

Sample Tender Paper

**RAJENDRA INSTITUTE OF MEDICAL SCIENCE
RANCHI**

Tender Notice No. RIMS/Kitchen Stire(8)/863 dated 17.02.2016

**TENDER FORM FOR
PATIENT DIET SERVICES**

Cost of Form : Rs. 5000.00

This tender form issue to M/s

..... Against money receipt no. dated

Cashier
RIMS, Ranchi

राजेन्द्र आयुर्विज्ञान संस्थान

(झारखण्ड सरकार का एक स्वयतशासी संस्थान)
राँची-834009 (झारखण्ड)
दुरभाष: 0651-2541533, फ़ैक्स: 0651-2540629,
E-mail: rimsranchi@rediffmail.com



RAJENDRA INSTITUTE OF MEDICAL SCIENCES

(An Autonomous Institute under Govt. of Jharkhand)
Ranchi-834009 (Jharkhand)
Phone: 0651-2541533, Fax: 0651-2540629,
Email : rimsranchi@rediffmail.com

Tender Notice No. RIMS/Kitchen Stores(8)/863 Dated 17.02.2016

NOTICE INVITING TENDER FOR OUTSOURCING OF INDOOR PATIENTS DIET AT RIMS, RANCHI

Sealed officer are invited in two bid system (Technical & Price Bid) by speed post / registered post only, from the competent firms / agencies for providing patient diet (including cooking, supply of raw materials, fuel for cooking, food packing with packing materials, bed to bed diet supply service with man power) on out sourced basis at RIMS, Ranchi. Tender will not be accepted by hand or any other agency.

Important dates for tenders :

| | | |
|----|--|--|
| 1. | Pre bid meeting for discussion on various technical points regarding diet supply service | On 10.03.2016 at 12:30 P.M in RIMS administrative conference hall. All the intending bidders must have to attend the pre bid discussion regarding service time schedule, quality & quantity of diets to be supplied. |
| 2. | Date of issue of tender documents | From 21.03.2016 to 18.04.2016 in the office time (except govt. Holidays) on payment of non-refundable Rs. 5000/- in cash to RIMS Cashier. |
| 3. | Last date of bid submission | On 20.04.2016 at 04:30 P.M |
| 4. | Opening of technical bid | On 21.04.2016 at 12:30 P.M in RIMS Administrative Conference Hall, in front of purchase committee. All the bidders must represent the bid opening for discussion & quarries of purchase committee. |

For qualification terms & conditions you may visit RIMS website : www.rimsranchi.org from 01.03.2016.

Sd/-
Director
Rajendra Institute of Medical Sciences,
Ranchi

**GENERAL TERMS AND CONDITIONS IN RESPECT OF TENDERS
FOR PATIENT DIET SERVICES**

1. GENERAL :

The Bidder is expected to examine all instructions, forms, terms and conditions and specifications in the tender document. Failure to furnish complete information as required with reference to the tender document shall result in rejection of the bid.

2. TENDER FORM :

The bidder shall complete the tender form and the appropriate price schedule furnished in the tender documents for all the goods and services as required by the Purchaser Director, RIMS, Ranchi. All the documents enclosed with the bid must have page numbers. Without page numbering the tender will be rejected.

3. BID PRICES :

- i) The bidder shall indicate in the price schedule of the tender document:-
 - a) The complete price breakup of various components of goods and services along with total bid prices in each group/category of the Purchaser's requirements; However the payment shall be based on the actual supplies/services approved by the Purchaser and made by the Supplier.
 - b) Duties, taxes including service tax if any, paid or payable, must be mentioned clearly both on percentage as well as on actuals.
- ii) Prices quoted by the bidder shall be fixed during the bidder's performance of the contract and not subject to variation on any account. A bid submitted with an adjustable price quotation will be treated as non-responsive and will be rejected.
- iii) All prices must be mentioned both in figures and words. The bidder must make sure that there is no discrepancy between the two.
- iv) The price will be compared on the whole basis (ie. Price offered by the bidders for different kind of diets will be calculated on the basis of average annual approx. number of indoor patients of different diseases multiplied by the prices offered by the bidders for different diets. The bidders will not be awarded diet wise contract i.e. the work will not be distributed among the bidders. The contract will be awarded to the bidder who qualifies the technical part and the price bids of the technically qualified bidders will be opened by the purchase committee lastly the work / contract will be awarded to the lowest bidder after calculating the prices on the whole basis.

4. EARNEST MONEY DEPOSIT (E.M.D.) :

- i) The bidder shall furnish, as part of his bid an EMD of Rs. 2,00,000/- (Rupees Two lakhs only) in the form of a crossed Bank Draft or Pay Order payable to Director, RIMS, Ranchi. **No interest shall be payable by the Purchaser on this amount.**
- ii) Unsuccessful bidder's EMD will be returned as promptly as possible.
- iii) The successful bidder's EMD will be discharged upon the bidder signing the contract and furnishing the performance security of 10% value of the contract.
- iv) The EMD shall be forfeited:
 - a) If the bidder withdraws his bid during the period of bid validity specified by the bidder on the tender form ; OR
 - b) In case of a successful bidder, if the bidder fails: To sign the contract and/or to furnish performance security
 - c) If the bidder withdraws the works or in the case of negligency in the contract works

5. PERIOD OF VALIDITY OF BIDS :

- i) Bids shall remain valid for a period of one year after the date of tender opening prescribed by the Purchaser bid valid for a shorter period shall be rejected by the Purchaser as nonresponsive.

6. PURCHASER'S RIGHT TO ACCEPT OR REJECT ANY BID :

The Purchaser reserves the right to accept or reject any bid without assigning any reason at any time prior to award of contract, without thereby incurring any liability to the affected bidder or bidders or any obligations to inform the affected bidder or bidders of the grounds for Purchaser's action.

7. SIGNING OF CONTRACT :

- i) At the same time as the Purchaser notifies the successful bidder that his bid has been accepted, the Purchaser will send the bidder the agreement form.
- ii) Within 10 days (or within the period if and as extended by the Purchaser) of receipt of the contract form, the successful bidder shall sign and date the contract on non-judicial stamp paper of requisite denomination and return it to the Purchaser.

8. CORRUPT OR FRAUDULENT PRACTICES

RIMS, Ranchi requires that the Hospital as well as bidder/contractors under this contract observe the highest standard of ethics during the procurement and execution of such contracts. In pursuance of this policy, the RIMS, Ranchi will reject a proposal for award, if it determines that the bidder recommended for award has engaged in corrupt or fraudulent practices in competing for the contract in question. It will declare a firm ineligible either indefinitely or for a stated period of time for award of the ESIC contract if, at any time it determines that the firm has engaged in corrupt or fraudulent practices in competing for or in executing at RIMS, Ranchi contract.

9. CONTRACT AMENDMENTS :

No variation in or modification of the performance of the contract shall be made.

10. TERMINATION FOR CONVENIENCE :

- i) The Purchaser, by written notice of 30 days (Thirty days) sent to the Supplier, may terminate the contract, in whole or in part at any time for his convenience. The notice of termination shall specify that termination is for the Purchaser's convenience, the extent to which performance of the Supplier under the contract is terminated and the date upon which such termination becomes effective.

11. RESOLUTION OF DISPUTES:

- i) In case of a dispute or difference between the Purchaser and the Supplier relating to any matter arising out of or connected with this agreement such dispute or difference shall be referred to an arbitrator to be nominated by the Director, RIMS, Ranchi. The award of the arbitrator shall be final and binding on the parties of this contract. It is the term of this contract that in the event of such arbitrator to whom the matter is originally referred being transferred or vacating his office or being unable to act for time of such transfer or vacation of office or inability to act, the Director, RIMS, Ranchi shall appoint another person to act as an arbitrator in accordance with the terms of this contract. Such arbitrator shall be entitled to

proceed with the reference from the stage at which his predecessor left it. It is also term of this contract that no person other than a person appointed by the Director, RIMS, Ranchi as aforesaid should act as an arbitrator.

- ii) The decision of Governing body, RIMS, Ranchi will be final and binding.

12. TO ACCOMPANY THE BID:

The bidder must submit an authenticated copy of the following documents as part of the bid, failing which the bid shall be rejected.

- i) Copies of Income Tax returns for the latest Three Assessment Years.
- ii) Copy of Food Trade license essential for carrying out the activities under the contract.
- iii) Copy of the PAN CARD of the Proprietor/Company.
- iv) Copy of Registration under Service Tax
- v) Details of experience with documentary, evidence.
- vi) A copy of Registration Certificate under Contract Labour (R & A) Act issued by labour department.
- vii) Balance sheet (Certified) for the last three years.
- viii) JVAT registration certificate.
- ix) JVAT clearance certificate valid at the time of bid opening.
- x) Copy of EPF / PF registration certificate.
- xi) Copy of ESIC registration certificate.

Read and Accepted

**Signature of Tenderer
With seal**

| Sl. No. | Required essential documents for technical evaluation | Whether submitted / enclosed with bid write Yes or No. | If, 'Yes' then submitted on Page No. of this bid |
|---------|---|--|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
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| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |

SPECIAL TERMS AND CONDITIONS FOR PATIENT DIET

The following special terms and conditions shall apply for undertaking **Patient Diet Services** on contract in RIMS, Ranchi

1. The General Terms & Conditions for cooking & supply of raw materials including food packing and packing materials, bed to bed diet services with manpower, fuel for cooking or services to the RIMS, Ranchi, including the Law of contract will be applicable.
2. The Bidder should have an experience of not less than a total of three years in hospital / Private / Government of at least 200 beds.
3. The contractor must possess the requisite licence of carrying out the business and shall be responsible for complying all laws pertaining to his service.
4. The agency would be required to submit the copies of valid Licence issued from the competent authority in connection with running his services.
 - (i) Workers engaged through Service providers must receive their entitled minimum wages as per norms of labour department of Government of Jharkhand.
 - (ii) Payment to such workers must be made by the Service Providers through Bank or Post office. Under no Circumstances payments will be made in cash. To ensure this, Service Providers will get a Bank account opened for every engaged worker.
 - (iii) The Service Provider must ensure that entitled wages of the workers are credited to their bank account. Service Provider will not be given any relaxation in this matter.
5. The Hospital has presently around 1200 beds and all admitted Patients are to take food from the Hospital. The rates for different types of diet, once accepted in the Hospital, will remain same for the entire period of contract or extended period, if any.
6.
 - i) The diet shall be supplied by the Contract to the In-patient as per schedule-III for Breakfast, Mid morning tea, Lunch, snacks, dinner etc., and at such place & time in the Hospital as may be decided by the Hospital authority from time to time.
 - ii) The contractor shall also arrange to provide specified diet to the patient as and when required.
7. The contractor selected for the supply patient diet, will be required to maintain such level of cleanness and standard of hygiene with regard to the persons under his employment and utensils for serving the food as may be decided by the Hospital Authority.
8. The Hospital will provide suitable space for cooking and storing of raw materials and will also provide electricity free of charges limited to the General illumination in the Kitchen & Stores. But no cooking will be allowed by using Hospital electricity, if found guilty in electricity (for cooking or any mishandling) then penalty will be made / charged as per rules of electricity department.
9. The contractor will be responsible for engaging & maintaining adequate number of persons for cooking, distribution of food and disposal of garbage and left over of the food.
 - i) The contractor should keep the Kitchen complex clean.
 - ii) The contractor will be responsible for such conduct of the persons engaged by him in the Hospital, which will be conducive for maintaining the harmonious atmosphere in the Hospital and will be responsible for any act of commission & Omission of such persons.

10. The agency while submitting their tender form, shall enclose certified Photostat copies of Experience, trade license essential for carrying out the activities under reference, License under contract labour act, & Income tax returns, solvency certificate and any other documents in support of permission from the competent authority for carrying out the activities under reference.
11. All pages of the tender and related papers are to be duly authenticated by tenderer or authorized Signatory on behalf of tenderer.
12. The successful tenderer will be required to deposit security money (interest free) equivalent to 10% of the total annual contract value in form of Bank Guarantee and on failure, the offer of contract shall be cancelled without further reference and earnest Money may be forfeited.
13. The Security money so deposited by the successful bidder will be retained by the Hospital till completion of the contract and will be released there after (without interest) on claim, subject to adjustment of any claim of Hospital, arising out of terms & conditions pertaining to the tender.
14. The contract, if awarded, will be initially for one year from the date of award subject to continuous satisfactory performance and on failure on this aspect by the contractor, the Hospital reserves the right to terminate the contract on one month notice. This initial period of one year can be extended for such further period at the discretion of the Hospital authority.
15. The contractor will be required to submit his bill month-wise for further action and release of payment which will be released as per the terms & conditions less deduction at source of Income Tax / Sales tax as per government norms.
16. The successful agency shall have to enter into an agreement on non judicial stamp with the Hospital and the cost incurred in this connection will be borne by the contractor.
17. The tender application form and related documents along with the earnest money is to be submitted in a sealed cover super scribed "Tender for Patient Diet Service". An index of all the documents submitted must be endorsed showing different documents with their page number embodied on the index.
Addressed to : The Director, RIMS, Ranchi and it should reach in the office of the Director, upto 19.07.2014 PM on 04:30 and the tenders will be opened on 12.30 p.m. on 21.07.2014 in the presence of tenderers/their authorized persons, who may choose to be present.
18. The Hospital authority reserves the right to reject any tender without assigning any reason whatsoever.

Read and Accepted

Signature of Tenderer
With seal

**DIET SCHEDULE
(for In-pataient)**

GENERAL DIET (D/1)

- A) BREAKFAST (8:00 AM – 9:00 AM)**
- B) LUNCH (12:00 Noon – 1:00 PM)**
- C) SNACKS (4:00 PM – 5:00 PM)**
- D) DINNER : (7:00 PM – 8:00 PM)**

NOTE: As per the requirement of the Hospital authority, the diet supplier has to provide special diet, modifying the general diet given in the above schedule. Such special diet will include salt free/restricted diet, Diabetic diet and bland diet as mentioned below (a, b, c,).

a) Salt free/Restricted Diet: This diet is like general diet, but the cooked items will have less or no salt as prescribed.

b) Diabetic Diet : This diet is like general diet, but shall not contain restricted items like potatoes, pumpkin, sugar etc. in which place other green vegetables are to be added to make up the weight.

c) Soft Diet : This diet is like general diet, but the vegetables should be boiled and made soft, use of spices and oil should be minimum just to make it palatable.

d) Liquid diet : Like – Veg Soup, Horlicks, Milk, Sattu etc.

e) All different disease diet
as per requisition / demand

Read and Accepted

**Signature of Tenderer
With seal**

SCOPE OF WORK AND DELIVERABLES

SUPPLY OF PATIENT DIET :

1. The diet shall be supplied to the in-patients as per schedule (Schedule-III) appended and at such place and time in the Hospital as may be decided by the Purchaser from time-to-time.
2. The Supplier shall maintain utmost hygiene standards with regards to the food items, utensils for cooking and serving as well as in respect of personnel cooking and serving food to the satisfaction of the Purchaser and as mandated in the relevant Law (Food & Adulteration Act).
3. The food items supplied shall be contamination-free, palatable and fresh. No left-over or balance food item shall be served / or re-cycled.
4. The Purchaser shall provide suitable space for cooking and storing of raw materials and power only for lighting and refrigeration free of cost.
5. The Supplier shall keep kitchen, wash area, utensils, serving vessels and plates clean and disinfected and shall make his own arrangements for disposal of garbage and left-over of food.
6. The Supplier shall be responsible for engaging & maintaining adequate number of personnel for cooking, distribution of food and disposal of garbage and left over of the food.
 - i) The Supplier / bidder shall keep the Kitchen complex neat and clean.
 - ii) The Supplier shall be responsible for the conduct of the persons engaged by him in the Hospital, which will be conducive for maintaining the harmonious Atmosphere in the Hospital and shall be responsible for any act of commission & omission by such persons.

Read and Accepted

Signature of Tenderer
With seal

TENDER FORM

Tender Notice No. 1019

Dated: 22.02.2014

Sir,

Having examined the tender documents, the receipt of which is hereby duly acknowledged, I, the undersigned, offer to supply, deliver, commission the services in conformity with the said tender documents, for a total sum of money to be arrived at and agreed upon between the Purchaser and the Supplier on the basis of the prices of the goods and services quoted in the price schedule and made a part of this bid attached herewith, or such other sums as may be agreed to between the purchaser and the supplier as signed contract.

I /We undertake, if my/our bid is accepted, to deliver the services in accordance with the delivery schedule specified in the bid documents or agreed upon, in writing, with the purchaser.

I/ We agree to abide by this bid for a period of one year after the date fixed for bid opening under clause 14 of the instructions to bidders and it shall remain binding upon me and may be accepted at any time before the expiration of that period.

Until a formal contract is prepared and executed, this bid, together with your written acceptance thereof and your notification of award, shall constitute a binding contract between us.

I/We undertake that, in competing for (and, if the award is made to me/us, in executing) the above contract, I/we will strictly observe the laws against fraud and corruption in force in India.

I/We understand that you are not bound to accept the lowest or any bid you may receive.

The price bids of technically qualified bidders will be opened & compared.

I/We declare that the information stated above and in the enclosed attachment and copy of certificates/documents supplied herein is complete and absolutely correct and any error or omission therein, accidental or otherwise, will be sufficient justification for the purchaser to reject my/our offer and/or to cancel the award and forfeit my/our earnest money at the purchaser's absolute discretion.

I/We understand that you are not bound to accept this or any bid you may receive.

Dated this _____ day of _____.

Signature

(in the capacity of)

seal of the company

Duly authorized to sign the bid for and on behalf of

Seal of the company

CONTRACT FORM

THIS AGREEMENT made the _____ day of _____ 2014 between the Director, RIMS, Ranchi (hereinafter called "the Purchaser") of the one part and _____ (Name of supplier) of _____ (city) (herein after called "the Supplier") of the other part:

WHEREAS the Purchaser is desirous to buy services and has accepted a bid by the Supplier for the supply of those services in the sum of _____ (Contract Price in words and figures) (hereinafter called "the Contract Price") ;

NOW THIS AGREEMENT WITNESSETH AS FOLLOWS :

1. In this agreement words and expressions shall have the same meanings as are respectively assigned to them in the Conditions of Contract referred to.
2. The following documents shall be deemed to form and be read and construed as part of this Agreement, viz.:
 - a) Tender Notice ;
 - b) The entire tender document ;
 - c) The Bid Form and the Price Schedule submitted by the Bidder ;
 - d) The Specifications of goods and services given in various sections of the tender document ;
 - e) The Terms and Conditions of Contract ;
 - f) The Purchaser's Notification of Award (i.e. work order);
 - g) The Supplier's acceptance of the award ;

In consideration of the payments to be made by the Purchaser to the Supplier as hereinafter mentioned, the Supplier hereby covenants with the Purchaser to provide the goods and services and to remedy defects therein in conformity in all respects with the provisions of the contract.

The Purchaser hereby covenants to pay the Supplier in consideration of the provision of the goods and services and the remedying of defects herein, the Contract Price or such other sum as may become payable under the provisions of the contract at the times and in the manner prescribed by the Contract.

Brief particulars of the goods and services which shall be supplied/provided by the supplier are as under (to be listed as per sections V & Section X of the tender document) :

TOTAL VALUE : _____

IN WITNESS whereof the parties hereto have caused this Agreement to be executed in accordance with the Indian laws the day and year first above written.

Signed, Sealed and Delivered by the

Said _____ (For the Purchaser)

In the presence of _____

Signed, Sealed and Delivered by the

Said _____ (For the Supplier)

1. I / We enclose herewith demand draft No.----- dated ----- for Rs._____ (Rupees ._____) towards Earnest Money Deposit.

2. I / We bind myself/ourselves to the conditions prescribed in the tender form

3. I / We the tenderers agree to have the Earnest Money forfeited to RIMS, Ranchi in case of my/our failure in full or part to undertake the contract upon the acceptance of this tender.

Signature:

Designation:

Name and Address of the Firm

PROFORMA FOR THE TECHNICAL BID

(in separate sealed cover subscribed as "TECHNICAL BID")

Name of the party: _____

1. Name of the Proprietor: _____

2. Contact Address: _____

3. Contact Phone: _____ Fax: _____

e-mail address: _____ Cell phone: _____

Signature of the Proprietor or Authorized Representative

Date: _____

Name of the Signatory: _____

Place: _____

Designation: _____

Information to be provided in the Technical Bid

1. Details of Experience in Hotel Industries during last 5 years duly attested by Gazetted Officer
2. Any other pertinent information.

Documents to be provided with the Technical Bid

copy of the following documents:

- i) Copies of Income Tax returns for the latest Three Assessment Years.
- ii) Copy of Food Trade license essential for carrying out the activities under the contract.
- iii) Copy of the PAN CARD of the Proprietor/Company.
- iv) Copy of Registration under Service Tax
- v) Details of experience with documentary, evidence.
- vi) A copy of Registration Certificate under Contract Labour (R & A) Act issued by labour department.
- vii) Balance sheet (Certified) for the last three years.
- viii) JVAT registration certificate.
- ix) JVAT clearance certificate valid at the time of bid opening.
- x) Copy of EPF / PF registration certificate.
- xi) Copy of ESIC registration certificate.

Proforma of Price Bid

(in separate sealed cover subscribed as "PRICE BID")

To
Director
RIMS, Ranchi

Sub: Patient Diet Supplies at RIMS, Ranchi

Name of the party: _____

Our quotation for the Patient Diet Supply is : (i) For general diet is Rs..... (in words _____) (ii) For Liquid diet is Rs.(in words _____) (iii) For soft diet is Rs.(in words _____) (iv) All disease in normal condition Rs.(in words _____) /day/patient. The above quotation includes all applicable taxes as detailed below:

| | |
|--|-----|
| | Rs. |
| Diet Charges per patient per day (including packing charges two times) | |
| (Taxes all including service taxes) 12.36% | |
| TOTAL | |

We have read and agree to

- Terms and conditions of Patient Diet Supplies
- Rules pertaining to the daily functioning of the Kitchen
- Fines

Signature of the Proprietor or Authorized Representative

Date:_____

Name of the Signatory:_____

Place:_____

Designation:_____

Stamp

Full Diet

(It can be used for adult patient (male or female) admitted in a hospital who does not need any dietary modification)

| Food Item | Quantity |
|--------------------------------|-----------------|
| 1. Cereals | 350 gm |
| 2. Pulses | 50 gm |
| 3. Green leafy Vegetables | 200 gm |
| 4. Other Vegetables | 200 gm |
| 5. Milk | 500(ml) |
| 6. Fruit(Seasonal) | 100 gm |
| 7. Egg/Paneer | One/30gm paneer |
| 8. Fats & oil | 25 gm |
| 9. Sugar | 20 gm |
| 10. Salt(Iodized) | 10 gm |
| 11. Tea/Coffee | 7/15 gm |
| 12. Condiments | 5 gm |
| Approx. Nutritive Value | |
| Calories | 2235 |
| Proteins | 80gm |
| Fat | 55gm |
| Carbohydrates | 355gm |
| Distribution | |
| Breakfast | |
| Tea | One cup(150ml) |
| Milk | 250ml |
| Bread | 60gm |
| Butter | 5gm |
| Sugar | 10gm |
| Egg/Panner | One/30gm |
| Fruit | 100gm |
| Lunch | |
| Chapatti/Rice | 140gm |
| Dal | 25gm |
| Vegetables | 200gm |
| Curd | 100gm |
| Cooking fat/oil | 10gm |
| Tea | |
| One Cup | 150ml |
| Sugar | 10gm |
| Biscuits | 10gm |
| Dinner | |
| Chapatti/Rice | 140gm |
| Dal | 25gm |
| Vegetables | 200gm |
| Curd | 100gm |
| Cooking fat/oil | 10gm |

Liquid Diet

(This diet designed to give oral nourishment in liquid form. Since diet does not provided enough nutritious should not be continued for more than necessary time)

| Food Item | Quantity |
|-----------------------------------|----------|
| 1. Milk | 1000ml |
| 2. Fruit Juice | 1000ml |
| 3. Eggs | Two |
| 4. Sugar | 50gm |
| This diet provides Approx. | |
| Calories | 1400 |
| Proteins | 52gms |
| Calcium | 1760mg |
| Iron | 11.1mg |
| Retinol | 1100µg |
| Thiamin | 1.4mg |
| Riboflavin | 1.8mg |

Diabetic Diet (Sample)

| Food Items | Quantity |
|--------------------------------|-----------------|
| 1. Cereals | 225gm |
| 2. Pulses | 50gm |
| 3. Green leafy Vegetables | 200gm |
| 4. Other Vegetables | 200gm |
| 5. Citrus Fruit | 100gm |
| 6. Milk & Milk Products | 750ml |
| 7. Egg/Paneer | One/30gm paneer |
| 8. Oil to cook | 15gm |
| Approx. Nutritive Value | |
| Calories | 1795 |
| Proteins | 70gm |
| Fat | 55gm |
| Carbohydrates | 255gm |

General Diet for Children

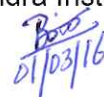
| Food Items | Vegetarians(gm) | Non-Vegetarians(gm) |
|--------------------------------|-----------------|---------------------|
| 1. Cereals (including bread) | 300 | 300 |
| 2. Pulses | 50 | 25 |
| 3. Milk & Milk Products | 750 | 500 |
| 4. Green & other Vegetables | 200 | 200 |
| 5. Potatoes | 50 | 50 |
| 6. Seasonal Fruit | 100 | 100 |
| 7. Fats & Oil | 20 | 30 |
| 8. Sugar | 30 | 30 |
| 9. Meat/Chicken | - | 30 |
| 10. Egg | - | 50 |
| 11. Tea/Coffee | 7/15 | 7/15 |
| 12. Salt(Iodized) | 10 | 10 |
| 13. Candimous | 5 | 5 |
| Approx. Nutritive Value | | |
| Calories | 2155 | 2165 |
| Proteins | 65gm | 70gm |
| Fat | 55gm | 65gm |
| Carbohydrates | 350gm | 325gm |

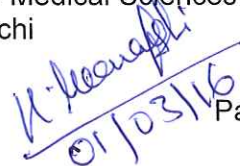
Half Diet for Children

| Food Items | Vegetarians(gm) | Non-Vegetarians(gm) |
|--------------------------------|-----------------|---------------------|
| 1. Cereals (including bread) | 225 | 225 |
| 2. Pulses | 60 | 40 |
| 3. Green Vegetables | 25 | 25 |
| 4. Other Vegetables | 75 | 75 |
| 5. Potatoes | 75 | 75 |
| 6. Fruits | 100 | 100 |
| 7. Milk | 400ml | 300ml |
| 8. Chicken/Egg | - | 50 |
| 9. Sugar | 30 | 30 |
| 10. Oil (for cooking) | 20 | 25 |
| Approx. Nutritive Value | | |
| Calories | 1800 | 2165 |
| Proteins | 52gms | |
| Calcium | 972mg | |
| Iron | 26 mg | |
| Retinol | 520µg | |
| Thiamin | 1.3mg | |
| Riboflavin | 1.1mg | |

Distribution of diet can be done as full diet.


 Director
 Rajendra Institute of Medical Sciences
 Ranchi


 01/03/16


 01/03/16