SECTION- I

LODGING AND BOARDING (STAY & FOOD) ARRANGEMENT FOR REGIONAL/NATIONAL/SGFI/COACHING CAMP

I- **Food Arrangements**:- Venue Principal/Head of Institute shall make proper kitchen/Storage/Cleaning arrangement at centre for preparing nutritious and healthy & tasty food in hygienic environment. To ensure neat and hygienic cooking/dinning environment, food should be tasted by the Committee/Venue Principal/Staff before serving. The tentative Food menu for the Tournament/Meet/Programme is given below :-

S. NO.	ITEMS	ITEMS/MATERIALS & QUANTITY
1	Break Fast	1. Milk-200 ml or more 2. Breads with butter/Jam and Sprouts (Moong/Chana/Moongfali/Rajma/Soyaseed) 3. Idli & Vada with Sambhar & Chatni/Dalia/Poha (any one) OR Aloo Parantha, Curd & Pickle OR Puri & Sabji 4. Bananas (2 Pcs) or Apple -1 Pcs (Qtn. 100-150 Gm.) OR Seasonal Fruits OR 02 Pcs of Eggs (Boiled)
2	Refreshment (At 11.00 to 11.30 AM.) **(For Official Only)**	1- Fruits Juice Packed(100-150 ml.) OR 2- Tea & Biscuits
3	Lunch & Dinner	1. Chapati (Tawa/Tandoor etc.) 2. Rice/Rice Pulao (Veg.) 3. Daal/Razma/Chhole (Any one) 4. Mixed Veg (Seasonal)/Kofta/Beson curry 5. Paneer for Vegetarian and Eggs/Fish/Chicken/Mutton curry for non-vegeterian. **(FOLLOWING ITEMS ARE MANDATORY IN LUNCH & DINNER)** 6. Soup(Tomato/Vegetable) 7. Salad & Pickle (mixed) 8. Papad (Branded) fried/Roasted. 9. Curd/Raita (Vegetable or Boondi) 10. Sweet dish (Dinner) and Fruits Custard/Kheer/Fruits - Apple/Orange/Kinnow in lunch
4	Refreshment (At 5.00 to 5.30 PM)	1. Juice (Packed 100-150 ml.) 2. Snacks-Sandwich/Samosa/Aaloo Bonda/Paneer Pakora/Patties = 02 Pcs or more(100-150 Gm.)
5	Sleep Time (Bed Time)	1. Milk (200-250 ml.) Or Ice Cream (40-50 ml.) as per feasibilities /Weather.

Note:-

a) The Principal of host venue will ensure to provide the same scale/standard of meal/food to all Players/Escorts/Coaches/Technical Officials/Staff deputed/engaged from other schools at venue.

b) No DA (for Lodging & Boarding) will be charged from Players/Managers/Escorts/Coaches during Regional/National/NSC(SGFI)/Coaching Camp/Meet etc.

c) Non –Vegeterian meal shall be provided once in a day (either in Lunch or Dinner).

d) As far as possible meal should be served in buffet system.

e) Proper seating arrangements in dining area (Table with cover & Chairs) should be made for Students & Staff separately.

f) Day-wise Menu shall be displayed on the Notice Board/Dining area & Kitchen and a copy of the same must be given to Escorts/Managers of the teams.

g) Fresh vegetables, Branded & Packed food materials should be used for preparation of Meal/Food.