

**U.T Administration of
Dadra & Nagar Haveli and Daman & Diu
Department of Medical and Public Health
DNH and DD**

No. 03/43(P&T)/Dietary/2023-24/DMHS/6618

Daman.

Date: 28/06/2023

2nd Re-E-Tender Notice – 3rd Call

Tender for Diet served to the Indoor patients of PHC/CHC Moti Daman. The Director, Medical and Health Services, Daman & Diu on behalf of President of India, invites on line tender on <https://ddtenders.gov.in/> for serve Diet to the indoor patients of CHC Moti Daman under Directorate of Medical & Health Services Daman.

Sr. No.	Particulars	Estimate Cost	EMD	Tender Fees	Tender No.
01	Diet Serve to the Indoor patients of PHC/CHC Moti Daman.	Rs.12.06 Lakhs	Rs.30,000/-	Rs.1,000/-	2023_DAMA N_2923_1

Bid document downloading Start Date : **28.06.2023**
Bid document downloading End Date : **07.07.2023, 13.00 Hrs.**
Last Date & Time for receipt of Bid : **07.07.2023, 14.00 Hrs.**
Preliminary Stage Bid Opening Date : **07.07.2023, 15.00 Hrs.**
Technical Stage Bid Opening Date : **07.07.2023, 16.00 Hrs.**

Bidders have to submit Technical Bid and Price Bid in Electronic format on <https://ddtenders.gov.in> website till the last date and time for submission. Price Bid in Physical format shall not be accepted in any case.

Bid submission should be done along with Technical Bid, tender Fees and EMD in original by R.P.A.D./Speed Post or to be deposited in the tender box kept in the office of the undersigned. However, Tender Inviting Authority shall not be responsible for any postal delay. Tenders can be downloaded from <https://ddtenders.gov.in>, www.daman.nic.in

1. The EMD and Tender Fees should not be forwarded by cash.
2. The Tender Fees will be accepted only in form of DD/A/c payee Cheque of any Nationalized or Scheduled Bank of India payable in Daman.

3. The EMD will be accepted in form of Payee Demand Draft from any Commercial Banks in an acceptable form payable at Daman in favor of under signed.

The tender inviting authority reserves the right to accept or reject any or all the tender to be received without assigning any reasons thereof. Bidders shall have to post their queries on E-Mail address: ptdmhsdaman@gmail.com

In case bidder needs any clarification or if training required for participating in online tender, they can contact the following office.

For any technical related queries please call at 24 x 7 Help Desk Number 0120-4200462, 0120-4001002, 0120-4001005,0120-6277787. International Bidders are requested to prefix 91 as country code.

Note- Bidders are requested to kindly mention the URL of the Portal and Tender Id in the subject while emailing any issue along with the Contact details. For any issues/ clarifications relating to the tender(s) published kindly contact the respective Tender Inviting Authority.

Tel : 0120-4200462, 0120-4001002, 0120-4001005, 0120-6277787.

E-Mail : [support-eproc\[at\]nic\[dot\]in](mailto:support-eproc[at]nic[dot]in)

Sd/-
Director
Medical & Health Services
UT of DNH & DD
“Tel.No.0260-2230470”
email ID : ptdmhsdaman@gmail.com

Copy to :-

1. The I.T. Department, D&D, Daman with a request to publish in Website.
2. I/c Medical Officer, CHC Moti Daman for information.
3. Accounts Section DMHS, Daman for information.
4. Procurement & Tender Division, DMHS, Daman for information.

U.T. ADMINISTRATION OF DAMAN AND DIU,
DADRA & NAGAR HAVELI AND DAMAN & DIU
DEPARTMENT OF MEDICAL AND PUBLIC HEALTH DAMAN

Terms and Conditions for the “**Diet Serve to the Indoor Patients**” of CHC Moti Daman under Directorate of Medical & Health Services Daman & Diu.

❖ **Instructions to Bidders :**

- 1) All Tender Documents can be downloaded free from the website <https://ddtenders.gov.in/>
- 2) All bids should be submitted online on the website <https://ddtenders.gov.in/>
- 3) The user can get a copy of instructions to online participation from the website <https://ddtenders.gov.in/>
- 4) The suppliers should register on the website through the “New Supplier” link provided at the home page, the registration on the site should not be taken as registration or empanelment or any other form of registration with the tendering authority.
- 5) The application for training and issue of digital signature certificates should be made at least 72 hours in advance to the due date and time of tender submission.
- 6) For all queries regarding tender specifications and any other clauses included in the tender document should be addressed to personnel in tendering office address provided below:
The Director
Medical and Health Services,
Community Health Centre Moti Daman.,
Daman 396 220 Tel 0260-2230470 2230570
- 7) All documents scanned/attached should be legible/readable. A hard copy of the same may be send which the department will be use if required. Uploading the required documents in <https://ddtenders.gov.in/> is essential.

- 8) The Bidder has to give compliance for each quoted product for any false/misleading statement in compliance found any time during the procurement process, the bid shall be out rightly rejected & EMD shall be forfeited.

Key dates:

Bid document downloading Start Date	:	28.06.2023
Bid document downloading End Date	:	07.07.2023, 13.00 Hrs.
Last Date & Time for receipt of Bid	:	07.07.2023, 14.00 Hrs.
Preliminary Stage Bid Opening Date	:	07.07.2023, 15.00 Hrs.
Technical Stage Bid Opening Date	:	07.07.2023, 16.00 Hrs.

The Tenders shall be submitted in two-bid system, wherein the Technical bid and Commercial Bid is to be filled online on <https://ddtenders.gov.in/> and the EMD and Tender Fee has to be submitted in Tender Box along with a covering letter. The envelope should be super scribing as “**Sealed Cover Bid for serving Diet to Indoor Patients for Community Health Center, Moti Daman**” with Tender No. and Field of Specialty for which the bidder is participating. The EMD and Tender Fees should be enclosed with BID only.

Tender Fees ₹.1,000/- (Non Refundable) :

- a. The Tender Fees should not be forwarded by cash.

The Tender Fees as specified in schedule otherwise tender will be rejected. The tender fees will be accepted only in form of DD/A/c payee Cheque in favor of **Director, Medical & Health Services, Daman** from any Nationalized or Scheduled Bank of India payable in Daman.

- b. All tenders must be accompanied by Tender fees as specified in schedule otherwise tender will be rejected.

Earnest Money Deposit (EMD) ₹.30,000/- :

- a. All tenders must be accompanied by EMD as specified in schedule otherwise tender will be rejected.

- b. Any firm desires to consider exemption from payment of Earnest Money Deposit, valid and certified copies of its Registration should be attached to their tenders.

- c. EMD can be paid in either of the form of following:

- i. A/c Payee Demand Draft
- ii. Fixed Deposit Receipts

In favour of **Director, Medical & Health Services, Daman.** from any Nationalized Banks including Public Sector Bank/Private Sector Bank authorized by RBI to undertake Government Business.

- d. EMD should be valid upto **12 (TWELVE) months** from the date of its issuance.
- e. EMD in any other forms will not be accepted.
- f. EMD/Security Deposit shall be liable to be forfeited in following circumstances:
 - i. Tender is rejected due to failure of supply the requisite documents in proper format or giving any misleading statement or submission of false affidavit or fabricated documents.
 - ii. In case, the supplier does not execute the supply order placed with him within stipulated time, the EMD of the supplier will be forfeited to the Government and the contract for the supply shall terminated with no further liabilities on either party to the contract.
- g. The amount of Earnest Money paid by the tenderers whose tenders are not accepted will be refunded to them by cheque or Demand Draft (as may be convenient to the Tender Inviting Officer if the amount is above ₹.200/-) drawn on any branch of State of India or its subsidiary Commercial Bank. Where this mode of payment is not possible the amount will be refunded at the cost of the tenderer.
- h. Only on satisfactory completion of the contract term and on payment of all bills of the supplier, as the amount of Security Deposit/Earnest Money will be refunded after expiry of contract period, if any, or any such date/period as may be mutually agreed upon.
- i. In case of failure to execute the order as per conditions and within the stipulated time, the tender inviting officer will obtain from the bidder who offered next higher rates or from any other sources, as may be decided by the tender inviting Officer and the loss to the Government on account of such purchases(s) shall be recovered from the former suppliers Security Deposit/Earnest Money or bills payable. The suppliers shall have no right to dispute with such procedure.

- j. The Earnest Money(s) paid by the tender(s) earlier against any tender(s) or supply order(s) is not adjustable with Earnest Money required by these conditions.

Security Deposit: (SD)

- a. The successful tenderer will have to pay within 15 days from the date of demand, an amount equal to 10% of the total value of articles, which may be ordered, as the amount of security deposit.
- b. Non receipt of Security Deposit within stipulated time will result in automatic cancellation of the order for supply without any intimation.
- c. The Security Deposit(s) paid by the tender(s) earlier against any tender(s) or supply order(s) is not adjustable with Security Deposit required by these conditions.
- d. The tender inviting officer will consider extension of time for remitting the Security Deposit as demanded. However, in case of denial to consider such extension the supplier is bound to abide by the limit given and liable to make good for the loss made to the Government on account of his failure to abide by the time limit.

❖ **Conditions of Contract :**

1. The Contract is initially for a **“period of one year from the date of commencement and further renewal for the period of one year but not extending 3 years subject to satisfaction of work performance and same rates”**.
1. The Schedule of property, which shall be handed over to tenderer at the time of agreement to the successful tenderer.
2. The successful tenderer shall enter into an agreement with PHC/CHC Moti Daman within 10 days from acceptance of the offer and shall pay 11 months rent in advance at the rate of Rs.1000/- pm/- (i.e. Rs.11,000/- per year) immediately by challan to be remitted in Government Treasury, Daman.
3. Tenderer will provide quantity of food articles as per patient per day. Diet schedule attached in Annexure.

4. The rate should be quoted in the prescribed form given by the department; **the rate should be valid upto Three Years from the date of acceptance of tender.**
5. All/Taxes/Duties/Royalties Charges payable on the service charge/transport etc. within and/or outside the state shall be payable by the supplier.
6. The Tenderer should enclose along with tender the Earnest Money Deposit in form of Fix Deposit Receipt/Account Payee Demand Draft/Banker's Cheque or Bank Guarantee from any of the Commercial Banks in an acceptable form payable at Daman in favour of **Director, Medical & Health Services, Daman.** The EMD should not be forwarded by Cash. Tender received without Earnest Money Deposit will be summarily rejected.
7. The amount of Earnest Money paid by the successful Tenderer(s) will be adjusted against the amount of Security Deposit to be paid by the successful tenderer(s).
8. The tender should be neatly typed or hand written only on letter head carries the name of supplier and the signature of the tenderer. No overwriting, correction or erasures will be considered.
9. The Tenders shall be submitted in two-bid system, wherein the EMD and Tender Fee in original have to be submitted in Tender Box. The envelope should be super scribing on the envelope as **"Sealed Cover for Diet Serve to the Indoor Patients of CHC Moti Daman"**. The Technical Bid and Financial Bid have to be submitted online on <https://ddtenders.gov.in>
10. The right to accept or reject without assigning any reasons or all tenders in part or whole is reserved with the Tender Inviting Officer and his decision(s) on all matters relating to acceptance or rejection of the tenders as a whole or in part will be final and binding to all.
11. If the tenderer whose tender is accepted, fails to execute the supply order within stipulated time the Earnest Money Deposit of such tenders will stand forfeited to the Administration with no further liabilities on either party to the contract.
12. The Food will be prepared and served as per quantity per patient annexure to Tender document.

13. Certain patients shall be provided special diet as advised by Dietician/Doctor according to disease.
14. If there is any complaint about quality and quantity of diet and tea served to patient same will be inquired into depth with the help of Dietician/Director/Sister Incharge and if the complaint is found correct, the contract will be terminated with immediate effect and deposit sum will be forfeited.
15. Tenderers required minimum of 03 years experience in running of restaurants/ canteen or food supply etc. They have to furnish the experience certificate and valid food license issued by the competent authority of Dadra and Nagar Haveli, (U.T.) at least for last three years along with the tender or the bidder once they have a establishment in Daman then they can apply for Food License, but the vendor should also have a valid Food License from the other State which should be as per the Government Act. Tender received without required experience certificate and valid food license will not be entertained.
16. Bidder / its sister concerns / companies where its Promoters / Directors either directly or indirectly are involved, should not have ever been blacklisted in tender / supplies by any state/Central Govt. Bidder should submit affidavit in this regard. The bidder should provide accurate information of litigation or arbitration resulting from contracts completed or under execution by him over the last ten years. False affidavit would lead to blacklisting and termination of the contract at any stage. In such cases all the losses that will arise out of this issue will be recovered from the Tenderer / Contractor and he will not have any defence for the same. In case of bidder / principal is involved / penalized under any investigation of CVC or any State/Central Govt. Commission in relation to the similar work project issue; the bid will be out rightly rejected. The rate(s) quoted should be strictly for free delivery (including labour and transportation) at FOR CHC Moti Daman or as per work order and will be valid and operative for supply orders issued within one year from the date of invitation of tenders. The department shall not take any responsibility of on loading the goods; the successful bidder has to make arrangement for loading at site.

17. The rate(s) quoted should be strictly for free delivery (including labour and transportation) at FOR CHC Moti Daman or as per work order and will be valid and operative for supply orders issued within one year from the date of invitation of tenders. The department shall not take any responsibility of on loading the goods; the successful bidder has to make arrangement for loading at site.
18. The tendered quantity is tentative and the actual purchase can be as per the requirement of the Department and Rate Contract is invited for all items and the tenderer is bound to supply such requirement without any demur.
19. During this entire period of contract, the undersigned/this Administration reserves the authority to terminate the agreement at any time in case of violation of any condition of the tender.
20. The rates offered should be inclusive of all taxes.
21. The rate(s) should be quoted only for the items specified in the list of requirements and should be for the items given in the tender document.
22. The decision of the Tender Inviting Officer for acceptance/rejection of any articles supplied including the decision for equivalent specifications, standard and quality etc. of articles shall be final.
23. (a) The successful tenderer will have to pay within 10 days from the date of demand, an amount equal to 10% of the total value of articles, that may be ordered, as the amount of security deposit.
 - (b) Non receipt of Security Deposit within stipulated time will result in an automatic cancellation of the order for supply without any intimation.
 - (c) However, in case, if any articles are received for which the Security Deposit may not have been deposited, the full Security Deposit as may be due from the supplier will be recovered from the bill(s) for such articles.
- 22 The amount of Earnest Money paid by the successful Tenderer(s) will be adjusted against the amount of Security Deposit to be paid by the successful tenderer(s).

- 23 The tender should be neatly typed only on letter head carries the name of tenderer and the signature of the tenderer. No overwriting, correction or erasures will be considered.
- 24 The amount of Earnest Money paid by those tenderer(s) whose tenders are not accepted will be refunded to them by cheque or Demand Draft.
- 25 The Tender Inviting Officer will consider extension of time for remitting the Security Deposit as demanded. However, in case of denial to consider such extension the supplier is bound to abide by the limit given and liable to make good and loss to the Government on account of his failure to abide by the time limit.
- 26 In case of failure to supply the diet to Indoor patients, as per conditions and within the stipulated time, the diet for indoor patients will be obtained from the tenderer who offered next higher rates or from any other sources, as may be decided by the Tender Inviting Officer and the loss to the Government on account of such purchases(s) shall be recovered from the former suppliers Security Deposit/Earnest Money or bills payable. The suppliers shall have no right to dispute with such procedure.
27. The Earnest Money(s)/Security Deposit(s) paid by the tender(s) earlier against any tender(s) or supply order(s) is/are not adjustable with Earnest Money or Security Deposit required by these conditions.
28. All bills should be in TRIPLICATE and should invariably mention the number and date of supply order.
29. All bills for amount above Rs.5000/- should be pre-receipted on a Revenue Stamp of proper value. Bills for amount exceeding Rs.5000/- not pre-receipted on Revenue Stamp of proper value will not be accepted for payment.
30. Each bill in which GST is charged must contain the following certificates on the body of the bill: "CERTIFIED" that the goods on which Service Tax has been charged have not been exempted under the Central Service Tax Act or the Rules made there under and the amount charged on account of Service s Tax on these goods is not more than what is payable under the provisions of relevant Act or Rules made there under".

31. The Tender Opening Committee will open the Tenders in presence of Tenderers or their representatives, if any present in the Office of the Tender Inviting Officer.
32. The right to accept or reject without assigning any reasons any or all tenders in part or whole is reserved with the Tender Inviting Officer and his decision(s) on all matters relating to acceptance or rejection of the tenders as a whole or in part will be final and binding to all.
33. The tenders/offers received do not confirm with the terms and conditions of this office will be summarily rejected.
34. If the tenderer whose tender is accepted, fails to execute the supply order within stipulated time the Earnest Money Deposit of such tenders will stand forfeited to the Government.
35. Separate agreement will be required to be signed by the successful tender(s) for the purpose of this contract for supply.
37. The Dietician will supervise the supply to diet to indoor patient daily along with Sister In charge.
38. Rates should be quoted in the forms issued from the department and as per the requirement asked for.
39. Rates quoted are for Directorate of Medical & Health Services, Daman.
40. GST will be applicable as per present rules time to time.

Sd/-
Director
Medical & Health Services
UT of DNH & DD
“Tel.No.0260-2230470”
email ID : ptdmhsdaman@gmail.com

The above terms and conditions are accepted and are binding to me/us.

Place:
Dated:

Signature of tenderer
Name of tenderer with seal of the firm

ANNEXURE – A

From: M/s.....

No.....

UNDERTAKING

To,
The Director
Medical and Health Services
Daman

Sub: E-Tender for Providing Diet Food to indoor patients at CHC Moti Daman under Medical and Public Health Department D&D

Ref: Tender Enq #.....

Sir,

I/We enclose the necessary documents duly signed, as shown in Annexure ‘C’ (in order in which they are mentioned). I/We have carefully read and understood the terms and conditions stated in the tenders from and I/We shall abide by all these conditions. I/We further endorse that in particular, the terms and conditions of Delivery Period, Payment Terms, Place of delivery etc. are acceptable to me/us and no representation will be made by me/us afterwards for altering the same.

I/We verify the copies of the certificates/documents enclosed herewith are authentic true copies of the original certificates/documents for verification on demand. I/We undertake to upload the attested copies of certificates/documents required on the website.

I/We will be cautious to see that the uploaded scan documents are legible and I/we understand that if the documents are not legible, my/our tender will be rejected.

I/We verify that I/We are in possession of the requisite licenses/permits required for the manufacture /supply /sale /distribution of the items and further verify that the said licenses/permits have not been revoked/ cancelled by the issuing authorities and are valid as on date. I/We also verify that I/We have not been declared defaulter, blacklisted or debarred by any State or Central Government or Constitutional authority or Financial Institution or Judicial Court or any Government undertakings.

I/We also take cognizance of the fact that providing misleading or questionable information or failure to furnish correct or true information to you or any other Officer or failure to comply with any contractual requirement laid down by you will be considered as a serious breach of the terms and conditions of the tender and will invite disqualification and other penal action as deemed fit by the UT Administration.

Thanking You,

Yours faithfully,

Sign & Stamp of Tenderer.

ANNEXURE – B
SCHEDULE OF DOCUMENTS ATTACHED

Sr. No	Particulars	Documents Enclosed
1)	PAN Card No.	Yes/No
2)	GST Registration No.	Yes/No
3)	License in field of Supply.	Yes/No
4)	Non-Conviction Certificate obtained by FDA	Yes/No
5)	ITR for last 03 years	Yes/No
6)	C.A Certificate Annual turnover not less than 10.00 Lacs in last year	Yes/No
7)	Certificate of Experience of 03 years in the field of supply running of restaurant / Canteen or Food Supply.	Yes/No
8)	Terms and Condition documents duly stamped and signed on each pages.	Yes/No
9)	ANNEXURE- A & B and C duly stamped and signed on each pages	Yes/No
10)	Declaration in the form of Affidavit that the individual / firm / organization including its partners and share holders was not black listed / prosecuted by any Departments / Statutory Bodies or by any Court of Law, is to be attached as per point (16)of condition of contract	Yes/No

Date:

Place:

Sign & Stamp of tenderer.

Sd/-
Director
Medical & Health Services
UT of DNH & DD
“Tel.No.0260-2230470”
email ID : ptdmhsdaman@gmail.com

ANNEXURE C

Approx no of Diet Served to Indoor Patients

Sr. No.	Name of Diet to be served	Total No. of Patients Per Month
1	Full Diet	40
2	Soft Diet	5
3	High Protein Diet	40
4	Diabetic Diet	5
5	Liquid Diet	5
6	Ryles Tube Feeding	5
7	Low protein Diet	5
8	High Carbohydrate Diet	5

The following diet are to be provide to the indoor patient to CHC Moti Daman.

<u>FULL DIET:</u>	
<u>Break fast</u> 7:30 a.m.	1 cup Tea/Milk (protein/horlicks/complan/honey/sugar) around 75-100 gms Upma/ Poha/ Sprouted Pulses or 1 boiled egg./ omellette/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/sheera/dhokla /idly + chutney/stuffed Puri / cornflakes+milk(for children) Any other suggested by Dietician
<u>Lunch</u> <u>12.00 noon</u>	2 Dry Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians 1 cup -Dal 1 cup -Rice / Pulav
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk 1packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandvich or 1 Big Seasonal Fruit
<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Pulse Preparation 1 cup Rice/masala khichadi/masala daliya/plain khichadi + Kadhi 1 cup Curd/veg raita

<u>SOFT DIET:</u>	
Break fast 7:30 a.m.	1 cup Tea/Milk (protein/horlicks/complan/honey/sugar) around 75-100 gms Upma/ Poha/ Sprouted Pulses or 1 boiled egg,/ omellette/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/sheera/dhokla /idly + chutney/stuffed Puri / cornflakes+milk(for children) Any other suggested by Dietician
<u>Lunch</u> <u>12.00 noon</u>	2 Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians) 1 cup -Dal 1 cup -Rice / 1 Boiled Egg
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk 1packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandwich or1 Big Seasonal Fruit
<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Pulse Preparation 1 cup Rice/ khichadi + Kadhi 1 cup Curd/veg raita

<u>DIABETIC DIET:</u>	
Break fast 7:30 a.m.	1 cup Tea/Milk + PROTEINEX (without sugar) around 75-100 gms Upma/ Poha/ Sprouted Pulses or 1 boiled egg,/ omellette/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/ /stuffed Puri Any other suggested by Dietician. After 2 Hour – 01 Cup Dal Water
<u>Lunch</u> <u>12.00 noon</u>	2 Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians) 1 cup -Dal 1 Boiled Egg, salad
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk (without Sugar) 1packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandwich or 1 Big Seasonal Fruit
<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Pulse Preparation Veg Daliya / Plain Daliya 1 cup Curd/veg raita

<u>HIGH PROTEIN DIET:</u>	
Break fast 7:30 a.m.	1 cup Tea/Milk (protein/horlicks/complan/honey/sugar) around 75-100 gms Upma/ Poha/ Sprouted Pulses or 1 boiled egg./ omellette/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/sheera/dhokla /idly + chutney/stuffed Any other suggested by Dietician
<u>Lunch</u> <u>12.00 noon</u>	2 Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians 1 cup -Dal 1 cup -Rice / Veg pulav 1 Boiled Egg, Salad
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk 1packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandwich or 1 Big Seasonal Fruit
<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Pulse Preparation 1 cup Rice/ Masala khichadi / plain khichadi + Kadi 1 cup Curd/veg raita 1 Boiled Egg

<u>HIGH CARBOHYDRATE DIET:</u>	
Break fast 7:30 a.m.	1 cup Tea/Milk (protein/horlicks/complan/honey/sugar) around 75-100 gms Upma/ Poha/ Sprouted Pulses or 1 boiled egg./ omellette/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/sheera/dhokla /idly + chutney/stuffed Any other suggested by Dietician
<u>Lunch</u> <u>12.00 noon</u>	2 Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians 1 cup -Dal 1 ½ cup -Rice / Veg pulav 1 cup – Rice water / jaggery piece / sukadi / chikki
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk 1packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandwich or 1 Big Seasonal Fruit

<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Pulse Preparation 1 cup Rice/ Masala khichadi / plain khichadi + Kadi 1 cup Curd/veg raita 1 Boiled Egg
---	--

<u>LIQUID DIET:</u>	
	3 – 4 Hourly around 200ml – 250 ml
	1. Milk 2. Soya Milk 3. Dal Water 4. Soup 5. Rice + Dal Water 6. Fresh Buttermilk + coconut water 7. Cereal + Pulse Kanji 8. Rice Kanji 9. Sago Kanji 10. Fruit shake / crushed fruit custard

<u>RT FEEDS:</u>	
<u>Quantity and timing as per Doctor's prescription:</u>	
HPD RTF	Milk + Soya Milk Milk + Egg/honey/protinex/complan/Dal Water Soup Fresh Buttermilk + Coconut Water Cereal + Pulses Water
HCD RTF	Rice Water + Complan / Horlicks Vegetable Water Cereal Kanji Sabudana Kanji Milk + Complan/Horlicks/Honey / Skimmed Milk Powder

<u>LOW PROTEIN DIET:</u>	
<u>Break fast</u> 7:30 a.m.	1 cup Tea/Milk (protein/horlicks/complan/honey/sugar) around 75-100 gms Upma/ Poha/ 2 slices wheat bread +butter/jam/sauce/veg sandwich/sheera/dhokla /idly + chutney/stuffed Any other suggested by Dietician
<u>Lunch</u> <u>12.00 noon</u>	2 Dry Chapatis 1 cup -Vegetable Preparation/egg curry/chicken curry/Mutton (sprouted pulse / paneer preparation for vegetarians 1 cup -Dal + curd Butter Milk, 1 ½ Cup Rice / Pulav + Rice Water
<u>Snacks</u> <u>3:30 pm</u>	1 cup -Tea/Milk 1 packet -Biscuits/wheat bread+butter/ jam/sauce/veg sandwich
<u>Dinner</u> <u>7.00 pm</u>	2 Dry Chapatis 1 cup Mix Veg 1 cup Rice/ khichadi (Veg / plain) , Veg daliya / plain daliya, 1 cup Curd/veg raita

- All T.B. and AIDS patients should serve in disposable plates.
- All I.C.U. patients should also serve in the disposable and close vessels.
- All serving people should wear clean uniform with cap, mask and gloves.
- Medical Check up of all workers should be done annually.

Sd/-
Director
Medical & Health Services
UT of DNH & DD
“Tel.No.0260-2230470”
email ID : ptdmhsdaman@gmail.com