

**Tender Paper**

**RAJENDRA INSTITUTE OF MEDICAL SCIENCE  
RANCHI**

Tender Notice No. RIMS/Kitchen Store(8)/..... dated 24.09.2016

**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

**jkthnz vk; foKku I lFku**

(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)/.....Dated .....

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

Sealed offers 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 06.10.2016 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 final/ redified tender documents after pre bid discussion meeting.	From 14.10.2016 to 08.11.2016 in the office time (except govt. Holidays) on payment of non-refundable Rs. 5000/- in cash to RIMS Cashier or if they want to bid by downloaded tender document then they have to enclose separate D.D of Rs.5000/-as tender paper cost in the name of Director , RIMS, Ranchi
3.	Last date of bid submission	On 09.11.2016 at 04:30 P.M
4.	Opening of technical bid	On 10.11.2016 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 & queries of purchase committee.

For qualification terms & conditions you may visit RIMS website : [www.rimsranchi.org](http://www.rimsranchi.org) from 29.09.2016. The intended bidders may go through the sample tender paper for participating pre bid meeting. Final tender Paper will be uploaded RIMS website on 14-10-2016.

Sd/-  
Director  
Rajendra Institute of Medical Sciences,  
Ranchi

Memo No. .... RIMS/Ranchi, dated.....

Copy To:- The member of kitchen committee – Medical Superintendent/ Dean/ HOD- Pathology/ Medicine/ Surgery/ Obst & Gynae/ Dy. Director(Administration ) /Dy. Superintendent / A/C Officer for information & needful. You are requested to go through the sample tender paper and attend the pre bid discussion meeting for rectification finalization of tender terms & diet.

Copy to: Medical Officer (Store ) /Office Superintendent / Director Cell/ Accountant ,/Chief Cashier, RIMS, Ranchi for information.

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 :** Bidder shall indicate the price of bid as per admitted patient per day subject to maximum ceiling of Rs.100 (Rupees one hundred) which shall be inclusive of all government applicable taxes and labour laws liabilities such as bidders employees wages, EPF, ESIC etc. towards employees hired by bidder for diet service including supply of raw material, cooking, wrapping and distribution of food upto bed side of all admitted patients. The bid price may be revised and increased by 10 % each year subject to satisfactory performance of bidder in previous year.

**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) The bidder may download the tender documents directly from the website but required to submit the tender cost of Rs. 5,000.00 (Five Thousand) only (Non refundable) by way of separate demand draft drawn in favor of Director, Rajendra Institute of medical Sciences, Ranchi – 834009 and the same should essentially be enclosed along with the technical bid. The bidders shall specifically super scribe (DOWNLOADED FROM THE WEBSITE) on the top left corner of the outer envelope containing technical bid and financial bid in separate envelopes but both put inside outer envelope. In no case, the tender cost fee should be mixed with EMD amount. The tenderer not following the above procedure will be summarily rejected.
- 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 negligence in the contract works.
5. The tenderer should have been in business in hospital more than 200 bedded for a period of at least for 2 years in the country in relation to the dietary services for which the tender are submitted. The vendor on a non-judicial stamp paper shall give a declaration to the effect and also the documentary evidence i.e. certificate issued by the consumer party regarding above experience must be enclosed with tender paper.
  6. The vendor is required to submit performance report from other similar organizations where it is registered for dietary services. Then firm should also submit list of organization where it is running its service in the last two years.
  7. Surprise visit to the premises where it is running the dietary services, by the representatives of the institute shall be made to assess vendor capacity and standing.
  8. Experience in working with central / state agencies in implementation of similar projects.
  9. Vendor should submit statement of financial standing from an authorized bank. The name of the bank / firm along with full address should be furnished.
  10. **PERIOD OF VALIDITY OF BIDS :**  
Bids shall remain valid for a period of two years from the date of signing the contract.
  11. **RIMS, Ranchi 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 RIMS, Ranchi's action.
  12. **SIGNING OF CONTRACT :**
    - i) At the same time as the Purchaser (RIMS, Ranchi) 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.
  13. **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.

**14. CONTRACT AMENDMENTS :**

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

**15. TERMINATION FOR CONVENIENCE:**

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.

**16. RESOLUTION OF DISPUTES:**

- i) In case of a dispute or difference between the Purchaser and the Bidder 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.

**17. 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 ( 2 years ).
- 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.

OR if the bidder is not registered in Jharkhand (JVAT) then they have to give a notary affidavit that " we conform that we shall get registered with Jharkhand JAVT after receiving the work order and well before raising the bill for payment.

- x) Copy of EPF / PF registration certificate.
- xi) Copy of ESIC registration certificate.

## **18. PROCESS TO BE UNDERTAKEN BY THE VENDOR FOR DIETARY SERVICE**

1. Time schedule & Menu planning, preparation and cooking of the normal diet, Therapeutic diet and Enteral feeds in hospital (RIMS, Ranchi) kitchen as per the instructions of the Dietary In-charge. The preparation of various diets will be under direct supervision of the Institute's dietician.
2. All type of nutritional supplements (for all types of patients including RT feed) shall be provided by the contractor.
3. The vendor shall be responsible for procurement of all the raw food materials (only from laboratory tested reputed firms such as FSSI and AGMARK marked where ever possible).
4. It will be the responsibility of the vendor for transportation of the prepared diet to the patient according to specific requirement, in a covered trolley / already prearranged trays under hygienic conditions.
5. Acrylic plates & crockery should be used for indoor patient and disposable crockery as and when required.
6. Contractor will be responsible for collection, washing and cleaning with safe & standard quality of cleaning material, of the serving trays / utensil/ bottles etc (in case of non-disposable).
7. The vendor will be responsible for safe disposal of the left-over food/ vegetable peels/ and other kitchen garbage as per the prevailing norms of the Ranchi Municipal Corporation.
8. The vendor shall be responsible for providing food to patients in emergency as per instructions of dietary in-charge at times other than specified timings in the diet schedule including night (example when patients goes for some test or investigations).
9. The vendor will be responsible for entire cleanliness of kitchen and hygiene of staff deployed by the vendor.
10. If disposables are used in any step of dietary service, they should be disposed off, as per RIMS, Ranchi requirement from time to time.
11. Only LPG or Electricity will be used for cooking. No Coal, wood or any other fossil fuel shall be used as fuel for cooking of food, heating of food etc.
12. The vendor will need to have a meeting with Kitchen Committee &/or In-charge of Dietary Department, RIMS, Ranchi once in a month/on call to review the services.
13. Quantity & quality of feeding material before cooking should be approved by the kitchen dietician or kitchen committee.
14. Payment from RIMS will not be done without being certified by the kitchen dietician/kitchen in-charge.

## **19. Cleanliness**

The Vendor shall keep the kitchen scrupulously clean and in a sanitary condition to the satisfaction of the Dietary department and administration. The vendor shall not damage 'the said kitchen and the equipments provided to them by the Institute' or allow the above mentioned to be damaged. In case of damage to any equipments /

machinery provided by RIMS, Ranchi, the vendor shall be responsible for repair / replacement. It shall be the responsibility of the vendor to employ adequate number of cleaners and sweepers and provide them with adequate and necessary equipments/ chemicals for keeping the kitchen scrupulously clean. Anti rodent and pest control measures will also be strictly followed and is responsibility of the vendor. Gutkha, Panmasala, tobacco, alcohol & smoking is strictly not allowed in Kitchen or other areas of hospital.

## **20. Manpower**

The vendor shall employ adequate number of well trained & educated staff (bearers and cooks) at his own expense for the proper discharge of the responsibility entrusted to him under the Agreement and such employee shall be persons with enough experience. They shall be provided with uniforms, apron, and head cap by the vendor at his own cost and they are to be maintained in neat and tidy condition while on duty & the minimum qualification of Service Boys & Cooks is 10<sup>th</sup> and for Supervisors is 12<sup>th</sup>. No. of staff will be as per requirement for efficient services as per terms and conditions of the contract.

## **21. Medical examination of staff**

The vendor shall employ only those persons in the kitchen who are found to be medically fit. Kitchen employees should be tested for hepatitis B infection and if found positive, would not be allowed to work in the kitchen. All the kitchen staffs should be vaccinated against Hepatitis B. Hospital reserves its rights to examine any of the employees for medical fitness without prior notice. Expenses, if any incurred by the RIMS, Ranchi on medical examination of such employees, shall be borne and paid by the vendor

## **22. Equipments and Maintenance**

Major equipments/machines for the kitchen already procured will be handed over to the vendor against a security of Rs.1,00,000/-(Rs one lakhs) Details of equipment need may be discussed with In-charge Dietary Department. All operational and maintenance aspect of the above equipment will be the responsibility of the vendor. The vendor shall procure and install remaining minor equipments including cooking utensils, crockery, cutlery and serving dishes according to the need to fulfill the menu. All machines must be cleaned every day after use, at regular interval. Preventive maintenance is a must. All operational and maintenance aspect of the equipment will be the responsibility of the vendor.

## **23. Wages to employees and Insurance**

The vendor shall comply the Law applicable to employees working in the kitchen regarding working hours, minimum wages, safety, cleanliness, over time allowances, leave, EPF, ESIC benefits, medical benefits etc. All the legal aspects of the labour law & wages as per labour law shall be complete responsibility of the bidders. The RIMS shall not be responsible for violation of any of above laws. Rather the vendor shall be responsible.

## **24. Security and safety**

The RIMS, Ranchi shall not be held responsible for any loss or damage due to any reasons whatsoever to any type of inventory that may be kept in the said Kitchen store by the vendor. The premises provided to the vendor should only be used for the purpose as mentioned in the contract (i.e. Dietary services for RIMS, Ranchi ). Under no circumstances, should the premises be used for any other purpose, than what has been mentioned in the contract.

## **25. RIMS, MANAGEMENT SHALL HAVE THE RIGHT.**

- (A) To stop the supply of or to destroy any article of food or drinks supplied if found adulterated, contaminated or of unsatisfactory quality.
- (B) To stop the service rendered by the vendor in the Dietary service, which is not of the requisite standard.
- (C) Rajendra Institute of Medical Sciences, Ranchi management shall demand and be supplied with a sample of any article of food or drinks for inspection and analysis when ever required.
- (D) The vendor shall allow the official of the RIMS to enter the kitchen in order to inspect and execute, any Structural additions and alterations or repairs to the said kitchen premises, repairs to electric, water and sanitary installations, which may be found necessary from, time to time. The time and date for this purpose will be fixed with the mutual convenience of both the parties.

## **26. Electricity supply**

Sufficient supply of clean water will be provided by the hospital. Hospital also be responsible for providing electricity up to the point of usage. **However, the vender will not have to pay electricity & water charges.** Switch, sockets, plugs & internal wiring (other than existing) shall have to be done by the contractor on their own cost. RIMS shall not pay for such items.

## **27. Kitchen Monitoring :**

Quality of the food supplied by the agency shall be supervised & monitored by the kitchen dietician & kitchen monitoring committee. .



## **28. 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 two years in hospital / Private / Government of at least 200 beds.
3. The contractor must possess the requisite license 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 License 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 1500 beds and all admitted Patients are to take food from the Hospital.
6.
  - i) The diet shall be supplied by the Contractor to the In-patient as per sample menu mentioned in schedule for Breakfast, Lunch, dinner etc. and special diet as per sample menu & advice of dietician .
  - ii) The contractor shall also arrange to provide specified diet to the patient as and when required.
7. The contractor selected for the supply of diet to patient 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. Rentable electrical appliances will be allowed to used in the kitchen & electricity bill will be borne by RIMS.
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 shall 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.

- iii) Minimum qualification of staffs for supervisor shall be 12<sup>th</sup> class, for service boy ( food distribution ) & cook 10<sup>th</sup> class .
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 RIMS, Ranchi 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 for two year from the date of award subject to continuous satisfactory performance and on failure to this aspect by the contractor, the RIMS, Ranchi reserves the right to terminate the contract on one month prior 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, up to 09.11.2016 on 04:30 P.M. and the tenders will be opened on 12.30 p.m. on 10.11.2016 in the presence of tenderers/their authorized persons, who may choose to be present.
  18. The RIMS, Ranchi authority reserves the right to reject any tender without assigning any reason whatsoever.

## General instruction for diet management

### DIET CHART

Therapeutic diet is adaptation of the normal or regular diet. It is a diet for a patient suffering from a specific disease such as heart failure, hypertension renal failure, diabetes, liver burn etc. Therapeutic diet are given in hospital admitted patient & disease condition.

### PATIENTS' HOSPITAL DIET.

The most common diets that are presented or ordered in hospital situation are-

1. Normal or General diet
2. Liquid diets
  1. Clear liquid diet
  2. Full liquid diet
3. Soft diets & Semisolids diets
4. Enteral & Parenteral Nutrition Feeding.  
Ryles tube feeding/ Oral Liquid  
Jejunostomy feeding  
Gastrostomy feeding  
Formula feeding
5. Pre – Operative / post operative diet – Depending upon the present illness & situation of patient in wound healing high calorie, high protein & high CHO diets are given. Mainly – 2000 to 4000 kcal.

**BURN CASES** : Depending upon the patients condition and degree of burn 1<sup>st</sup> degree, 2<sup>nd</sup> degree & 3<sup>rd</sup> degree burn . Calorie requirement – 3000 to 4000 Kcal / day

Protein – 2.5 to 3.0 gm / kg / ideal body wt

Fat – Fats are given in essential fatty acid & MCT form.

**CANCER CASES** - A high energy diet is helpful in inhibiting the side effects of chemotherapy and cancer cachexia . Calorie– 2000 to 3000 kcal / day

Protein – 100 – 150 gm protein / day

**HEART DISEASE** :- Depending upon the patient condition 1000 to 2000 Kcal diets are given . Patients age wt.& height & disease condition calorie is increases and decreases

Protein – 0.8 to 1 gm / kg ideal body weight is given in hypertensive patient low salt diet & low cholesterol diet are given.

**DIABETES** – Depending on the patients condition Age, wt., Sex, height are in patient to the management of calorie 1600 kcal to 2500 kcal to given depending upon the physical activity and life style-

Protein :-1 gm / kg / ideal body wt is given protein requirement used depending upon the disease condition.

**PEPTIC ULCER** - In ulcer patient diets are given in plain and not in chemically & thermally in nature Plain and soft diet are given vegetables and fruits are given in tender.

High calorie diets are given for healing of ulcer patient (15 to 20 % extra protein given as per RDA).

**HEPATIC DIET** - Depending upon the liver disease & condition high protein & low protein diets are given. High calorie & Low calorie diets are given.

**HEPATITIS DIET** - Calorie 3000 and above CARBOHYD – CHO – 300 – 400 gm.

Protein - 1.5 – 2gm / kg ideal body weight

**CIRRHOSIS** – 2000 – 3000 Kcal energy 300 – 400gm CHO

HEPATIC – Moderate protein – 0.8 – 1g/kg / ideal body wt.

– Calorie – 1800

ENCEPHALOPATHY - CHO – 450

Protein – 0.5 gm / kg (20-40gm)

**RENAL DISEASE** - Depending upon the disease condition ARF & CRF Patient energy – 2000 to 2500 Kcal / day, 30-40 Kcal / Kg / Ideal body wt adult & 100-150 Kcal / kg / ideal body wt. for Children and

**PROTEIN** : - 35 to 40 gm (high biological value protein are given.

**LOW PURINE DIET** :- In case of low purin diet whole pulses / legumes namely rajmah channa, Dal Chana , Lobiya & Lentil Dal will be restricted & cabbage , Cauliflower, Beans , Radish & Spinach will be restricted in the total diet on recommendation basis .

**LOW RESIDUE DIET** :- In case of low residue diet milk , whole cereals wholes pulses will be restricted in the total diet & curds , dehusked dal preferably moong Dal will be served on the recommendation basis .

**LOW CALCIUM & LOW OXALATE DIET** :- In case of low calcium & oxalate diet all green leafy vegetable & citrus fruits like lemon , orange mousami , will be restricted in the total diet on recommendation basis .

**GLUTEN FREE DIET** : In case of restricted to wheat & wheat product the following food item are not to served . wheat Atta, Maida , Bread , Daliya , Wheat atta , Noodles, Maggi , Maida, Macaroni, Spahetth , Suji, Savai , Wheat Atta biscuit , Arrow Root biscuit , barli Rai otts .

Food Included , Mage flour , Rice flour, Chana flour, Black Chana flour will be included making chapatti.

### **SPECIAL DIET**

Lactose intolerance in children & adult'

Celiac disease diet

Ketogenic diet.

The above quote should include all applicable taxes . L1 will be decided on the basis of average price quoted for the general diets .

9li.

### **DIET SCHEDULE (for In-patient)**

#### **GENERAL DIET (D/1)**

- A) BREAKFAST (7:30 AM – 8:30 AM) + Fruits
- b) LUNCH (12:00 Noon – 1:00 PM)
- c) DINNER (7:00 PM – 8:00 PM) + Milk

#### **B. Types of diet**

1. Normal Diet
2. Therapeutic diet
3. Liquid Diet (Enteral feeds (Blenderised and Commercial formula feeds) and oral liquid diet (clear liquid diet, liquid diet)

#### **Commercial formula feeds of all reputed companies ( For Special Condition)**

- a. Normal feeds
- b. Diabetic feeds
- c. Renal feeds
- d. Peptides-semi elemental diet

#### **C. Types of services**

1. Centralized tray service for yhe patients.
2. Bottles for enteral feeds – autoclaved each of capacity of 500 ml.
3. Cling foil for trays cover and chapathi should be wrapped.
4. Tea bags, sachets for jam, salt ,sugar, butter and packed curd.
5. Paper napkins.
6. Disposable compartmental food trays and disposable cutlery, disposable cups/glass will be used.

#### **D. Quality Control**

All raw foods products to be purchased from the reputed Govt, laboratory tested certified agencies. Bread,

Curds (packed) & Milk (3% fat ) toned will be purchased from the reputed company.

### **For Cooked foods:**

1. Management can check these products at any point of time for quality control interms of adulteration, freshness, color, portion control, weight, taste, temperature, appearance and palatability.
2. Standardization of the recipe will be done from time to time in presence of the Dietician.
3. The preparation of menu will be set by the Dietician from time to time as per the season and seasonal fruits and vegetables available from the market.
4. Condiments I – Turmeric Powder, Red Chilli Powder, Dhalia Powder. Condiments II – Methi, Mustard, Zeera, Elaichi, Ceramic Seeds, etc.

### **E. Sanitation and Hygiene**

All kitchen area and store rooms should be kept clean and washed at all given time. All foods and feeds to be prepared hygienically and kept in covered vessels and which is to be distributed at right temperature in clean utensils at specified timings

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 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**

**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



<b>Seven day Sample Menu (Normal Diet)</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Roti 4piec+ Sabji -1 bowl + Milk 250ml Fruits 200gm +boiled Egg-1,	Idly -3 pic + Shamber + Chutney + Milk 250ml + Fruits- 200gm +boiled Egg-1,	Bread + Butter- 4 Pi c+ Milk 250ml ,Fruits 200gm+ boiled Egg-1,	Milk 250 ml,Cornflex- 1 bowl (100 gm) + Fruits-200 gm +boiled Egg-1,	Bread-4 Pic + Milk 250ml + + Fruits 200gm +boiled Egg-1,	Roti 4 Pic + Sabji-1 bowl + Milk 250 ml+ Fruits 200gm +boiled Egg-1,	Idly -3 Pic+ Shamber + Chutney + Milk 200ml + Fruits 200gm +boiled Egg-1,
Lunch	Rice 200 gm , Dal-50 gm , Sabji- 200gm, Curd-100 gm,	Rice-150gm. Dal-50gm, Sabji-200 + Curd- 100gm, Paneer-40gm	Rice-150 gm , Dal-50gm, Sabji-200gm, Curd-100gm, , Egg Curry-2	Rice-150gm. Dal-50gm, Curd-100gm, Paneer-40gm	Rice 150 gm Dal-50 gm , Sabji-200gm Curd-100 gm	Rice-150gm. Dal-50gm, Sabji -200 gm, Curd- 100gm, , Egg Curry 2 pic	Rice-150gm, Dal- 50 gm, Sabji-200gm, Curd-100gm, , Rajmah
Dinner	Roti -4 piece , Dal- 50gm, Sabji-200gm + Soyabari 50gm.	Roti-4 pic,Dal- 50gm (Tadka Moong dal)+, Sabji-200gm,	Roti -4 pic, Dal- 50gm, Sabji-200gm,	Roti -4 pic , Dal-50gm (Moong dal Tadrka, Sabji- 200gm,	Roti -4 pic, Dal- 50gm, Sabji-200gm,	Roti -4 pice , Dal-50gm, Sabji-200gm, Soyabari -50 gm	Roti -4 pice , Dal-50gm, Sabji-200gm
Calori calculation	<b>Monday</b> Energy - 2900 CHO- 450 Protien-120 Fat-45gm	<b>Tuesday</b> Energy 2900 CHO-400 Protien-74, Fat-54gm	<b>Wednesday</b> Energy 2900 CHO-410 Protien-64, Fat-54gm	<b>Thursday</b> Energy 2700 CHO-410 Protien-64, Fat-45gm	<b>Friday</b> Energy 2900 CHO-400 Protien-64, Fat-54gm	<b>Saturday</b> Energy -2750 CHO-440 Protien-118 Fat-54gm	<b>Sunday</b> Energy -2700 CHO-410 Protien-74 Fat-45gm

( Range for Calorie in the meals will be approx. 2700- 3000 Kcal/day)

Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics  
**Heart Patient**

**1400 Kcal**

- 08 .00 A.M - Breakfast – Roti-2 sabji- 1 katori, Curd- 100ml , Salad -1 Plate / Poha -1 bowl / Daliya – 1 bowl / idli -2 Pic/ upma – 1bowl/ Uttapum -1 Pic/Milk- 100 ml/ Fruits-200gm
- 01 .00 P.M – Lunch- Roti- 2/ Rice -1 Bowl , Sabji- 2 Bowl , Dal- 1 Bowl, Salad –1 Plate , Curd- 50ml ,
- 08 .30 P.M- Dinner – Roti- 3 pic, Sabji- 1 bowl , Dal -1 bowl, Salad- 1Plate, Milk 100ml

**Raw Material**

Cereals – 175 gm  
Pulses- 50 gm  
Milk- 350 ml  
Vegetable – 400 gm  
Fruits – 100gm  
Oil/ ghee/ Butter- 15 gm  
Sugar- 10 gm

**Standard Measure**

1 Roti- 25 Gm ( Atta)  
1 Katori – 150ml

**Approx Nutrient Composition**

Calorie – 1422 Calories  
Protein – 60 gm  
CHo-240gm  
Fat-30gm

Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics  
Low Salt and Low Fat Diet  
4gm. ( 1 Tea spoon Salt Per Day)

**Food Avoided**

1. Fry Food items, Puri, Paratha, Samosa, ect.
2. Extra salt , bakre ka mete , egg yolk
3. Salted items, Achar , Paper, baking soda , Chutny .
4. Butter, cream, Cheese , Ghee, Cream with milk .
5. Salted fish , Packed food Canned food items
6. Coldring Junk food , Pija , Bargar, Chowmin

**Food permitted**

1. Panner ( Without cream) – 25 gm
2. Egg White – 1 pic
3. Green vegetable, Salad, Lemon, Carrot, Radish , Onion, Tomato, Cucumber
4. Cereals, Pulses ( Soyabean, Rajmah ), Fruits, Milk ( Without cream) ,
5. Butter milk , Soup , Sattu,

Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics

**1600 Kcal**

- 08 .00 A.M - breakfast – Roti-2, sabji- 1 katori, Curd- 100ml , Salad -1 Plate / Poha -1 bowl / Daliya – 1 bowl / idli -3 Pic/ upma – 1bowl/ Uttapum -2 Pic/Milk- 200 ml/Fruits-200gm
- 01 .00 P.M – Lunch- Roti-3,Rice -1/2 Bowl , Sabji- 2 Bowl , Dal- 1 Bowl, Salad –1 Plate , Curd- 100ml ,
- 08 .30 P.M- Dinner – Roti- 3 pic, Sabji- 1 bowl , Dal -1 bowl, Salad- 1Plate , Milk 200ml ( without cream & Sugar )

**Raw Material**

Cereals – 225 gm  
Pulses-50 gm  
Milk-400 ml  
Vegetable – 350 gm  
Fruits – 100gm  
Oil/ ghee/ Butter- 15 gm  
Sugar- 10 gm  
Egg-40

**Standard Measure**

1 Roti- 25 Gm ( Atta)  
1 Katori – 150ml

**Approx Nutrient Composition**

Calorie – 1625 Calories  
Protien – 62 gm  
CHo-262 gm  
Fats-35gm

Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics  
Diabetic Avoided

**Food Avoided**

1. Fry Food items, Puri, Paratha, Samosa, ect.
2. Extra salt , bakre ka mete , egg yolk, Prawn fish
3. Salted items, Achar , Papad, baking soda , Chutney .
4. Butter, cream, Cheese , Ghee, Cream with milk .
5. Salted fish , Packed food Canned food items
6. Coldrink Junk food , Pija , Bargar, Chowmin
7. Sweets , Sugar, Gur, Honey , Glucose , Jam, Jelly
8. Dry fruits , Kaju , Kismis , Badam , Ground Nut,
9. Fruit juice, Horliks
10. Potato, Sweet Potato , Jhimi kand, Arbi
11. Fruit, Mango, Banana , Grapes Chiku , Litchi

**Food permitted**

1. Panner ( Without cream) – 25 gm
2. Egg White – 1 pic
3. Green vegetable, Salad, Lemon, Carrot, Radish , Onion, Tomato, Cucumber
4. Cereals, Pulses ( Soyabean, Rajmah ), Fruits, Milk ( Without cream) ,
5. Butter milk , Soup , Sattu,

**Following advice**

1. Sugars are not taken in diet .

**Rajendar Institute of Medical Sciences, Ranchi**  
**Department of Dietetics**

2000 Kcal

- 08.30 A.M      –      (Breakfast)– Roti –4/ Idli–4/ Poha–2 Cup/ Utpam–2 Pic/ Upma–2 Bowl /  
SAbji –1 Bowl , Milk 1 cup 200 ml / Curd–100 ml, Salad 1/2 Plate/Fruits-  
250gm
- 01.00 P.M      –      Lunch- Roti- 4/ Rice -3 Bowl , Pulses- -1 bowl/ Sabji- 2 Bowl , panner – 35 gm, Curd-  
100ml ,(Nonveg 3 days in a week)
- 08.30 P.M      –      Dinner – Roti-4 pic, Pulses- 1 bowl Sabji- 2 bowl , Salad- 1 plate, Milk 200ml

Raw Material

Cereals – 350 gm  
Pulses- 75 gm  
Milk- 500 ml (Without cream)  
Vegetable – 100 gm  
Fruits – 200gm  
Sugar- 20 gm  
Paneer -50gm  
Egg-60gm

Approx Nutrient Composition

Calorie – 2025 Calories  
Protien – 82 gm  
C-332  
Fat-30 mg  
Oil/ ghee/ Butter- 15 gm

**RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI**

**FOOD AVOIDED IN JAUNDICE PATIENTS**

Dal ( Cooked & moshed) if abdominal distension fried Food.

Gas forming Vegetables (Cabbage, Turnip, Onion )

Soup & Broth

Spices, Pickles & Chutney

Strong tea & Coffee.

Chocolates, Sweets & Nuts,

Alcohals.

Excessive pepper & Chillies.

Pastries, Peas

Fatty Fish, meat or pork.

Egg, fish meat which are fried in ghee, butter or oil, saag.

**FOOD INCLUDED IN JAUNDICE**

Cereals	–	Wheat or cooked rice & other cereals.
B Fat	–	Ghee , butter & Vanaspati in moderation
Veg	-	Row in the form of salad or well cooked & thin soup of veg. Jubers like potato & gram may be consume.
Fruits	-	Fresh fruit & fruit juice
Beverage	-	Milk
Sweet	-	Sugar, jaggery, honey, jam, syrup
Dessert	-	Custard, Corn flour, pudding, Jellies,
Egg	-	Soft Cooked

Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics

**Diet: Low Protein Low Salt**

**2000 Kcal**

- 08 .00 A.M - Breakfast – Roti-3 sabji- 1 katori, Curd- 100ml / Poha -1 bowl / Daliya – 1 bowl / idli -3  
(without dal ) / upma – 1bowl/ Milk-100ml/Egg white-1 pic/ fruits-100gm
- 01 .00 P.M – Lunch- Roti- 3/ Rice -2 Bowl , Sabji- 2 Bowl , panner – 25 gm, Curd- 100ml ,
- 08 .30 P.M- Dinner – Roti- 3 pic, Sabji- 1 bowl , Kheer -1 bowl , Milk 200ml

**Raw Material**

Cereals – 260 gm  
Pulses- 20 gm  
Milk- 500 ml  
Vegetable – 400 gm  
Fruits – 200gm  
Oil/ ghee/ Butter- 15 gm  
Sugar- 10 gm  
Paneer -35gm

**Approx Nutrient Composition**

Calorie – 2000 Calories  
Protien – 41-42 gm  
Sodium- 230- 240 mg  
K-1400 mg  
Ph-Low

**Standard Measure**

1 Roti- 25 Gm ( Atta)  
1 Katori – 150ml



Rajendra Institute of Medical Sciences, Ranchi  
Department of Dietetics  
Diet Chart

**Food avoided**

1. Extra milk and milk product
2. Extra fish & chicken , egg
3. Dry fruits , Kaju , Kismis , Badam
4. Aanaj , Pulses , Same , Lobiya, matar , Rajma , Channa , Soyabeen,
5. Green leafy vegetable , , Beans , Kakri , Kacha Salad,
6. Fruits, Lemon, Amla, Orange , Mousami , Tomato , Water Melon,
7. Gur, Coffee , Chocolate, Coco powder , Salted Butter, baking soda ,
8. Packed food, Paper , Pop corn, Chips, Achar ,

**Food Selected**

1. Chura , Barli, Sabudana, Ararote ka Atta
2. Perwal , Nenua, jhingi, papita , Kheksa , Karela , Kundri, carrot , kheera, Bhindi, gath Gobi, Muli, kaddu, Patta gobi,
3. Sev , Guava , naspati, papita, annanas , Anar , Angur,
4. Unsalted Butter, Ghee

**Making a vegetable.**

Vegetable are cut small pieces & put in boil water in 10 minutes.  
Wash in fresh water then make it .

## RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI

ADEQUATE ENERGY + LOW FIBRE + MODERATE PROTIEN – 1gm/ Kg IDEAL BODY N +)

### DIET CHART FOR PEPTIC ULCER PATIENT

(2000 – 3000 CAL)

BREAK FAST :-	Roti – 3pcs (90gm) / Bread – 3pcs (90gm) + Butter (10gm) / Upma / Uttapum / Poha / (200gm), Cooked Tender Kaddu Sabji – 1 bowl (100gm) Curd -1bowl (100gm) Boiled egg – 1 pcs (50gm)/ fruits-200gm
LUNCH :-	Soft Rice – 3 Serving (90gm), with cooked Dal – 1 bowl (30gm) Panner Sabji – 1 bowl (35gm), Any Sabji – 1 bowl (100gm), Kheer / Kaddu Raita – 1 bowl (100gm).
DINNER :-	Rooti – 3pcs (90gm), well Cooked Dal 1 bowl (30gm), Sabji – 1 bowl, Soft Casted (Steamed Fish) – 2pcs ( 100gm) Custard / Kheer – 1 bowl (100gm) / Milk-200ml

### Raw Material

Cereals- 300 gm  
Pulses- 100 gm  
Milk- 800gm  
Vegetable-500gm  
Fruits-500gm  
Dabh Water-300gm  
Fish/ Chicken/ Egg –100gm  
Sugar-15gm  
Barley- 100gm

### Approx Nutrient Composition

Calorie – 2000-3000 Calories  
Protein – 120-150gm  
Fat -45-55 gm  
CHo-300-400gm

### **FOOD INCLUDED IN PEPTIC ULCER**

Dairy products like milk, cream butter, mild cheese & eggs (not fried) steamed fish, rice, rice flakes, puffed rice, well cooked cereal semolina.

Ver - Green Leafy Vegetables.

Custards, Malted, drink, cooked pulses.

### **FOOD AVOIDED IN PEPTIC ULCER**

Alcohol, strong tea, coffee, cola,

Beverages, gravies, pickles.

+

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Species, pastries, Cake, Heavy sweets, like Halwa, barfi, raw unripe fruits, Raw vegetables like cucumber, Onions, Raddish, Tomato.

**RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI**

**HIGH ENERGY + HIGH PROTIEN + VITAMIN - C  
DIET CHART FOR BURN PATIENT  
(3398 CAL)**

BREAK FAST :-	White Bread – 4 pcs + Butter 2 tsp + Jam / (Poha / Uppma / UTTAPAM 1 bowl - (200gm) with Bioled egg - 3 pc , Fruit juice/ Fruit 200gm.
LUNCH :-	Khichdi - 1bowl (100gm / Soft Cooked Rice – 3 serving (90gm) / (moong, Arhar, Masoor dal, Rice – 50gm) with 1tsp Ghee (10gm)(100gm) GLV Sabji – 1 bowl with Soyabean Sabji – 1 bowl (100gm), Boiled Sprouts and Soyabean Chart – 1bowl (100gm) Curd – 1bowl (100gm) / Butter milk – 1glass (100ml).
DINNER :-	Egg Soup/ Veg. Soup – 1 bowl + Butter Roti – 3pcs / Pratha – 2pcs (90gm), Panner Sabji – 1 bowl – (35gm), Green Veg. – 1 bowl (100gm), Dal – 1 bowl (30gm). + Milk – 1 glass with resources high protein/ Horlicks (2tsp).

**Raw Material**

Cereals- 310 gm  
Pulses- 80 gm  
Vegetable-450gm  
Fruits-500gm  
Oil/ Butter/ Ghee-10gm  
Sugar-15gm  
Paneer-35gm  
Chicken/Fish/Egg-100

**Approx Nutrient Composition**

Calories – 3398 Kcal  
CHo-400-450gm

## RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI

### DIET CHART FOR CANCER PATIENT

(3000 – 4000 CAL)

BREAK FAST :-	Rooti – 3 pcs(90 gm)/ Uppma / UTTAPAN / - (200gm) GLV Sabji – 1 bowl/ Any Veg Sabji- 1 bowl (100gm) Curd – 1 bowl (100 gm) Boiled egg – 2pcs (100gm) + Sprouts Moongchart – 1 plate / Fruit juice / Fruit (200gm) Chart – 200 ) 1 bowl).
LUNCH :-	Rice – 3 serving (100gm / Rooti – 4 pcs, Mix Dal – 1 cup (30gm), Any Veg – 1 bowl ( 100gm)] Curd – 1 bowl (100 gm), Salad ( Cucumber, Onion, Tomoto) – 1 Plate (100gm), Paneer – 25 gm.
DINNER :-	Vegetable Soup – 1 bowl / Egg Soup – 1bowl ( 100gm) with Marie Biscet ( 2pcs) / Bread + butter – 2 slice +Roti – 3pcs (75gm), Any Veg Sabji – 1 bowl – (100gm)+ Egg Curry 2pic.+ Milk – 200 ml.

### Raw Material

Cereals- 320 gm  
Pulses- 80 gm  
Milk- 1000gm  
Vegetable-600gm  
Fruits-800gm  
Oil/ Butter/ Ghee-20gm  
Sugar-20gm  
Paneer-50gm  
Chicken/Fish/Egg-150

### Approx Nutrient Composition

Energy – 3000-4000 Calories  
Protein –120gm-150gm  
Fat -67-70 gm  
CHo-200-300gm

**RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI**

LIQUID DIET Protein- (40gm)  
(1600 CAL) (1.6 lit)  
Clear Liquid

06.00 am:-	Dabh Water – 1 glass.
08.00 am :-	Strained Fruit Juice – 1 glass
10.00am :-	Lemon Water – 1 glass
12.00am :-	Dav Water – 1 glass, Butter – 2 tsp
02.00pm :-	Whey Water – 1 glass
04.00pm :-	Rice Water – 1 glass
06.00pm :-	Clear Soup – 1 bowl, Butter 1 tsp (50gm)
08.00pm :-	Glucose Water – 1 glass
10.00pm :-	Barley Water / Milk – 1 glass.
WITH REFRENCE TO :-	'B' ShriLakshmi Shivengni Joshi C. Gopalan Ignou( (CLINICAL NUTRITION DIETITCS)

**Raw Material**

Dobh Water – 500 gm  
Fruit- 500 gm  
Milk- 250gm  
Dal-25 gm  
Sugar Cane Juice -500gm  
Rice-200gm  
Cornflax –50gm  
Glucose- 50gm  
Barley- 100gm

**Approx Nutrient Composition**

Calorie – 1600 Calories  
Protein – 40 gm  
Fat -30 gm  
CHo-240gm  
Feed-1.6 lit

## RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI

### Liquid + SEMI – SOLID FULL FLUID DIET (1600 – 1800 CAL)

EARLY MORNING :-	Milk -1 glass with Marie Biscuit.2 – 3 pcs .
BREAK FAST :-	Soft Chapatias – 2pcs / Bread – 3pcs (90gm) Boiled egg – 1 pcs (50gm) Jam – 2 tsp (10gm) Fruit Juice – 1 glass (200ml).
MID MORNING :-	Butter Milk – 1 glass / Soup -2 bowl/ Fruit-100gm
LUNCH :-	Soft Cooked Rice – 2 Serving (90gm), Dal – 1 cup (30gm) Panner Sabji – 1 bowl (35gm), Soft cooked veg – 1 bowl (100gm), Curd– 1 bowl (100gm).
EVENING :-	Coconut Water – 1 glass / Dray Water – 1 glass (200ml) Kheer – 1 bowl (100gm)./ Chenna - (25gm)
06.00PM :-	Vegetable Soup – 1 bowl (100gm)
07.00PM :-	Tea – 1 cup
DINNER :-	Soft Chapatias – 3 pcs (90gm) Tender Cooked Chicken – 2 pcs (100gm) (Green leafy Veg) GLV Sabji – 1 bowl (100gm) Salad – 1 plate (100gm)
BED TIME :-	Milk – 1glass (200ml)
NOTE :-	(Non Veg week in 2days (Chicken / fish / Egg ),
WITH REFERENCE TO :-	'B' ShriLakshmi Shivengni Joshi C. Gopalan Ignou( (CLINICAL NUTRITION DIETITCS)

### Raw Material

Cereals- 240 gm  
Pulses- 60 gm  
Milk- 500gm  
Vegetable-500gm  
Fruits-500gm  
Oil/ Butter/ Ghee-15gm Sugar-10gm

Depending upon the patients condition, liquid + semi solid diets are given.

### Approx Nutrient Composition

Calorie – 1600-1800 Calories  
Protein – 60-75gm  
Fat -30-40 gm  
CHo-200-300gm

**RAJENDRA INSTITUTE OF MEDICAL SCIENCES, RANCHI**

**LIQUID DIET CHART FOR HEPATIC COMA PATIENT**

(1600 – 2000 CAL)

06.00 am:-	Fruit Juice – 1 glass.
08.00 am :-	Mix Veg Soup – 1 bowl
10.00am :-	Plup of (Lemon juice ) with Honey – 2 tsp
12.00am :-	Barley Water with 2 tsp Suger..
02.00pm :-	Fruit Juice – 1 glass
04.00pm :-	Suger Can Juice – 1 glass
06.00pm :-	Butter Milk / Glucose Water – 1 glass
08.00pm :-	Veg Soup – 1 bowl.
10.00pm :-	Milk – 1 glass / Butter Milk – 1 glass
WITH REFRENCE TO :-	'B' ShriLakshmi Shivengni Joshi C. Gopalan Ignou( (CLINICAL NUTRITION DIETITCS)

**Raw Material**

Fruits – 100 gm  
Vegetable-500 gm  
Honey- 10gm  
Barley- 50 gm  
Sugar Cane Juice -500gm  
Curd- 500gm  
Glucose – 100gm  
Starch Powder- 50gm  
Milk- 250gm

**Approx Nutrient Composition**

Calorie – 1800 Calories  
Protien – 90 gm  
Fat -30 gm  
CHo-250gm



# 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: \_\_\_\_\_

## Documents to be provided with the Technical Bid

Copy of the following documents:

S/N	Documents	
1	Copies of Income Tax returns for the latest Three Assessment Years.	
2	Copy of Food Trade license essential for carrying out the activities under the contract.	
3	Copy of the PAN CARD	
4	Constitution of Catering Agency Individual/sole proprietorship/partnership firm/Company	
5	Copy of Registration under Service Tax	
6	Details of experience with documentary, evidence	
7	A copy of Registration Certificate under Contract Labour (R & A) Act issued by labour department	
8	Balance sheet (Certified) for the last three years	
9	JVAT registration certificate	
10	JVAT clearance certificate valid at the time of bid opening. <b>OR</b> if the bidder is not registered in Jharkhand (JVAT) then they have to give a notary affidavit that " we conform that we shall get registered with Jharkhand JAVT after receiving the work order and well before raising the bill for payment	
11	Copy of EPF / PF registration certificate	
12	Copy of ESIC registration certificate	
13	Undertaking of No case pending against proprietor/firm/partner/company. Indicate any convictions against the company/firm/partner. Also submit that proprietor/firm/company has never been blacklisted by any organization.	
14.	Details of the DD/Pay order of Rs. 2,00,000 towards bid security (EMD) DD No. Date: Payable at:	

Tender Enquiry No:-863 dated 17/02/16  
Tender Dietary services in RIMS, Ranchi

FINANCIAL BID

(In sealed cover-II super scribed "Financial Bid)

To,  
The Director, ,  
Rajendra Institute of Medical Sciences,  
Ranchi.

Dear Sir,

Our Quote rate for dietary services in 1500 bedded hospital of RIMS, Ranchi is as follows (amount in rupees):

diet	Berakfast (Morning) 7:30 AM to 8: 30 AM	Lunch (Noon) 12:00 PM to 1: PM	Dinner (Night) 7:30 PM to 8:30 PM

Note:-

1. The above quote rates excluded all applicable taxes. L1 will be decided on the basis of average price quoted .
2. The Maximum limit for quoting the rates per patient per day diet (i.e. diet for 24 hours ) must be under Rs. 100/ per patients per day. The offer rate above Rs. 100/-per patient per day will be directly rejected .

Declaration by the bidder:

1. This is to certify that I/ We before signing this tender have read fully understood all the terms and conditions contained in Tender document regarding terms & condition of the contract , rules regarding daily functioning of the mess with penal clauses. I/ we agree to abide them.
2. No other charges would be payable by client and there would be no increases in rates during the contract period.
3. Payment will be made on every monthly basis after job competition.

(Signature of Bidder with seal)

Name :

Address:

Place: .....

Date:.....

Sign of issuing Authority  
Sd/-  
Director  
Rajendra Institute of Medical Sciences,  
Ranchi