

OFFICE OF THE CHIEF DISTRICT MEDICAL & PUBLIC HEALTH OFFICER, BALANGIR.

Email: admomedicalhospital@gmail.com

Adv. No. 1820 / Hosp.

Dt 8/6/2018

TENDER CALL NOTICE

Sealed tenders in two bid systems (technical & financial) separately are invited from the eligible Registered diet preparation & catering Firms / Suppliers / Agency/ Women Self Help Groups [SHGs] (Home District) having valid VAT Clearance Certificate, Labour License, food license with minimum of 3 (three) years of relevant experience in the field of preparation & distribution of therapeutic & non-therapeutic diet to public or private health institution for the year 2017 – 18. The bidders should give their technical & financial proposal separately in two envelopes & should put into another cover super scribed as **“TENDER FOR SUPPLY OF DIET(DRY & COOKED) FOR DHH, BALANGIR (upgraded to Govt. Medical College & Hospital, Balangir) FOR THE YEAR 2018 – 19”**. The tender should reach the office of the undersigned through **registered post/ speed post** only. The detail terms & conditions in the form of tender paper will be available in office of Superintendent, DHH, Balangir from 11 A.M to 3 P.M on all working days consecutively for 30 days from the date of publication (i.e **10.07.2018 up to 1 Pm**) in the news paper or can be downloaded from the website: <https://balangir.nic.in/> within the same period & same time schedule. The interested parties can purchase the tender paper from the office of the undersigned by paying Rs. 1000/- (Rupees one thousand) only(which is non refundable). Those who are downloaded the tender paper from website can be submitted with a demand draft of Rs. 1000/- (Rupees one thousand)only. The last date of received of tender paper will be 30th day by 3P.M from the date of publication of the news paper. The tender will be opened on same day at 4P.M in the presence of the bidders or their authorized representatives in the conference hall of the office of the undersigned, O/o CDM&PHO, Balangir. The tender received after scheduled date & time shall not be entertained. The undersigned has no responsibility for any delay on part of the bidder. The undersigned reserves the right to reject or cancel any/all tender papers without assigning any reason thereof.

N.B – The tender paper will be rejected if the bidder changes or omit any clause or annexure of the bid document downloaded from the website.

Signed in Man
Chief Dist. Medical & PHO
Public Health Officer
& Public Health Officer
Balangir

OFFICE OF THE CHIEF DISTRICT MEDICAL & PUBLIC HEALTH OFFICER, BALANGIR.
HEALTH AND FAMILY WELFARE DEPARTMENT GOVT. OF ODISHA

Email: admomedicalhospital@gmail.com

**TENDER DOCUMENT FOR SUPPLY OF DIET (DRY & COOKED) FOR INDOOR
PATIENTS OF DIST.HEADQUARTERS HOSPITAL, BALANGIR (UPGRATED GOVT.
MEDICAL COLLEGE & HOSPITAL, BALANGIR)**

Date For Selling Of Tender : 10.06.2018 To 10.07.2018
10 A.M To 1 P.M (Only Working Day)

Last Date Of Receipt Of Tender : 11.07.2018 Up To 1 Pm

Date Of Opening Of Technical Bid : 11.07.2018 At 4 Pm

Place Of Opening Of Tender : Conference Hall Of
O/O CDM &PHO, Balangir

Address For Communication : "Dist. Medical Officer (Medical Services)
Cum Dist. Headquarters Hospital,
Balangir"

And Receipt Of Bid Documents : DMO (MS) Cum Superintendent Of DHH,
Balangir

Sd/

Sujanendra Mishra
Chief District Medical
& Public Health Officer
Balangir

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

The "terms of reference" to be prepared by specific public health institutions should have the following points, apart from other details based on the requirement of the specific public health institution.

VI.1 Invitation to Bid:

The Dist. Headquarters Hospital, Balangir (upgraded to the Govt. Medical College & Hospital, Balangir) functioning under Department of Health and Family Welfare, Government of Odisha, invites tender from the eligible registered diet preparation and catering firm having valid VAT clearance certificate, Labour license & Food license to prepare and distribute diet (Both dry & cooked) in the concerned public health institution. Women Self Help Groups [SHGs] can also apply. The bid is asked as per the decision of Department of Health and Family Welfare for outsource the diet preparation and its services to the patients on annual contract basis to the eligible firms.

VI.2 Introduction:

1. This bid is open to agency/agencies and women Self Help Groups [SHGs] satisfying the criteria laid down in this bid document who have the required operational experience in dietary services and its management.
2. The health institution will select an agency, in accordance with the method of selection specified in this bid document
3. The work details have been mentioned in this bid document for the reference of the bidder and preparing the bid document accordingly.
4. Interested Bidders are invited to submit "**Technical Bid**" & "**Financial Bid**" for providing services required for diet preparation and diet related services as per the standard norm and procedure of the Government of Orissa.
5. Keeping the greater interest of in-door patients in mind the Hospital Administration is not bound to accept any bid/s, and reserves the right to terminate the selection process at any time either prior to the award of the contract or after awarding, without showing any reason thereby, if prescribed specifications are not adhered to.
6. The potential Bidders can avail the Bid document from the Office of the DMO(MS) cum Supdt. DHH, Balangir by paying **Rs.1000/- (Rupees One Thousand only i.e Rs.500/-** for the bid document and another **Rs.500/-** towards the processing fee of the bid). The amount paid towards the bid document and processing fee would be non-refundable. The cost of tender document and processing fee must be deposited along with the Bid documents by demand draft drawn in favour of "**Dist. Medical Officer (Medical Services) cum Superintendent Dist. Headquarters Hospital, Balangir**" payable at Balangir. The Tender Document is not transferable to any other bidder.


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7. The bidder is expected to examine all instructions, forms, terms, specifications, and other information in the bid / tender document. Failure to furnish all information required for bidding or to submit the bid may be consider for rejection.
8. The bidder would bear all costs in connection with the preparation of the bid and its submission. The hospital administration would not bear any bid preparation cost and cost for submission of the bid.
9. In case of requirement, the hospital administration would provide required information, based on the request of the bidder, which is necessary for preparing the bid.
10. This bid / tender does not commit to award the contract or to engage any agency through negotiations. Further, no reimbursable cost may be incurred in anticipation of award and in such cases; hospital administration would not be responsible to bear such costs incurred by the bidder.
11. The firm have minimum turnover of Rs.1 Crore per year during the last three year & Rs. 3 Crores or above during last three years . The firm should furnish the authenticated document in support of their stand in the technical bid.

VI.3 Eligibility Criteria:

1. The bidder should have a registered / operating office with staff strength not less than 10 members.
2. The bidder / outsourced agency should have relevant experience in diet preparation, diet service and overall management of diet in hospital or similar Govt. and or non – Govt. establishments. The agency/ firm have to produce performance certificate from concerned health institutions.
3. The bidder should have a minimum of 3 years experience in diet preparation and its supply / services in Public or Private Health Institutions.
4. If the agency has provided similar type of services in any Public/ private health institution/s, it would be the added advantage. However Hospital Administration will see the past performance of the agency regarding quality, quantity & behavioural norm & the agency should provide required evidence in this regard.(Authentic wok order along with experience certificate)
5. The agency must be a registered body under appropriate law of the State or Central Government and having the documentary evidence in this regard.
6. In case of Women SHGs, the Hospital Administration is free to take suitable decision and may consider relaxation in the overall eligibility criteria.
7. The Bidder or the personnel employed by him should not have any criminal/anti-social background. The Bidder has to furnish an up to date "Antecedent Verification Certificate" from the concerned Police Department


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whether he/she has been involved in any criminal proceeding or anti-social activity in the past.

8. The Bidder have to produce an up to date food license certificate from the Health Officer, Municipal Corporation.
9. The Bidder should have valid labour license (registration no. & date) of Labour department.
10. The firm have minimum turnover of Rs.1 Crore per year during the last three year & Rs. 3 Crores or above during last three years . The firm should furnish the authenticated document in support of their stand in the technical bid.

VI.4 Number of Bids:

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

VI.5 Bid Validity:

The bid would remain valid for a period of 120 days from the date of submission.

VI.6 Tenure of Contract:

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

VI.7 Payment Schedule:

1. The agency would be paid once in a month based on the case load and number of meals supplied. The number of diets prepared during "lunch" would be considered as the benchmark for calculation of number of patients/days or any such norms that is suggested and agreed upon mutually by the hospital administration and the outsourced agency / bidder.
2. Hereby, it is mandatory for the health institution to pay the dues to the agency within the first seven working days of each month, based on the submitted bills / vouchers in the prescribed format. The hospital administration would verify the bills, vouchers and other supporting and do the needful for payment of the dues within seven working days of submission of bills / vouchers / supporting documents.

VI.8 Tender Fee(Cost & processing fee):

The potential Bidders can avail the Bid document from the Office of the DMO(MS) CUM SUPDT. DHH, BALANGIR by paying **Rs.1000/- (Rupees One Thousand only i.e Rs.500/-** for the bid document and another **Rs.500/-** towards the processing fee of the bid). The amount paid towards the bid document and processing fee would be

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non-refundable. The cost of tender document and processing fee must be deposited along with the Bid documents by demand draft drawn in favour of **“Dist. Medical Officer (Medical Services) cum Superintendent Dist. Headquarters Hospital, Balangir”** payable at Balangir. The Tender Document is not transferable to any other bidder.

VI.10 Performance Bank Guarantee:

The agency, after selection, has to deposit **“security money”** in shape of Bank Guarantee amounting to **Rs.4,00,000/- (Rupees Five lakhs only)** within one week of signing the contract. The Bank Guarantee would remain valid initially till the end of the contract period and extendable if the contract gets extended.

VI.10.1

No claim shall be made against the Hospital Administration in respect of interest on Security Deposit.

VI.10.2.

The Security Money (Bank guarantee) will be returned back to the bidder after the expiry of agreement period. In case of renewal agreed by both parties the bank guarantee needs to be revalidated for the renewal period.

VI.11 Last Date for Submission of Bid:

The bid would be submitted in an appropriate form in a sealed envelope within 30 days of publication in all working days **through Registered post/Speed post only**. The bids received after the due date would not be accepted and liable for rejection.

VI.12 Bid Withdrawal:

After the submission of the bid, if so wished by the bidder, s/he may withdraw the bid with a payment of non-refundable amount of **Rs.500/- (Rupees five hundred only)** towards withdrawal processing fee.

VI.13 Right to Accept or Reject the Bid:

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

VI.14 Opening of Bids:

The bids would be opened on the specified date, time and venue in the presence of the persons nominated by the Hospital Administration and in presence of the bidders. The bidders would be requested to attend the opening of bid and all bidders present shall put their signature on the bid as an evidencing of their attendance. Absence of any bidder will not be a legal impediment at the time of opening of bid/tender.


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VI.15 Bid Evaluation Criteria:

The bids would be evaluated on cost, quality & past performance basis i.e. the cost quoted by the bidder for each category of diet to be supplied to the patients in the hospital. The lowest quoted bidder adhering to the specified quality & whose past performance is good would be awarded the contract. If multiple bidders quoted same cost for each category of diet, Hospital Administration reserves the right to accept the bidder as per past performance in this Health Institution.

VI.16 Disqualification:

The Administration of the DHH, seeking this bid, reserves under its sole discretion to disqualify any bid document if following documents have not submitted by the bidder :-

- a) Cost of tender paper @ Rs. 1000/- (Rs.500/- towards cost & Rs. 500/- towards processing fee in the shape of Bank draft / money receipt.
- b) Certificate of 03 years experience in diet preparation and supply to Govt. Hospital/ Public/ Private reputed Institution.
- c) Up to date VAT clearance certificate in prescribed form No.612
- d) True copy of complete TIN/SRIN Registration certificate.
- e) Firm Registration Certificate from appropriate Authority of Govt.
- f) Labour License from competent authority.
- g) Food license from competent Authority
- h) Police antecedent verification certificate from DSP office.
- i) IT return of the firm for last 3 years with PAN card Photo Copy
- j) Non attachment of performance certificate duly signed by the authority of the concerned health institution or similar organization.
- k) Annexure-1 duly filled by the firm
- l) Declaration form (annexure-III) signed by the Tenderer Information received in Annexure-II duly filed in supported by attested documents should be filed on the tender for evaluation of technical bids.)
- m) Business Turnover report from CA of Last three Years
- n) Bank transaction of last 3 years amounting Rs. 3 crores.
- o) Copy of Tender conditions and schedules, duly signed by Tenderer on each page.
- p) Affidavit showing as non blacklisted firm from 1st Class Magistrate.

VI.17 Adequacy of Information:

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

VI.18 Address for Submission of Bid:

The bid should be address to the following

“Dist. Medical Officer (Medical Services) cum Superintendent Dist. Headquarters Hospital, Balangir”


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VI.20 General Information to Bidder:

1. The successful bidder [also referred here as the agency or outsourced agency] would operate from the campus and required basic infrastructure would be provided by the concerned health institution to facilitate the smooth operation of the agency.
2. The agency would be abided by the cost and quality norms/standards as mentioned in the bid, diet guidelines and communicated to them from time to time by the concerned health institution.
3. The agency would recruit required number of staff for cooking and serving so that diet can be supplied to the in-door patients in time.
4. The agency would take up free health check-up of the cooking and serving staff from time to time, at least once in three months.
5. The maintenance of kitchen and equipments would be the responsibility of the agency and the agency should ensure that proper care is taken in this regard.
6. The agency would prepare and supply diet adhering to the quality norms specified by the health institution. The agency should also prepare different types of diet as per the indent placed by the health institution keeping in mind the diet requirement of different category of patients.
7. The agency would be responsible for procurement of different items required for preparing diet and storing it properly. The health institution would not be responsible for any loss of procured items.
8. Perishable items would be supplied / procured on daily basis and for that supplier / suppliers would be identified jointly by the designated person of the health institution and the outsourced agency.
9. The Health Institution would have the right to monitor the quality of items purchased and used in the diet preparation process.
10. The agency would manage kitchen waste in a scientific manner with due consultation with the concerned hospital administration.
11. At any point of time i.e. during procurement of raw materials, processing, preparation of diet, serving the diet to the patients and cleaning the utensils / instruments, the dietician and/or any person from the health institution can visit and interact with concerned agency. The agency should not have any restriction to this rather the agency would facilitate such process to improve the service quality.
12. The agency would prepare and update the accounts details and maintain other related documents that are required for reimbursement of the expenses on monthly basis. In case of incomplete documents, the Hospital Administration would not reimburse the incurred cost. The documents to be


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prepared should be supplied by the health institution before hand and maintained by the agency on daily basis. The financial and non-financial documents would be subject to audit.

13. The behaviour of the staff of the agency towards the patients/attendants should be conducive and disciplinary action would be taken by the Hospital Administration against the staffs of the said agency violating the behavioural norm in consultation with the concerned agency.
14. The agency would be responsible to make alternative arrangements in cases of situations such as staff strike, local strike [*Bandh/Hartal*] etc. ensuring that the patients get diet in the appropriate time.
15. The agency would be abided by different Government notification, circulars, written instructions etc. published from time to time with regard to the subject. In case of requirement, the hospital administration would provide required clarity to the agency on the related notification, circular etc.
16. For any grievance, the agency would approach to the designated person of the concerned health institution and appraise them in written about the problem. It is the responsibility of the health institution to comply with the grievance and solve it within a maximum of one month time and decision should be communicated to the agency in the written form.
17. Any dispute arising in the process of managing the diet preparation and supply, both the party i.e. the outsourced agency and the hospital administration should discuss and take appropriate decision that is mutually agreeable.
18. The outsourced agency would provide uniform embedded with its logo to all the staff recruited by the agency. The agency would ensure that the recruited staff attend their duty with clean uniform and keeping themselves neat and clean while on duty.
19. The hospital administration reserves the right to cancel or renew the contract of the outsourced agency with prior notification of 7 days without assigning any reason thereof. The same condition is also applicable for the outsourced agency in case the agency wants to quit its service.


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TERMS & CONDITIONS FOR ACCEPTANCE OF TENDER FOR DIET

(DRY & COOKED).

1. Sealed bid should reach in the Office of the DMO(MS) cum Superintendent, DHH, Balangir by **3 p.m on or before 30 days from the date of publication by Speed/Registered post only**. Bid received beyond the aforesaid time & date will be returned to the sender unopened.
2. The Technical Bid (Cover – A) submitted by the bidder will be opened in the conference hall of CDM & PHO, BALANGIR **on 30th day from the date of publication at i.e 10.07.2018**) in presence of the Bidder or his duly authorized representatives. However absence of any bidder will not be a legal impediment at the time of opening of bid.
3. Reputed firms/agencies having appropriate & proper valid registration are eligible to participate in the bidding process & quote for all the items.
4. Sealed covers containing the bid in the prescribed form should be submitted in 2 (two) separate sealed covers i.e. Technical Bid(Cover –A) & Financial Bid(Cover – B). Both the covers should be put into a third cover which should be superscribed as **“BID FOR SUPPLY OF DIET(DRY & COOKED)FOR DIST HEADQUARTRS HOSPITAL, BALANGIR FOR THE YEAR 2018 – 19”**.
5. Bids should be typewritten/ computerized & every correction in the bid should invariably be attested by full signature of the bidder with date before submission, failing which the bid will be ineligible for further consideration. Corrections done with correcting fluid should also be duly attested.
6. The rates should be quoted in Indian currency only both in words & figures against each item. However the rates quoted in words shall prevail if there is difference between words & figures. Bidder shall not quote his own rates for any item other than the item specified in the list. Price quoted in any other currency will be rejected.
7. The price quoted by the bidder shall not in any case exceed **Rs.50/-(Rupees fifty only) for General & Paediatric patient and Rs. 60/- (Rupees sixty only) for TB & Burn patient per day per patient**.
8. The rates quoted by the bidder in the tender paper will be final & binding for the stipulated period & on no account any modification / adjustment in the price will be entertained till the completion of tender period.
9. The supplier should quote the rate basing on the prevailing market price of different items. If the rate quoted by supplier seems very lower than that of prevailing market rate, the Committee shall reject the tender of the same bidder.


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10. No bidder shall be allowed at any time on any ground whatsoever to claim revision of or modification in the rates quoted by him due to clerical or typographical error, committed by the bidder in the bid forms shall not be considered after opening the bids. Conditions such as "SUBJECT TO AVAILABILITY" will not be considered under any circumstances & the bidders those who have given such conditions shall be treated as incomplete & for that reason shall be summarily rejected.
11. The terms & conditions and the quoted price of the bids shall remain valid for a period of 12 months from the date of agreement or the extended period if any whichever is later.
12. If any information or documents furnished by the bidder along with the bid papers are found to be misleading or incorrect at any stage, steps will be taken to debar the said agency to participate in the bidding process for 3 years in this Health Institution.
13. In the event of the date being declared as a holiday for Govt. Of Odisha the due date of submission of bids & opening of bids will be, the following working day at the scheduled time & place.
14. The undersigned will be at liberty to terminate without assigning any reasons the contract either wholly or in part. The bidder will not be entitled to any compensation whatsoever in such termination.
15. If the approved bidder either fails to execute as delivered the stipulated time or unsatisfactory performance if any detected, the Hospital administration is empowered to take any action as deemed proper.
16. If the successful bidder fails to execute the agreement or deposit the required security amount within the specified time or withdraws his tender after acceptance of his bid owing to any other reasons/he is unable to undertake the contract, his contract will be cancelled. He will also be liable for all losses sustained by the hospital administration, by reasons of such breach such as fail to execute the work delayed in execute the order & liability to pay any difference between the prices accepted by him & those ultimately paid for the work done by other. Such damages shall be assessed by the hospital administration, whose decision is final & binding in the matter.
17. Non performance of bid terms & condition will disqualify a agency to participate in the bid for the next 3 years in the concerned Health Institution.
18. The Hospital administration reserves the right to reject or to accept the bids for supply of diet(Dry & cooked) to the indoor patients of the hospital.
19. The Hospital Administration has the right to add in addition to the above term and condition as may be considered proper at the time of execution of the agreement.


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20. The firm have minimum turnover of Rs.1 Crore per year & Rs. 3 Crore or above during last three years. The firm should furnish the authenticated document in support of their stand in the technical bid.
21. The agent must agree to provide different types of diet as per the requirement of the patients and indent placed in this regard by the Dietician/ concerned treating physician.
22. The contractor will abide by all the rules and regulation relating to labour laws and this will be his / her sole responsibility. The hospital authority will not be a party at any stage to any kind of dispute relating to the above. In case of any liability arises due to non-performance by the agency, under no circumstances the Hospital authority shall be liable for the same.
23. Any damage/ pilferage to the hospital property due to mishandling carelessness of the Agency or his workmen will be recoverable from the Agency's bill & all materials issued to the Agency shall be his sole responsibility for safe custody during the period of the contract and will furnish a declaration in the prescribed form at **Annexure-III** in this regard.
24. The Agency should deputed a qualified & dedicated staff to manage diet system and to interact with the hospital authorities. His contact number should be available to hospital authorities.
25. The Hospital Authority will not be liable for payment of any compensation against any personal accidents benefit during the time of work in the kitchen.
26. During execution of work, the Agency should follow all standard norms of safety measures / precautionary to avoid accidents/ damages to men machines & buildings etc. On non performance to this clause suitable fines as decided by the hospital authority will be imposed.

Signature

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


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TECHNICAL BID (COVER – A)

1. Forwarding Letter
2. Cost of tender paper @ Rs. 1000/- (Rs.500/- towards cost & Rs. 500/- towards processing fee in the shape of Bank draft / money receipt.
3. Certificate of 03 years experience in diet preparation and supply to Govt. Hospital/ Public/ Private reputed Institution.
4. Up to date VAT clearance certificate in prescribed form No.612
5. True copy of complete TIN/SRIN Registration certificate.
6. Firm Registration Certificate from appropriate Authority of Govt.
7. Labour License from competent authority.
8. Food license from competent Authority
9. Police antecedent verification certificate from DSP office.
10. IT return of the firm for last 3 years with PAN card.
11. Non attachment of performance certificate duly signed by the authority of the concerned health institution or similar organization.
12. Declaration form (annexure-III) signed by the Tenderer Information received in Annexure-II duly filed in supported by attested documents should be filed on the tender for evaluation of technical bids.)
13. Business Turnover report from CA of Last three Years.
14. Bank transaction of last 3 years amounting Rs. 3 crore.
15. Copy of Tender conditions and schedules, duly signed by Tenderer on each page.
16. Affidavit showing as non blacklisted firm from 1st Class Magistrate.

N.B -: Technical Bid(Cover – A) will be opened on 30th day from the date of publication at 4pm in the Conference Hall of the CDM&PHO, Balangir in presence of bidders or their authorized representatives. The bidders would be requested to attend the opening of bid and all bidders or their authorised representative present shall put their signature on the bid as an evidencing of their attendance. Absence of any bidder will not be a legal impediment at the time of opening of bid/tender.

FINANCIAL BID(COVER –B)

1. The financial proposal form duly filled in for each category of diet as per Annexure – II (in duplicate) indicating the rates for various diets as per daily diet menu/chart.
2. The price of each type of diet should be quoted inclusive of all taxes, if any. The rate should be quoted for each type of diet both in figure & words. In case of difference in words & figure, words will be taken in to consideration for evaluation.

N.B-: The Financial Bid(Cover– B)will be opened only of the bidder who qualifying the Technical Bid(Cover - A) at the conference hall of the CDM&PHO, BALANIR in presence of bidders or their authorized representatives.

Signature

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


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ANNEXURE - II

VI.21 Financial Proposal Form:

SN	Diet Type	Cost of diet per patient per day approved by Govt. Of Odisha	Cost of diet per patient per day quoted by bidder
1	General Diet	Rs. 50/-	
2	Paediatric Diet	Rs. 50/-	
3	TB Diet.	Rs. 60/-	
4	Diet for Burn Patients	Rs. 60/-	
	Average Cost		

Signature

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

Date & Place

Name of the Bidder / Applicant


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DECLARATION FORM

I/ We _____ having my/our branch office at _____ do declare that i/ we have carefully read all the general information, terms & conditions of bid of the Dist. Headquarters Hospital, Balangir (upgraded to Govt. Medical College & Hospital, Balangir) for supply of Diet (Dry & Cooked) for a period of one year from the date of agreement. I/ We will abide by all terms & conditions set forth in the bid for the year 2018 – 19.

I/We promise to maintain the behavioral norm to the staffs of the Dietary Department & Office of the Hospital Administration during the process of supply of diet (Dry & Cooked).

I/We also promise either to replace any damage/misplace to the Utensils/Dietary articles or discoloration occurs to the Dietary department during the process of supply of Diet (Dry & Cooked).

Signature of the Bidder :

Name & Address of the firm :

Date :



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ANNEXURE-IVCHECK LIST FOR (COOKED DIET & DRY DIET)

Sl. No	Document Submitted	Page No.	Yes	No.
1	Forwarding Letter			
2	Cost of tender paper @ Rs. 1000/- (Rs.500/- towards cost & Rs. 500/- towards processing fee in the shape of Bank draft / money receipt.			
3	Certificate of 03 years experience in diet preparation and supply to Govt. Hospital/ Public/ Private reputed Institution.			
4	Up to date VAT clearance certificate in prescribed form No.612			
5	True copy of complete TIN/SRIN Registration certificate.			
6	Firm Registration Certificate from appropriate Authority of Govt.			
7	Labour License from competent authority			
8	Food license from competent Authority			
9	Police antecedent verification certificate from DSP office.			
10	IT return of the firm for last 3 years with PAN card Photo Copy.			
11	Annexure-I duly filled by the firm			
12	Declaration form (annexure-III) signed by the Tenderer Information received in Annexure-II duly filed in supported by attested documents should be filed on the tender for evaluation of technical bids.)			
13	Business Turnover report from CA of Last three Years			
14	Bank transaction of last 3 years amounting Rs. 3 crores.			
15	Copy of Tender conditions and schedules, duly signed by Tenderer on each page			
16	Affidavit showing as non blacklisted firm from 1 st Class Magistrate.			

Signature of the Proprietor of the firm with seal.


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(A)

OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (DRY FOOD)
GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT

ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
		PROTEIN	FAT	CHO	ENERGY
Milk, Bread, Biscuit, Banana	Milk (500ml) – 1 Pkt.	40.68	12.63	239.10	1230.5
	Bread (300gm)- 1 Pkt.				
	Biscuit @ Rs.10/- - 1 Pkt. (Sweet Biscuit)				
	Ripe Banana – 1 No.				

DIETMENU FOR TB (ADULT MALE/FEMALE) @ Rs. 60/- DAY/PATIENT

ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
		PROTEIN	FAT	CHO	ENERGY
Milk, Bread, Biscuit, Boiled Egg, Apple	Milk (500ml) – 1 Pkt.	45.95	17.35	228.1	1250.5
	Bread (300gm)- 1 Pkt.				
	Biscuit @ Rs.10/- - 1 Pkt. (Sweet Biscuit)				
	Boiled Egg – 1 No.				
	Apple – 1 No.				

OR

(B)

GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT

ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
		PROTEIN	FAT	CHO	ENERGY
Milk, Bread, Biscuit, Boiled Egg, Banana	Milk (300ml) – 1 Pkt.	44.57	24.4	255.1	1416.5
	Bread (300gm)- 1 Pkt.				
	Biscuit @ Rs.10/- - 1 Pkt. (Sweet Biscuit)				
	Boiled Egg – 1 No.				
	Ripe Banana – 1 No.				

DIETMENU FOR TB (ADULT MALE/FEMALE) @ Rs. 60/- DAY/PATIENT

ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
		PROTEIN	FAT	CHO	ENERGY
Milk, Bread, Biscuit, Boiled Egg, Apple	Milk (300ml) – 1 Pkt.	44.15	24.75	254.9	1417.5
	Bread (300gm)- 1 Pkt.				
	Biscuit @ Rs.10/- - 1 Pkt. (Sweet Biscuit)				
	Boiled Egg – 1 No.				
	Apple – 1 No.				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (MONDAY & THURSDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chuda Santula Ghuguni,	Chuda – 100gm	14	17	108	636
		Potato- 50gm				
		Carrot – 25gm				
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				
DINNER	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


**Chief District Medical
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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (TUESDAY, FRIDAY & SATURDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Bread, Ghuguni	Bread- 100 gm	15	11	80	478
		Peas (dry)- 30 gm				
		Potato- 50 gm				
		Oil- 10 ml				
LUNCH	Rice, Dal, Egg Curry	Rice (parboiled) - 200 gm	29	23	195	1106
		Dal(Arhar)-40 gm				
		Egg- 1 No.				
		Potato-50 gm				
		Onion- 20 gm				
		Refined Oil- 15 ml				
DINNER	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.

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**Chief District Medical
 & Public Health Officer
 Balangir**

OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (WEDNESDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
	Suji Upama, Ghuguni	Suji - 100 gm	16	11	92	348
		Peas dry - 30 gm				
		Oil - 10 ml				
LUNCH	Rice, Dal, Chicken Curry	Rice (parboiled) - 200 gm	53	17	183	1101
		Dal(Arhar)-40 gm				
		Chicken- 120gm				
		Onion- 20 gm				
		Oil – 15 ml				
DINNER	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

GENERAL DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (SUNDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
	Suji Halwa	Suji - 100 gm	13	1	94	437
		Milk – 100ml				
		Sugar – 15gm				
LUNCH	Rice, Dal, Fish Curry	Rice (parboiled) - 200 gm	39	18	188	1068
		Dal(Arhar)-40 gm				
		Fish- 100gm				
		Onion- 20 gm				
		Oil – 15 ml				
DINNER	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR DIABETIC ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT						
ON (MONDAY & THURSDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chappati – 3no. Ghuguni,	Atta – 100gm	29	18	70	526
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				
DINNER	Chappati- 4no, Dal, Mix , Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR DIABETIC ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (TUESDAY, FRIDAY & SATURDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chappati – 3no. Ghuguni,	Atta – 100gm	29	18	70	526
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Chappati- 4no, Dal, Egg curry	Atta - 120 gm	30	24	108	775
		Dal (Arhar) - 40 gm				
		Egg – 1 no.				
		Onion – 20gm				
		Oil – 15 ml				
DINNER	Chappati- 4no, Dal, Mix , Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR DIABETIC ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (WEDNESDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chappati – 3no. Ghuguni,	Atta – 100gm	29	18	70	526
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Chappati- 4no, Dal, Chicken curry	Atta - 120 gm	55	18	108	819
		Dal (Arhar) - 40 gm				
		Chicken – 120gm				
		Onion – 20gm				
		Oil – 15 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR DIABETIC ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT
ON (SUNDAY)

	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chappati – 3no. Ghuguni,	Atta – 100gm	29	18	70	526
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Chappati- 4no, Dal, Fish curry	Atta - 120 gm	40	19	113	785
		Dal (Arhar) - 40 gm				
		Fish – 100gm				
		Onion – 20gm				
		Oil – 15 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR T.B ADULT MALE/FEMALE@ Rs. 60/- DAY/PATIENT
ON (MONDAY & THURSDAY)

	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chuda Santula Ghuguni, Banana	Chuda – 100gm	14.6	17.15	121.6	694
		Potato- 50gm				
		Carrot – 25gm				
		Peas (dry) – 30gm				
		Oil- 15ml				
		Banana- 1 No.				
LUNCH	Rice, Dal, Paneer curry & Vegetable fry	Rice (parboiled) - 200 gm	37.11	29.95	224	1315
		Dal (Arhar) - 40 gm				
		Paneer -50gm				
		Vegetable-150 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 15ml				
DINNER	Rice, Dal, Mixed vegetable curry, & Vegetable fry	Rice (parboiled) - 200 gm	38.61	30.55	239	1386.8
		Dal (Arhar) - 40 gm				
		Vegetable-300 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 15 ml				

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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR T.B ADULT MALE/FEMALE@ Rs. 60/- DAY/PATIENT ON (TUESDAY & SATURDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Bread Ghuguni & Banana	Bread – 100gm	15.6	11.15	93.6	536
		Peas (dry) – 30gm				
		Oil- 15ml				
		Banana-1 No.				
LUNCH	Rice, Dal, Egg curry, Vegetable fry	Rice (parboiled) - 200 gm	32	24	221	1226
		Dal (Arhar) - 40 gm				
		Egg- 1 No.				
		Vegetable-150 gm				
		Patato- 100gm				
		Onion – 20gm				
		Oil – 15ml				
DINNER	Rice, Dal, Egg curry, Vegetable fry	Rice (parboiled) - 200 gm	32	24	221	1226
		Dal (Arhar) - 40 gm				
		Egg – 1 no.				
		Vegetable-150 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 15 ml				

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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR T.B ADULT MALE/FEMALE@ Rs. 60/- DAY/PATIENT ON (WEDNESDAY & FRIDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Suji Upama, Ghuguni, Banana	Suji- 100gm	16.06	11.15	105.6	591
		Peas (dry) – 30gm				
		Oil- 10ml				
		Banana- 1 No.				
LUNCH	Rice, Dal, Chicken curry, Vegetable fry	Rice (parboiled) - 200 gm	55	18	198	1173
		Dal (Arhar) - 40 gm				
		Chicken -120gm.				
		Vegetable-150 gm				
		Onion – 20gm				
		Oil – 15ml				
DINNER	Rice, Dal, Egg curry, Vegetable fry	Rice (parboiled) - 200 gm	32	24	221	1226
		Dal (Arhar) - 40 gm				
		Egg – 1 no.				
		Vegetable-150 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 15 ml				

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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

DIETMENU FOR T.B ADULT MALE/FEMALE@ Rs. 60/- DAY/PATIENT
ON (SUNDAY)

	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Suji Halwa , Banana	Suji - 100 gm	13.6	1.15	107.6	495
		Milk – 100ml				
		Sugar – 15gm				
		Banana- 1 No.				
LUNCH	Rice, Dal, Fish curry, Vegetable fry	Rice (parboiled) - 200 gm	40	19	203	1139
		Dal (Arhar) - 40 gm				
		Fish -100gm.				
		Vegetable-150 gm				
		Onion – 20gm				
		Oil – 15ml				
DINNER	Rice, Dal, Egg curry, Vegetable fry	Rice (parboiled) - 200 gm	32	24	221	1226
		Dal (Arhar) - 40 gm				
		Egg – 1 no.				
		Vegetable-150 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 15 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

MIXED DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (MONDAY & THURSDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Chuda Santula Ghuguni,	Chuda – 100gm	14	17	108	636
		Potato- 50gm				
		Carrot – 25gm				
		Peas (dry) – 30gm				
		Oil- 15ml				
LUNCH	Rice, Dal, Mix Vegetable curry	Rice (parboiled) - 200 gm	26	12	226	1118
		Dal (Arhar) - 40 gm				
		Vegetable-200 gm				
		Potato – 100 gm				
		Onion – 20gm				
		Oil – 10 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019
(COOKED FOOD)

MIXED DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (TUESDAY, FRIDAY & SATURDAY)						
	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Bread, Ghuguni	Bread- 100 gm	15	11	80	478
		Peas (dry)- 30 gm				
		Potato- 50 gm				
		Oil- 10 ml				
LUNCH	Rice, Dal, Egg Curry	Rice (parboiled) - 200 gm	29	23	195	1106
		Dal(Arhar)-40 gm				
		Egg- 1 No.				
		Potato-50 gm				
		Onion- 20 gm				
		Refined Oil- 15 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

MIXED DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT
ON (WEDNESDAY)

BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Suji Upama, Ghuguni	Suji - 100 gm	16	11	92	348
		Peas dry - 30 gm				
		Oil - 10 ml				
LUNCH	Rice, Dal, Chicken Curry	Rice (parboiled) - 200 gm	53	17	183	1101
		Dal(Arhar)-40 gm				
		Chicken- 120gm				
		Onion- 20 gm				
		Oil – 15 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.


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OFFICE OF THE CHIEF DIST. MEDICAL & PHUBLIC HEALTH OFFICER, BALANGIR
DIET MENU FOR THE YEAR 2018-2019 (COOKED FOOD)

MIXED DIETMENU FOR ADULT MALE/FEMALE@ Rs. 50/- DAY/PATIENT ON (SUNDAY)						
BREAKFAST	ITEMS TO BE SERVED	RATION	MAJOR NUTRIENTS			
			PROTEIN	FAT	CHO	ENERGY
BREAKFAST	Suji Halwa	Suji - 100 gm	13	1	94	437
		Milk – 100ml				
		Sugar – 15gm				
LUNCH	Rice, Dal, Fish Curry	Rice (parboiled) - 200 gm	39	18	188	1068
		Dal(Arhar)-40 gm				
		Fish- 100gm				
		Onion- 20 gm				
		Oil – 15 ml				
DINNER	Chappati- 4no, Dal, Mix Vegetable curry	Atta - 120 gm	26	14	133	762
		Dal (Arhar) - 40 gm				
		Vegetable-250 gm				
		Onion – 20gm				
		Oil – 10 ml				

N.B. - The Diet menu is suggestive and prepared as per the prevailing market rate. The concerned Medical Officer would be the final authority to take appropriate decision on the menu in consultation with Dietitian without compromising the quality.

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**Chief District Medical
 & Public Health Officer
 Balangir**