /500ml:**

Energy (Kcal)	887
Carbohydrate (g)	71
Protein (g)	20
Fat (g)	54
Sodium (mg)	113
Potassium (mg)	668

**Liquid Diet: 7 Diabetic Renal Feed (500ml =1 glucose bottle**

**(30g protein / one liter)**

**Diabetic Renal Feed (As Same as Liquid Diet: 5 Renal Feed except sugar**

**(Note: Sugar will not be added in the diabetic renal feeds)**

**Nutritive Value /500ml:**

Energy (Kcal)	573
Carbohydrate (g)	50
Protein (g)	17
Fat (g)	44
Sodium (mg)	113
Potassium (mg)	668

**Liquid Diet: 8Diabetic Renal Feed (500ml = 1 glucose bottle**

**(40g protein / one liter)**

**Diabetic Renal Feed (As Same as Liquid Diet: 6 Renal Feed except sugar**

**(Note: Sugar will not be added in the diabetic renal feeds)**

**Nutritive Value /500ml:**

Energy (Kcal)	727
Carbohydrate (g)	61
Protein (g)	20
Fat (g)	54
Sodium (mg)	113
Potassium (mg)	668

**Liquid Diet: 9 Hepatic Coma Feed (500ml= 1 glucose bottle**

		(0g protein)
<b><u>Food items included ( Raw Unit)</u></b>		<b><u>Quantity (amount)</u></b>
Rooafza (Rose Syrup)	-	50 (ml)
Arrow root powder	-	50 (g)
Sugar	-	100 (g)

**Nutritive Value /500ml**

:

Energy (Kcal)	568
Carbohydrate (g)	142
Protein (g)	nil
Fat (g)	nil
Sodium (mg)	2
Potassium (mg)	14

**Liquid Diet: 10Hepatic Feed (500ml = 1 glucose bottle**

<b><u>Food items included ( Raw Unit)</u></b>		<b><u>Quantity (amount)</u></b>
Moong Dal	-	15 (g)
Rice	-	15 (g)
Sugar	-	20 (g)
Coconut oil	-	20 (g)

**Nutritive Value /500ml:**

Energy (Kcal)	359
Carbohydrate (g)	40
Protein (g)	4.8
Fat (g)	20
Sodium (mg)	5.4
Potassium (mg)	182

**Liquid Diet:11 Curd based Feed (500ml = 1 glucosebottle**

**Food items included ( Raw Unit) Quantity (amount)**

Curds	-	200 (g)
Refined Oil	-	20 (g)
Sugar	-	20 (g)
Corn starch	-	20 (g)
High protein supplement powder	-	20 (g)

**Nutritive Value /500ml :**

Energy (Kcal) 484  
 Carbohydrate  
 (g) 43  
 Protein (g) 15  
 Fat (g) 28  
 Sodium (mg) 64  
 Potassium(mg)25

### **Clear liquid Diet : 12Sample Menu per Day (General ward )**

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
<b>Break fast</b>	Tea	1 cup	150 ml
	Strained Fruit Juices	1 glass	200ml
	Jelly	1bowl	100g
	Carbonated beverages	1 glass	200ml
<b>Lunch</b>	Strained Vegetable soup	1 cup	150 ml
	Jelly	1 bowl	100g
	Fruit Juices	1 glass	200ml
Evening Snacks	Tea	1 cup	150 ml
	Coconut water	1 glass	200ml
Dinner	Strained Dal soup	1 glass	200ml
	Flavoured Gelatin	1 cup	100g
	Carbonated beverages	1glass	200ml
Bed Time	Strained Fruit Juices	1 glass	200ml

### **Liquid Diet: 13 Sample Menu per Day**

Meal pattern	Meals	Quantity	Amounts
<b>Bed Tea</b>	Tea	1 cup	150 ml
<b>Break fast</b>	Milk/Egg nog (with milk)	1 glass	200 ml
	Custard	1 bowl	200g
	Fruit Juices	1 glass	200ml
	Carbonated beverages	1glass	200ml
<b>Lunch</b>	Vegetable soup	1 cup	150 ml
	Fruit Juices	1 glass	200ml
	Pudding	1 bowl	200g
<b>Evening Snacks</b>	Tea	1 cup	150 ml
	Coconut water/butter milk	1 glass	200ml
<b>Dinner</b>	Dal soup	1 glass	200ml
	Fruit Juices	1 glass	200ml
	Custard	1bowl	200g
<b>Bed Time</b>	Milk	1 glass	200ml

### **A.Diet Schedule**

#### **Meal PatternTime**

Bed Time 6 - 6.30 am

Break fast	8 - 8.30 am
Lunch	12 - 1.00 pm
Evening Tea	4 – 4.30 pm
Dinner	7 – 7.30 pm
Bed Time	9 -9 .30 pm

#### **B. Types of diet**

1. Normal Diet
2. Therapeutic diet
3. Liquid Diet (Enteral feeds (Blenderised and Commercial formula feeds) and oral liquid diet (clear liquid diet, liquid diet))

#### **Commercial formula feeds of all reputed companies**

- a. Normal feeds
- b. Diabetic feeds
- c. Renal feeds
- d. Peptides-semi elemental diet

#### **C. Types of services**

1. Centralized tray service for the patients.
2. Bottles for enteral feeds – autoclaved each of capacity of 500 ml.
3. Cling foil for trays cover and chapathi should be wrapped.
4. Tea bags, sachets for jam, salt, sugar, butter and packed curd.
5. Paper napkins.
6. Disposable compartmental food trays and disposable cutlery, disposable cups/glass will be used.

**Note: Any other Item will be approved by competent authority of AIIMS Rishikesh.**

**Declaration by the Bidders:**

This is to certify that I/We before signing this tender have read and fully understood all the terms and conditions contained herein and undertake myself/ ourselves to abide by them.

Name: - .....  
Address: - .....  
Phone No: - .....  
Email: - .....  
Seal: - .....

Place:-  
Date :-

**Annexure-III**

**Financial Bid**

**No. of Diets to be given**

<b><u>Bed Tea</u></b>	<b><u>Breakfast/Mid Morning</u></b>	<b><u>Lunch</u></b>	<b><u>Evening Tea</u></b>	<b><u>Dinner</u></b>	<b><u>Night milk</u></b>
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**Types of Diet to be given in hospital of AIIMS, Rishikesh is as follow**

General Diet 1000 kcal- Diet	2400 kcal- diet-8	gluten free diet-15	liquid diet-7
General Diet 1200 kcal- Diet-2	2600 kcal- diet-9	liquid diet-1	liquid diet-8
General Diet 1400 kcal- Diet-3	2800 kcal- diet-10	liquid diet-2	liquid diet-9
General Diet 1600 kcal- Diet-4	3000 kcal- diet-11	liquid diet-3	liquid diet-10
Normal Diet 1800 kcal- Diet-5	30g. Protein renal diet-12	liquid diet-4	liquid diet-11
2000 kcal- Diet-6	40g protein renal diet-13	liquid diet-5	liquid diet-12
2200 kcal- diet-7	50g protein renal diet-14	liquid diet-6	liquid diet-13

**Rates quoted for Dietary Services in Hospital of AIIMS, Rishikesh**

<b>Per patients per day-</b>
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1. The above quote should include all applicable taxes. L1 will be decided on the basis of average price quoted for diets.

Declaration by the Bidders:

This is to certify that I/We before signing this tender have read and fully understood all the terms and conditions contained in Tender document regarding daily functioning of the mess with penal clauses. I/We agree to abide them.

2. No other charges would be payable by client and there would be no increase in rates

during the contract period.

**Name: - .....**  
**Address: - .....**  
**Phone No: - .....**  
**Email: - .....**  
**Seal: - .....**

**Place:-**

**Date :-**



**Annexure – IV**  
**Proforma of Performance Bank Guarantee**

1. In consideration of the Director All India Institute of Medical Sciences, RISHIKESH (hereinafter called "The Client") having offered to accept the terms and conditions of the proposed agreement between AIIMS, RISHIKESH and ..... (hereinafter called "the said contractor(s) for the work of Contract Services (hereinafter called "the said agreement") having agreed to production of an irrevocable Bank Guarantee for Rs ..... only) as a security/ guarantee from the contractor(s) for compliance of his obligations in accordance with the terms & conditions in the said agreement.
2. We ..... (hereinafter referred to as the "Bank") hereby undertake to (indicate the name of the Bank).
3. We ..... do hereby undertake to pay amounts due and payable (indicate the name of the Bank) under this Guarantee without any demur, merely on a demand from the AIIMS, RISHIKESH stating that the amount claimed is required to meet the recoveries due or likely to be due from the said contractor(s). Any such demand made on the Bank shall be conclusive as regards the amount due and payable by the Bank under this guarantee. However, our liability under this Guarantee we shall be restricted to an amount not exceeding Rs. .... (Rupees.....).
4. We, the said Bank, further undertake to pay to the AIIMS, RISHIKESH any money so demanded notwithstanding any dispute or disputes raised by the contractor(s) in any suit or proceeding pending before any Court or Tribunal relating thereto, our liability under this present being absolute and unequivocal. The payment so made by us under bond shall be a valid discharge of our liability for payment thereunder, and the contractor(s) shall have no claim against us for making such payment.
5. We ..... further agree that the Guarantee herein contained shall (indicate the name of the Bank) remain in full force and effect during the period that would be taken for the performance of the said agreement, and it shall continue to be enforceable till all the dues of the AIIMS, RISHIKESH under or by virtue of the said agreement have been fully paid, and its claims satisfied or discharged, or till the Administrative Officer, AIIMS RISHIKESH on behalf of the AIIMS, RISHIKESH, certifies that the terms & conditions of the said contractor(s), and accordingly discharges this guarantee. We..... further agree with the AIIMS, RISHIKESH that the AIIMS, RISHIKESH (indicate the name of the Bank) shall have the fullest liberty without our consent , and without effecting in any manner our obligations hereunder, to vary any of the terms & conditions of the said agreement or to extend time of performance by the said contractor(s) from time to time or to postpone for any time or from time to time any of the powers exercisable by the AIIMS, RISHIKESH against the said contractor(s) and to forbear or enforce any of the terms and conditions relating to the said agreement, and we shall not be relieved from our liability by reason of any such

variation or extension being granted to the said contractor(s) or for any forbearance, act of omission on the part of the AIIMS, RISHIKESH or any indulgence by the AIIMS, RISHIKESH to the said contractor(s) or by any such matter or thing whatsoever which under the law relating to sureties would, but for this provision, have effect of so relieving us.

6. This Guarantee will not be discharged due to the change in the constitution of the Bank or the contractor(s).
7. We..... lastly undertake not to revoke this Guarantee except with (indicate the name of the Bank) the previous consent of the AIIMS, RISHIKESH in writing.
8. This guarantee shall be valid up to ..... unless extended on demand by the AIIMS, RISHIKESH Notwithstanding anything mentioned above, our liability against this Guarantee is restricted to Rs.....(Rupees..... Only), and unless a claim in writing is lodged with us under this Guarantee shall stand discharged.

Dated the ..... day of ..... for .....

(Indicate the name of the Bank)