



U. T. ADMINISTRATION OF
DADRA & NAGAR HAVELI AND DAMAN & DIU
DEPARTMENT OF HEALTH & FAMILY WELFARE
O/o. THE MEDICAL SUPERINTENDENT
NAMO HOSPITAL, DAMAN
Marwad, Daman – 396 210
Email: damannamohospital@gmail.com



No. NAMO/DMN/Quotation for Diet/2026-27/259

Dated:- 18.08.2026

BUDGETARY QUOTATION NOTICE

1. The Department of Health and Family Welfare, DNH & DD, on behalf of the Hon'ble President of India, invites budgetary quotations from reputed and eligible services provider to assess prevailing market rates and to arrive at the estimated cost for the proposed Services of indoor patient diet and Snacks, Beverages and lunch in cafeteria (Restaurant) for NAMO Hospital, Daman under Medical and Public Health Department, DNH&DD.
2. This market survey is conducted purely for estimation and planning purposes and does not constitute a tender or any commitment to place an order.
3. The exercise is carried out in accordance with Chapter-2, Para 2.1(f) – Estimation of Cost, of the applicable procurement guidelines.
4. Budgetary quotations should be inclusive of all applicable taxes and levies.
5. The Department reserves the right to accept or reject any or all quotations without assigning any reason.
6. The sealed quotation has to reach the office of the undersigned on or before 21/08/2026 up to 16:00 hrs, by Registered Post/Courier or Email to the office of the undersigned.

The following is a comprehensive list of specialized diets provided to indoor patients based on their medical requirements. A detailed breakdown of the items and their quantities is listed below the table.

Sr. No.	Particulars	Approximate Rate (Including all Charges and tax)
1	Full Diet	
2	Soft Diet	
3	Diabetic Diet	
4	High Protein Diet	
5	High Carbohydrate Diet	
6	Ryles Tube Feeding	
7	Liquid Diet	
8	Low Protein Diet	

FULL REGULAR DIET:

MEALS	MENU	QUANTITY
	Tea / coffee / soup	150ml
Morning Tea	Poha / Upma / Vermicilli / Sabudana Khichadi / Sprouts / Sheera / Millet khichadi / or	100gm
	Milk + (cornflakes /oats/plain daliya)	150ml + 50 gm
	Or	
Breakfast	Wheat bread Sandwich / wheat bread- (butter / jam)/wheat bread – omlellete/bhurjji	2 large slice 1 spoon 1 egg
	Idly(3 nos.) – chutney / fry idly / dhokla(4 piece)	3 nos., - 2 spoon
Mid- Morning	Vegetable soup / seasonal fruit /lemon water	100ml/ 1
	Chapatti (2)with 10gm butter	(80gm)
	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Rice preparation (pulav/ soya rice/lemon-spinachrice /zeera rice)	100gm
Lunch	Daal preparations	100gm
	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Curd / Raita / Zeera buttermilk	50gm / 150ml
Evening	Tea / soup	150ml
Tea	Toast (2 nos.) / biscuits (parley, 1pkt) / dry bhel (50gm) / dry chivda (50gm), wheat muffins (2 nos.)/boiled channa (50gm) / roasted channa (50gm)	
	Chapatti 2, with 10 butter	80gm each
	Khichadi preparations (masala /green veggies/millet /plain)	100 gm
Dinner	Lentils/whole puises/ sprouts preparations	100gm
	Kadhi / raita / chutney	50 gm / 1 spoon

SOFT DIET:

MEALS	MENU	QUANTITY
	Tea / coffee/ soup / milk with 15gm protienex	150ml
Morning Tea	Poha / Upma / Vermicilli / Sabudana Khichadi / boiled Sprouts / Sheera / Millet khichadi / or	100gm
	Milk + (cornflakes /oats/plain daliya)	150ml + 50 gm
	Or	
Breakfast	Wheat bread Sandwich / wheat bread- (butter / jam)/wheat bread – omlellete/bhurjji	2 large slice 1 spoon 1 egg
	Idly(3 nos.) – chutney / fry idly / dhokla(4 piece)	3 nos., - 2 spoon

MEALS	MENU	QUANTITY
Mid- Morning	Vegetable soup / seasonal fruit /lemon water	100ml/ 1
	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Rice preparation (pulav/ soya rice/lemon-spinachrice /zeera rice)	100gm
	Daal preparations	100gm
	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Curd / Raita / Zeera buttermilk	50gm / 150ml
	Boiled egg	1
Evening	Tea / soup	150ml
Tea	Toast (2 nos.) / biscuits (parley, 1pkt) , wheat muffins (2 nos.) /boiledchanna (50gm) .	
	Khichadi preparations (masala /green veggies/millet /plain)	100 gm
	Lentils/whole pulses/ sprouts preparations	100gm
	Kadhi / raita / chutney	50 gm / 1 spoon
	Boiled egg	1

* In case diabetic patient or for kids dietary modification will done under dietician guidance

*chapatti can be replaced with extra 100gm rice

HIGH PROTIEN DIET:

MEALS	MENU	QUANTITY
Morning Tea	Milk with protienex powder (15gm)	200 ml
	Poha / Upma / Vermicilli /Sabudana Khichadi / Sprouts / Sheera / Millet khichadi / or	100gm
	Milk + (cornflakes /oats/plain daliya) Or	150ml + 50 gm
Breakfast	Wheat bread Sandwich / wheat bread- (butter / jam)/wheat bread – omlellete/bhurjji	2 large slice 1 spoon 1 egg
	Idly(3 nos.) – chutney with sambhar / fry idly / dhokla(4 piece)	3 nos., - 2 spoon
Mid- Morning	Vegetable soup / juice + seasonal fruit	100ml / 1
	Chapatti (2)with 10gm butter	(80gm)

MEALS	MENU	QUANTITY
Lunch	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Rice preparation (pulav/ soya rice/lemon-spinachrice /zeera rice)	100gm
	Daal preparations	100gm
	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Curd / Raita / Zeera buttermilk	50gm / 150ml
	Boiled egg	1
Evening	Milk / fruit shake	150ml
Tea	Toast (2 nos.) / biscuits (parley, 1pkt) / dry bhel (50gm) / dry chivda (50gm), wheat muffins (2 nos.)/boiled channa (50gm) / roasted channa (50gm)	
Dinner	Chapatti 2, with 10 butter	80gm each
	Khichadi preparations (masala /green veggies/millet /plain)	100 gm
	Lentils/whole pulses/ sprouts preparations	100gm
	Kadhi / raita / chutney	50 gm / 1 spoon
	Boiled egg	1

- For vegetarian patient replace egg with 50gm sauté paneer/boiled soyabean/sprouts/kheer
- In case diabetic patient dietary modification will done under dietician guidance.

HIGH CARBOHYDRATE DIET:

MEALS	MENU	QUANTITY
Morning Tea	Milk with protienex powder (15gm)	200 ml
	Poha / Upma / Vermicilli /Sabudana Khichadi / Sprouts / Sheera / Millet khichadi / or	100gm
	Milk + (cornflakes /oats/plain daliya) Or	150ml + 50 gm
Breakfast	Wheat bread Sandwich / wheat bread- (butter / jam)/wheat bread – omllette/bhurjji	2 large slice 1 spoon 1 egg
	Idly(3 nos.) – chutney / fry idly / dhokla(4 piece)	3 nos., - 2 spoon
Mid- Morning	Rice water + seasonal fruit	100ml / 1
	Rice preparation (pulav/ soya rice/lemon-spinachrice /zeera rice)	200gm
	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Daal preparations	100gm

MEALS	MENU	QUANTITY
Lunch	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Curd / Raita / Zeera buttermilk	50gm / 150ml
	Boiled egg 10gm jaggery	1
Evening	Milk / fruit shake	150ml
Tea	Toast (2 nos.) / biscuits (parley, 1pkt) / dry bhel (50gm) / dry chivda (50gm) , wheat muffins (2 nos.)/boiled channa (50gm) / roasted channa (50gm)	
Dinner	Chapatti 2, with 10 butter	80gm each
	Khichadi preparations (masala /green veggies/millet /plain)	100 gm
	Lentils/whole pulses/ sprouts preparations	100gm
	Kadhi / raita / chutney	50 gm / 1 spoon
	Boiled egg	1

- For vegetarian patient replace egg with 50gm sauté paneer/ boiled soyabean/ sprouts/kheer.
- In case diabetic patient dietary modification will done under dietician guidance .

DIABETIC DIET:

MEALS	MENU	QUANTITY
Morning Tea	Tea / coffee Milk with diabetic protienex powder (15gm)	200 ml , no sugar
	Poha / Upma / Vermicilli / Sprouts / Millet khichadi / or	100gm
	Milk + (oats/plain daliya) Or	150ml + 50 gm
Breakfast	Wheat bread Sandwich(no potato) / wheat bread – omlette /bhurji	2 large slice 1 spoon 1 egg
	RavaIdly(3 nos.) – chutney / fry idly / Ravadhokla(4 piece)	3 nos., - 2 spoon
Mid- Morning	Vegetable soup / juice/ seasonal fruit	100ml / 1
Lunch	Chapatti (2)with 10gm butter	(80gm)
	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Daal preparations	100gm
	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Raita / Zeera buttermilk	50gm / 150ml
	Boiled egg white	1
Evening Tea	Tea / coffee Milk with diabetic protienex powder (15gm)	150ml
	Biscuits (4 Wheat Biscuits , 1pkt, marie,nutrichoice) / boiled channachat (50gm) / roasted channa (50gm)	
	Chapatti 2, with 10 butter	80gm each

MEALS	MENU	QUANTITY
Dinner	DALIYA / OATS preparations (masala /green veggies/millet /plain)	100 gm
	Lentils/whole pulses/ sprouts preparations	100gm
	Kadhi / raita / chutney	50 gm / 1 spoon
	Boiled egg	1

- For vegetarian patient replace egg with 50gm sauté paneer/boiled soyabean/sprouts

ANC- PNC, ANAEMIC PATIENT DIET:

MEALS	MENU	QUANTITY
Morning Tea	Milk with protienex powder (15gm)	200 ml
	Poha / Upma / Vermicilli /Sabudana Khichadi / Sprouts / Sheera / Millet khichadi / or	100gm
	Milk + (cornflakes /oats/plain daliya) Or	150ml + 50 gm
Breakfast	Wheat bread Sandwich / wheat bread – omlette /bhurji	2 large slice 1 spoon 1 egg
	Idly(3 nos.) – chutney with sambhar / fry idly / dhokla (4 piece)	3 nos., - 2 spoon
Mid- Morning	Vegetable soup / juice/ + seasonal fruit	100ml / 1
Lunch	Chapatti (2)with 10gm butter	(80gm)
	Sabji preparations (seasonal/paneer/mashroom)	50gm
	Rice preparation (pulav/ soya rice/lemon-spinachrice /zeera rice)	100gm
	Daal preparations	100gm
	Salad (mix veg/cabbage /cucumber /lentils)	50gm
	Raita / Zeera buttermilk	50gm / 150ml
	Boiled egg white	1
Evening Tea	Tea / coffee Milk with protienex powder (15gm)	150ml
	Biscuits (4 Wheat Biscuits , 1pkt, marie,nutri choice) / boiled channachat (50gm) / roasted channa (50gm)	
	Ladoo (raagi 30gm ,channaata 30gm ,jaggery 20gm , peanut powder 10gm, raisins 10gm)	1
Dinner	Chapatti 2, with 10 butter	80gm each
	Khichadi preparations (masala /green veggies/millet /plain)	100 gm
	Lentils/whole pulses/ sprouts preparations	100gm

MEALS	MENU	QUANTITY
	Kadhi / raita / chutney	50 gm / 1 spoon
	Boiled egg	1

- For vegetarian patient replace egg with 50gm sauté paneer/boiled soyabean/sprouts/KHEER

CLEAR LIQUID DIET:

TIME	MENU	QUANTITY
Morning Tea	Light tea / coffee without dairy	150ml
Mid morning	Vegetable broth, non-fat / pulp free fruit juice	200ml
Lunch	Lemon water /squash	200ml
Mid evening	Coconut water / lemon water / fennel juice	200ml
Dinner	Clear vegetable soup pulp free juice	200ml

LIQUID DIET:

TIME	MENU	QUANTITY
Morning Tea	Tea / coffee / Milk with protienex	150ml
Mid morning	SOUP: Vegetable (50gm), Pulses(20gm) n cereal(20gm) based	200ml
Lunch	Kanji: Cereal/pulses /millet with(water / butter milk / lassi/milk) / sattu drink (20gm, 150ml buttermilk)	200ml (50 gm cereal, 20gm jaggery, 150ml milk /buttermilk)
Mid evening	Fruit shake (50 gm fruit)/ soup / fruit juice / milk with protienex (15gm)	200ml
Dinner	Vegetable (50gm) soup Pulses(20gm) n cereal(20gm) based/ milk with protienex / kanji / thin sujjikheer (15gm sujji)/ Rice water	200ml

*oats milk, 200ml / soya milk 200ml are also in option for patients on liquid diet.

RYLES TUBE FEEDING DIET:

TIME	MENU	QUANTITY
Morning Tea	Milk with protienex	150ml
Mid morning	SOUP : Vegetable (50gm) Pulses(20gm) n cereal(30gm) based	200ml

TIME	MENU	QUANTITY
Lunch	KANJI : Cereal/pulses /millet/SATTU based with(water / butter milk/lassi /milk)	200ml (50 gm cereal , 20gm jiggery , 150ml milk /buttermilk)
Mid evening	Fruit shake / soup / fruit juice / milk with protienex (15gm) /Coconut milk	200ml
Dinner	Vegetable (50gm) soup Pulses(20gm) cereal(20gm) based/ milk with protienex / kanji /Rice water	200ml

Menus for the cafeteria (Restaurant)

1. ORDINARY LUNCH

<u>Veg Lunch</u>			
<u>Sr No</u>	<u>Menu</u>	<u>ITEMS</u>	<u>Approximate Rate</u>
1	<u>Menu</u>	<u>Plain Rice / Zeera Rice / Pulav</u>	
		<u>Chapati / Puri (plain / stuffed)</u>	
		<u>Dal / Kadi / Sambhar</u>	
		<u>Gravy Veg</u>	
		<u>Dry Veg</u>	
		<u>Salad & Papad, Pickle ,</u>	
		<u>Dessert</u>	

2. SPECIAL LUNCH

<u>SPL Veg Lunch</u>			
<u>Sr. No.</u>	<u>Menu</u>	<u>Items</u>	<u>Approximate Rate</u>
<u>1.</u>	<u>Starter</u> <u>(Any 2)</u>	<u>Paneer chilli dry / Paneer Tikka / Veg</u> <u>lolipop / Manchurian Dry / Papdi Chat</u> <u>/ Cutlets/ Hara Bhara Kabab / Spring</u> <u>Rolls / Spinach Cheese Rolls / Cheese</u> <u>Corn Balls / Paneer Tikka Dry /</u> <u>Sabudana Vada / Daal Vada /</u> <u>Kothambir Vadi / Dhokala / Paatara /</u> <u>Optional</u>	
<u>2.</u>	<u>Beverages</u>	<u>Cold Drink / Fresh Fruit Juices /</u> <u>Lemonade</u>	
<u>3.</u>	<u>Soup</u>	<u>Tomato / Mancaou / Hot N Sour /</u> <u>Lemon Corriander / Other</u>	
<u>4.</u>	<u>Main course</u>	<u>Plain Rice / Zeera Rice / Pulav (Any</u> <u>One)</u>	
		<u>Chapati / Puri (Plain / Stuffed)</u>	
		<u>Dal / Kadi / Sambhar</u>	
		<u>Seasonal Veg./ Stuffed Veg Curry</u>	
		<u>Paneer Pre.(Veg)</u>	
		<u>Salad & Papad, Pickle</u>	
<u>5.</u>	<u>Dessert</u>	<u>One Seasonal Fruit & Sweet Dish Any</u> <u>One / Ice Cream</u>	
<u>6.</u>	<u>Water</u>	<u>Mineral Water</u>	

List Of Snacks & Beverages for Outdoor Restaurant

List Of Beverages

<u>Sr.No.</u>	<u>Items</u>	<u>Approximate Rate</u>
<u>1.</u>	<u>Tea: 100 ml</u>	
<u>2.</u>	<u>Coffee : 100 ml</u>	
<u>3.</u>	<u>Lemon Water: 200 ml</u>	
<u>4.</u>	<u>Green Tea / Black Coffee</u>	
<u>5.</u>	<u>Milk : 200 ml</u>	

6.	<u>Cold Drink: 200 ml</u>	
7.	<u>Fresh Seasonal Juice : 200 ml</u>	
8.	<u>Sweet/Salted Lassi : 200 ml</u>	
9.	<u>Masala Lassi : 200 ml</u>	
10.	<u>Milk Shake: 200 ml</u>	
11.	<u>Soup : 200 ml</u>	

LIST OF SNACKS AT CAFETERIA

<u>Sr.No.</u>	<u>ITEMS</u>	<u>Approximate Rate</u>
1.	<u>Samosa : 2nos with tomato sauce & green chutney</u>	
2.	<u>Veg.Pakoda : 200gms with tomato sauce & green chutney</u>	
3.	<u>Daal vada (2 nos) with tomato sauce & green chutney</u>	
4.	<u>Vada pav : 3 nos pav with 3 vadas with tomato sauce & green chilli chutney</u>	
5.	<u>Boiled egg : 2 nos</u>	
6.	<u>Omlette(1egg) with 2 bread piece/pav : 2 nos</u>	
7.	<u>Bhurji (2 egg) with pav : 2 nos</u>	
8.	<u>Poha : 200 gram</u>	
9.	<u>Upma : 200 gram</u>	
10.	<u>Bread butter/jam : 3 slice(large size)</u>	
11.	<u>Sandwiches : 2 slice with tomato sauce & green chutney</u>	
12.	<u>Puri-sabji : 5 piece with 50 gram sabji</u>	
13.	<u>Ice-cream : 200 ml</u>	
14.	<u>Plain dosa with sambhar & coconut chutney : 2 nos</u>	
15.	<u>Masala dosa with sambhar & coconut chutney : 1 nos</u>	
16.	<u>Mysore masala dosa-sambhar-chutney : 1 nos</u>	
17.	<u>Uttapam with sambhar & coconut chutney : 1 nos</u>	
18.	<u>Idly(rice / rava) – Sambhar – Chutney : 2 nos</u>	
19.	<u>Medu vada / daal vada – sambhar chutney : 2 nos</u>	
20.	<u>Bhel (mamara / corn) – 200 gm</u>	
21.	<u>Veg. Cutlet / kabab : 2 nos</u>	

<u>Sr.No.</u>	<u>ITEMS</u>	<u>Approximate Rate</u>
22.	<u>Sabudana vada :4 nos</u>	
23.	<u>Fruit salad with cream : 200 gm</u>	
24.	<u>Fruit salad without cream : 200 gm</u>	
25.	<u>Papdi chat : 200 gm</u>	
26.	<u>Stuffed paratha (aloo/gobhi/ mix veg.) with curd (50 gm) and pickle : 1 nos</u>	
27.	<u>Paneer paratha with curd (50 gm) n pickle : 1 nos</u>	
28.	<u>Dabeli : 2 nos</u>	
29.	<u>Pasta (red gravy / white gravy) : 200 gm</u>	
30.	<u>Macroni : 200 gm</u>	
31.	<u>Hakka noodles : 200 gm (snacks)</u>	
32.	<u>Maggi : 100 gm</u>	
33.	<u>Mini pizza : 1 nos</u>	
34.	<u>Spinach corn cheese balls : 2 nos</u>	
35.	<u>Chole bhature with chopped onion : 2 nos</u>	
36.	<u>Veg biryani : 200 grams with 100 gm curd</u>	
37.	<u>Zeera rice with sambhar / dal , salad : 100 grams</u>	
38.	<u>Fried rice with sechwan chutney : 200 grams</u>	
39.	<u>Paneer pakoda : 200 grams</u>	
40.	<u>Pav bhaji with chopped onion : 2 nos</u>	
41.	<u>Dal rice with achar 100 grams</u>	
42.	<u>Aaloo tikki / papdi chat</u>	

Thali – Only for Hospital Staff

<u>Sr. No.</u>	<u>ITEMS</u>	<u>Approximate Rate</u>
1.	<u>Chappati (3) -Sabji (50gm)- Dal (100gm) -Rice / zeera rice (200gm) -Salad,achar – papad</u>	
2.	<u>Curd / buttermilk /lassi (200ml) EXTRA</u>	
3.	<u>Sweets only on demand i.e. Gulab Jamun (2 piece)/ Jalebi / Kheer / Sheera etc</u>	

MENU FOR DEIC

<u>Sr.No.</u>	<u>Menu (Item From Each Group as per the Dietician Opinion)</u>			<u>Approximate Rate</u>
1.	<u>Fruit milk shake / plain milk</u>	<u>Palak Idly / Moong Daal Chilla / Veg Dhokla / Veg Upma/ Kheer Wd Dry Fruits / Sheera (Carrot / Dhudhi / Rava) / Paneer Pakoda / Veg Kabab / Dosa/ Veg Pulav / Veg Khichadi – Kadi / Stuff Paratha / Boiled Sprouts</u>	<u>Any 1 Seasonal Fruit / 1 Egg</u>	

❖ Menu should be different for all week days

BREAKFAST/SNACKS MENU FOR CAMP/MEETINGS

<u>Sr.No</u>	<u>ITEMS</u> <u>Breakfast (Any of the Below)</u>	<u>Approximate Rate</u>
1.	<u>Tea- coffee- green tea- buttermilk Poha/bread butter/Dry Fruit cookies (chocolate/walnut/oats/multigrain/nuts cookies) - water bottle = 1 plate</u>	
2.	<u>coconut water- fresh fruit juice - dry fruit milkshake plum cake– pastry – protein bars water bottle -= 1 plate</u>	
3.	<u>Tea- coffee- green tea- buttermilk Khaman/dhokla/Harabara kebab/paneer pakoda/veg sanwich water bottle =1 plate</u>	
4.	<u>coconut water- fresh fruit juice - dry fruit milkshake-lassi-vanilla milkshake Khaman/dhokla/Harabara kebab/paneer pakoda/veg sanwich water bottle =1 plate</u>	
5.	<u>Calorie control:- Green tea -coconut water- fresh fruit juice – lemonade – roasted walnuts n almonds – phol makhana – vegetable sandwich – cut fruits</u>	

TMD 18-8-26
Medical Superintendent,
NAMO Hospital, Daman