

OFFICE OF THE SUPERINTENDENT SUB-DIVISIONAL HOSPITAL,  
NILGIRI, BALASORE

Phone no- 06782-233248, Mobile No-9439980855

No: - 218

Date:- 1.2.19

**Tender call notice for Diet(Cook Food) at Sub-  
Divisional Hospital, Nilgiri, Balasore**

The administration SDH, Nilgiri invites sealed tender from Registered Firms /Agency /Contractors /NGOs/SHGs for Diet (Cook food) at SDH Nilgiri, Balasore for the year 2019-20. So as to reach the office of the Superintendent, SDH, Nilgiri latest by 16.02.2019 upto 4.00 PM through Regd./Speed Post only and it will be opened on 19.02.2019 at 2.30 PM in the presence of tenderers or their authorized representative. The opening process will not be postponed if the tenderers will not present on scheduled date & time. A pre-bid discussion will be held on 08.02.2019 at 12.00 PM. Details are available in the tender paper which can be downloaded from [www.baleswar.nic.in](http://www.baleswar.nic.in) as well as in office & deposit the tender fees ₹ 500/- in shape of DD in the name of SDSS, Nilgiri or attach in Technical Bid, which is non-refundable.

Authority reserves every right to reject all or any of the tender without assigning any reason thereof.

Sd/-

(DR. A.K.Samal)

Superintendent, Sub-Divisional Hospital, Nilgiri, Balasore

*Anwar*  
Superintendent:  
Sub-Divisional Hospital  
Nilgiri, Balasore

1/2/19

OFFICE OF THE SUPERINTENDENT, SDH, NILGIRI, BALASORE

No 218 /, dated 1-2-19 /

TENDER FOR SUPPLY OF DIET (COOK) FOR INDOOR PATIENTS OF SDH,

NILGIRI FOR THE YEAR 2019-20

Name of the Institution: -

SDH, Nilgiri  
(H & FW Department)  
Tel:- 06782 233 248

LAST DATE & TIME OF RECEIPT OF BID DOCUMENTS: - 16.02.2019

Pre-Bid discussion :- 08.02.2019

DATE & TIME OF OPENING OF TENDER :- 19.02.2019

PLACE OF PER BID CONFERENCE & OPENING BID DOCUMENTS: SDH, NILGIRI

ADDRESS FOR COMMUNICATION  
AND RECEIPT OF BID DOCUMENTS:

SUPERINTENDENT  
SUB-DIVISIONAL HOSPITAL,  
NILGIRI, BALASORE  
AT/PO-NILGIRI, DIST- BALASORE

*Amal*  
5/2/19

## TENDER PAPER

### FOR SUPPLY OF DIET (COOK FOOD) FOR SDH, NILGIRI, BALASORE

The Administration, SDH, Nilgiri, Balasore invites tender from the reputed eligible registered financially sound organization of diet preparation and catering organization/agency to prepared and distribute therapeutic and non-therapeutic diet in the SDH, Nilgiri. Effective women self help group (SHGs) can also apply. The bid is asked as per guideline/decision of department of H&FW for outsource of the diet preparation & its service to the patients on annual contract basis to the eligible firm/company/NGO/organization. All the dietary services in the hospital should be provided as per Govt norm (diet menu enclosed).

#### Introduction:-

1. This bid open agency/agencies and effective women self help group (SHGs) satisfying the eligible criteria laid down in this bid document who have the required operational experience in hospital dietary service and its management. Preference will be given to the effective self help group (SHGs) only those fulfill all the criteria.
2. The administration will select an agency in accordance with the method of selection specified in this bid documents.
3. Interested Bidders can obtain the RFP document containing detailed terms and conditions, scope and eligibility criteria from the office of SDMO, Nilgiri, Balasore or can download the same from the website [www.baleswar.nic.in](http://www.baleswar.nic.in) however. The cost of the RFP document ₹ 500/- shall be submitted at the time of purchase of Document in the form of DD in favour of SDSSS, Nilgiri, payable at SBI, Nilgiri, Balasore or attach the same DD of ₹ 500/- with Technical bid in case of download from the website. And it is non-refundable.
4. The proposal shall be submitted in a sealed envelope with clear inscription as "PROPOSAL FOR SUPPLY OF COOK DIET SERVICE, " on top of it before due date and time.
5. The Proposal shall be in two parts i.e. Cover-A and Cover-B. "Cover-A" shall contain the Technical Proposal and "Cover-B" shall contain the Financial Proposal.
6. Technical and Financial Proposal shall be submitted separately in sealed covers with clear inscription as "TECHNICAL/ FINANCIAL PROPOSAL; RFP REFERENCE NO " on top of respective covers and both the sealed envelopes shall be sealed in a third envelop with required inscription on it as mentioned in Clause (a) above.
7. Checklist with detail of the documents enclosed in Cover "A" with page number. The documents should be serially arranged and should be securely tied and bound.
8. The administration reserve the right to reject the selection process at any time prior to the award of the contract, without showing any reason thereby, keeping the



greater interest of the in-door patients in mind, the contractor of the selected/awarded agency may also be terminated by the hospital administration, if prescribed quality standard are not adhere to. However, hospital administration is not bound to show any reason for cancelled of the bidding process or termination of contract.

9. The bidder is expected to examine all instruction, forms, terms, specifications and other information in the bid/tender documents. Failure to furnish all information required for bidding or to submit the bid may be consider for rejection.

Eligible criteria:

10. The bidder should have a registered/operating office in the district/state.
11. The agency must be registered body under appropriate law of the state or central Govt and having the documentary evidence in this regard.
12. In case effective women SHGs the hospital administration is free to take suitable decision and may consider relaxation in the overall eligible criteria.
13. The bidder has to produce an up to date food license certificate from the concerned authority.

Number of Bids:

14. The bidder can apply only one bid in this tendering / bidding process.
15. In case single bidder submits multiple bids, either single or in collaboration, all bids, except one that is most suitable as per the decision of the diet advisory committee would be liable for rejection.

Bid validity:

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

Tenure of contract:

17. The selected agency/group would sign a contract with the administration. The period of the contract would be initially for 12 months and can be extended for the same period based on the satisfactory performance of the supplier/ outsourced agency. The performance of the agency must be certified by the management of the health institution before extending or renewing the contract period. During extending or renewing the contract period, the management may think of revising the condition of the contract as per its suitable without affecting the basic objection.

Payment schedule:

18. The agency would be paid once based on the case load and number of meals supplied. The number of diet prepared during lunch would be consider as the benchmark for calculation of number of patients/days or any such norms that is suggested and agreed open mutually by the hospital administration and the outsource agency/ bidder.

*Answer*

19. Hereby, it is mandatory for the health institution to pay the dues to the agency within the first 7 working days of each month, subject to best on the submitted bills in the prescribe format. The hospital administration would verify the bills, other supporting documents and do the needful for payment of the dues within 10 working days of submission of bills and supporting documents.
20. The payment will be made as per the above guideline subject to allotment of funds.
21. The payment will be made regularly as per the above guideline subject to allotment of funds, if allotment not received from Govt the bidder will not force to the authority for payment of diet bill in each month from other account as loan basis, it is sole responsibility of the bidder to supply diet to the hospital uninterrupted in respect of not received payment.

Tender fee:

22. All bidder are required to pay Rs.500/- (five hundred) only towards tender fees in the form of demand draft drawn in favor of the SDSSS, Nilgiri. The tender fees is non refundable and cannot be claimed by the tendering agency/group.

Performance Bank Guarantee:

23. The agency after selection has to be deposit security money in shape of bank guarantee or STDR/Fixed deposit receipt duly pledged in favour of the Superintended, SDH, Nilgiri amounting to Rs.10000/- (Rupees ten thousand) only. The bank guarantee would remain valid initially till the end of the initial contract period or if the contract get extend.

Last date of submission of Bid:

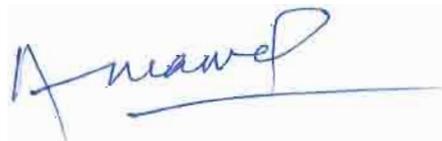
24. The bid would be submitted in an appropriate form in a seal envelope on or before dt-15.02.19 at- 4.00 PM through Regd. Post / Speed post only duly super scribe at the top "Tender for Supply of Diet (cook food) for SDH, Nilgiri for 2019-20". The bid receipt after the due date would not accept and libel for rejection.

Bid withdrawal:

25. After the submission of the bid, if so wished by the bidder, She /He may withdrawn the bid with a payment of non refundable amount of Rs.500/- (Rupees five hundred) only towards withdrawal preceding fees. The bid may be withdrawn before date-18.02.19 at 10.30am.

Right to accept or Reject the bid:

26. 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.



Opening of bids:

27. The bids would be open on the specified date & time & venue in presence of the diet committee and in presence of the bidders. The bidders would be request to attend the bid opening and all presents bidders shall put their signature on the bid as an evidencing of their attendance.

Bid Evaluation Criteria:

28. The proposal shall be evaluated in two stages i.e. technical evaluation and financial evaluation.
29. Those applicants who shall qualify in the technical evaluation shall be eligible for participation in Financial Proposal Opening.
30. The bids would be evaluated on cost, quality i.e. the cost quoted by the bidder for each category of diet to be supplied to the patient in the hospital. The lowest quoted eligible bidder having will all valid documents and fulfilled all the tender criteria adhering to the specified quality would be award the contract. In case of single tender the committee is the competent authority to accept and approved the single bidder.

Disqualification:

The administration of the hospital reserves under its sole discretion to disqualify any bid documents if following documents have not submitted by the bidders.

- a. Demand draft of Rs.500/- towards tender fees.
- b. The valid GST Regd. Certificate with GST returns copy of last 3 months.
- c. Valid Regd. Certificate from appropriate authority of Govt. (firm/NGO/SHGs/organization).
- d. Food license issue by the competent authority in form –C.
- e. Copy of Pan Card.
- f. Copy of tender conditions and schedules, duly signed by the tender on each page and index with page marking.

Address for submission of Bid:

The bid should be address to the following:-  
Superintendent, SDH, Nilgiri,  
At/PO- Nilgiri, Dist- Balasore PIN-756040.

General information of Bidder:

31. The successful bidder (also referred here as the agency or outsourced agency) would operate from the campus of the concerned health institution and required basis



infrastructure would be provided by the health institution to facilitates the smooth operation of the agency.

32. The agency would abide by the cost and quality norms/standard as mentioned in the bid, diet guidelines and communicated to them from time to time by the concerned health institution.
33. The agency would recruit required no of staff for cooking and serving so that diet can be supplied to the indoor patients in time.
34. The maintenance of kitchens of equipments would be the responsibility of the agency and the agency should ensure that proper care is taken in this regard.
35. The agency would prepare and supply diet adhering to the quality norms specified by the health institution. The agency should also prepare different type of diet as per the indent placed by the health institution keeping in mind the diet requirement of different category patients.
36. The agency would be responsible for procurement of different items require for preparing diet and storing it properly. The health institution would not be responsible for any loss of procured items.
37. Perishable items would be supply/procured on daily basis and for that supplier/suppliers would be identified jointly by the designated person of the health institution and the outsource agency.
38. The health institution would have the right to monitor the quality of items purchased and used in the diet preparation process.
39. The agency would managed kitchen waste in a scientific manner with due consultation with the concerned hospital administration, as per BMW guideline.
40. At any point of time that is during procurement of raw materials, processing, preparation of diet, serving the diet to the patients and cleaning the utensils/instruments in a hygienic way the dietician and /or any person from the health institution can visit and interact with concerned person. The agency should not have any restriction to this rather the agency would facilitate such process to improve the service quality.
41. The agency would prepare and up to date the account details and maintenance 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 insured cost. The documents to be prepared should be supplied by the health institution before hand and mentioned by the agency on daily basis. The financial and non financial documents would be subject to audit.
42. The behavior of the severing staff of the agency toward the patient should be conducive and disciplinary action would be taken by the hospital administration, in consolation with the concerned agency, against the person/violating the behavioral norm.
43. The agency would be responsible to make ultra native arrangement in cases of situation such as staff strike, local strike (Banda/Haratal) etc, ensuing that the patients get diet in the appropriate time.
44. The agency would abide by different Govt notification, circulars, written instructions etc, published from time to time with regard to be subject. In case of requirement,

*Anand*

- the hospital administration would provide required clarity to the agency on the related notification, circular etc.
45. For any grievance, the agency would approach to the Superintendent, SDH, Nilgiri and appraise them the written about the problem. It is the responsibility of the health institution to comply with the grievance and solve it within a maximum one month time and decision should be communicated to the agency in the written form.
  46. Any dispute arising in the process of managing of 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 otherwise the decision of the chairman of diet committee.
  47. The hospital administration reserves right to cancelled or renew the contract of the outsourced agency with prior notification of 30 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. In such cases L2 bidder will be engaged with due approval of the diet tender committee.
  48. The outsourced agency would ensure that the recruited staffs attend their duty with clean dress and keeping them neat and clean while on duty free from any contagion & communicable disease.
  49. The bidder will provide diet to the indoor patients as per schedule at their side.
    1. Breakfast- between 7.30 AM to 8.30 AM
    2. Lunch- between 1.00 PM to 2.00 PM
    3. Dinner- between 8.00 PM to 9.00 PM
  50. The agency empanelled and assigned with the responsibility of preparation & supply of diet would adhere quality standard under specific diet category (Liquid diet semisolid diet, as per requirement of the patient and indent placed in this regard by the dietician/hospital management.
  51. The kitchen should have LPG connection for diet preparation with provision of LPG cylinders by the contractor.
  52. As far as possible, coke and wood will be avoided for cooking except under emergency condition.

*Arunap*  
*1/2/13*  
**Superintendent  
Sub Divisional Hospital,  
Nilgiri**

**Standard format of Technical Proposal –COOK Diet**

Sl. No.	Particulars	Details
1.	Name and Address of the Bidder	
2.	Constitution of the Applicant: A) Registered Company B) Society / Partnership Firm / others	
3.	Registration Certificate (Firm/NGO/Organization/SHGs)	
4.	Address of Registration/Operating Office	
5.	Valid Food License	(also Furnish Photocopy of Food License)
6.	PAN no	(also Furnish Photocopy of PAN)
7.	GST NO.	(also furnish Photocopy of GST Registration Certificate)
8.	Name, Designation, contact No. and address of the contact person/ Local Representative	
9.	Whether all documents submitted signed by the authorized signatory of the firm/agency/NGO/Others ( Yes/ No)	
10.	Any other details the applicant would like to furnish (Example: Awards & Accreditations)	

Date:

Place:

Authorized Signatory with Stamp



### Financial Bid Form

Sl.No	Diet Type	Cost of diet per patient per day approved by Govt of Odisha	Cost per Meal			Cost per patient per day (A+B+C)
			Breakfast (A)	Lunch (B)	Dinner (C,)	
1	Geneal Diet	Rs.50/-				
2	Paediatric Diet	Rs.50/-				
3	Diet for TB Patient	Rs.60/-				
4	Diet for Diarrhea Patient	Rs.50/-				
Average cost per meal above 4 types/day						

Signature  
(Name & Address of the Bidder/Applicant  
date/Place)

*A. Anand*  
1/2/19

Diet Menu Chart

Office of the Superintendent, SDH, Nilgiri, Balasore  
 Diet Menu of SDH, Nilgiri for the year 2019-20  
 For Diarrhea Patient @ 50/ Per day/ Per patient

Day	Breakfast	Lunch	Dinner
Sun day	Sago Khir & fruit(sago- 50 gm, Milk-100 ml, Sugar-30 gm & banana 1 )	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Monday	Sago Khir & fruit(sago- 50 gm, Milk-100 ml, Sugar-30 gm & banana 1 )	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Tuesday	Chuda Khir & Fruit (Chuda-50gm, Milk-100 ml, Sugar-30 gm & banana-1)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Wednesday	Chuda Khir & Fruit (Chuda-50gm, Milk-100 ml, Sugar-30 gm & banana-1)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Thursday	Sago Khir & fruit(sago- 50 gm, Milk-100 ml, Sugar-30 gm & banana 1 )	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Friday	Chuda Khir & Fruit (Chuda-50gm, Milk-100 ml, Sugar-30 gm & banana-1)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)
Saturday	Sago Khir & fruit(sago- 50 gm, Milk-100 ml, Sugar-30 gm & banana 1 )	Khichidi, Alu Bharta (Rice-80 gm, Mung dal-20 gm, sugar 10 gm, Potato 100 gms)	Khichidi, Alu Bharta (Rice-80 gm, Mung dal- 20 gm, sugar 10 gm, Potato 100 gms)

Note:- The diet menu is suggestive & may change as per the availability of the proposed items. The concerned dietician/medical Officer would be the final authority to take appropriate decision on the menu without compromising the quality

*Ammar*  
 1/2/19

Diet Menu Chart

Office of the Superintendent, SDH, Nilgiri, Balasore  
 Diet Menu of SDH, Nilgiri for the year 2019-20  
 For Adult Male/Female @ 50/ Per day/ Per patient

Day	Breakfast	Lunch	Dinner
Sun day	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	<b>Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry</b> (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm), leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Monday	Uppama, Mator Curry (suji-100ml, semia-50gm, , potato-50gm, oil-10gm)	<b>Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry</b> (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm), leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Tuesday	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	<b>Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry</b> (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm), leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Wednesday	Chuda santula & mator Curry (chuda 100 gm, mator 20gm, potato-20gm)	<b>Cooked rice/Roti, dalama, Egg potato curry</b> (Rice-150gm/atta 100gm, (H.dal-30gm, Potato-50gm, Mixed vegetable-50gm,) egg-1, potato 50gm oil-20 gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Thursday	Uppama, Mator Curry (suji-100gm, semia-50gm, , potato-50gm, oil-10gm)	<b>Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry</b> (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm), leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Friday	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	<b>Cooked rice/Roti, dalama, fish potato curry</b> (Rice-150gm/atta 100gm (H.dal-30gm, Potato-50gm Mixed vegetable-50gm), fish 50gm potato50gm, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Saturday	Chuda santula & mator Curry (chuda 100 gm, mator 20gm, potato-20gm)	<b>Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry</b> (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm), leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm

Note:- The diet menu is suggestive & may change as per the availability of the proposed items. The concerned dietician/medical Officer would be the final authority to take appropriate decision on the menu without compromising the quality

*Amended*  
 12/19

Diet Menu Chart

Office of the Superintendent, SDH, Nilgiri, Balasore  
 Diet Menu of SDH, Nilgiri for the year 2019-20  
 For Paediatric @ 50/ Per day/ Per patient

Day	Breakfast	Lunch	Dinner
Sun day	Apple 1 (one) & Bread-100gm, Milk-50 ml	Cooked rice-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Monday	Apple 1 (one) & Bread-100gm, Milk-50 ml	Cooked rice-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Tuesday	Suji Khir (suji-50gm, Sugar-15 gm Milk-50 ml) Orange 1(one)	Cooked rice-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Wednesday	Apple 1 (one) & Bread-100gm Milk-50 ml	Cooked rice-50, dalama,(Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Egg potato curry ( egg-1, potato 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Thursday	Apple 1 (one) & Bread-100gm Milk-50 ml	Cooked rice-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Friday	Suji Khir (suji-50gm, Sugar-15 gm Milk-50 ml) Orange 1(one)	Cooked rice-50, dalama,(Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Egg potato curry ( egg-1, potato 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm
Saturday	Apple 1 (one) & Bread-100gm Milk-50 ml	Cooked rice-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable-50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm	Cooked rice/Roti-50gm dalama, (Dal.20gm,Potato-30gm, Mixed vegetable- 50gm,) Veg potato fry(Veg-50gm,Potato- 30gm) oil-20 gm

Note:- The diet menu is suggestive & may change as per the availability of the proposed items. The concerned dietician/medical Officer would be the final authority to take appropriate decision on the menu without compromising the quality

*R. Manoj*  
12/19

## Diet Menu Chart

Office of the Superintendent, SDH, Nilgiri, Balasore  
Diet Menu of SDH, Nilgiri for the year 2019-20  
For T. B. Patient @ 60/ Per day/ Per patient

Day	Breakfast	Lunch	Dinner
Sun day	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	Cooked rice/Roti, dalama, Egg potato curry (Rice-150gm/atta 100gm, (H.dal-30gm, Potato-50gm, Mixed vegetable-50gm,) egg-1, potato 50gm oil-20 gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Monday	Uppama, Mator Curry (suji-100 gm, semia-50gm, , potato-50gm, oil-10gm)	Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm),leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Tuesday	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm),leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Wednesday	Chuda santula & mator Curry (chuda 100 gm, mator 20gm, potato-20gm)	Cooked rice/Roti, dalama, Egg potato curry (Rice-150gm/atta 100gm, (H.dal-30gm, Potato-50gm, Mixed vegetable-50gm,) egg-1, potato 50gm oil-20 gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Thursday	Uppama, Mator Curry (suji-100gm, semia-50gm, , potato-50gm, oil-10gm)	Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm),leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Friday	Suji Khir (suji-100gm, Sugar-20 gm Milk-100 ml)	Cooked rice/Roti, dalama, fish potato curry (Rice-150gm, /atta 100gm (H.dal-30gm, Potato-50gm Mixed vegetable-50gm), fish 50gm potato 50gm, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm
Saturday	Chuda santula & mator Curry (chuda 100 gm, mator 20gm, potato-20gm)	Cooked rice/Roti, dalama, leafy veg fry/ other Veg curry (Rice-150gm/atta 100gm, (H.dal-30 gm, Potato-50gm Mixed vegetable-50gm),leafy veg fry/ other Veg 100gms, Oil 20gm	Cooked rice/Roti, vegetable curry & veg fry/bharta (Rice-150gm/atta 100gm, Mixed vegetable-50gm, oil-20gm

Note:- The diet menu is suggestive & may change as per the availability of the proposed items. The concerned dietician/medical Officer would be the final authority to take appropriate decision on the menu without compromising the quality

*A. M. M. S.*  
11/2/15