

# HOSPITAL DIET ANNEXURE

## GENERAL INSTRUCTIONS FOR PATIENT DIET MANAGEMENT

1. Sample menu for standard normal diet to be served to patients (**Annexure 04-06**).
2. Modifications in normal diet sample menu can be done as per patient's requirement on dietician instructions. Some patients could be served semisoft/liquid/normal diet as per severity of disease.
3. Diet will be served in partitioned thalis or in food grade disposable as per requirement. In private ward diet need to be served in crockery and cutlery.
4. Patient's diet thali is to be tagged as per type of diet for example diabetic diet/high protein diet/semisoft diet.
5. The utensils are to be cleaned and sanitized properly before serving patients.
6. The personnel appointed should wear neat and clean uniform for their clear identification and they should wear uniform on all working day. While serving and food handling staff should wear head caps, gloves, apron, etc.).
7. The Party shall keep and maintain the kitchen space & pantry etc. in good and hygienically clean conditions and shall also maintain the furniture and fixture fittings etc. in good and in serviceable condition.

## ANNEXURE- 04

### General Ward Sample Menu

Meal/pattern/ timings	Meals	Quantity
Breakfast 07:30AM to 08:30AM	Egg-01boiled (50gm)+salt+01 sachet (01 gm)+pepper-01 sachet (01 gm)	01 no.
	Bread slices (30gm each)+butter+ jam Or Dalia/ Upma/ Idli+ Sambhar/ Poha (75 gms)	02 slice+01 chiplet+01 sachet  01 plate 01 plate 02 large pcs+01 katori 01 plate
	Tea (150 ml containing 75 ml milk)+ tea bag-1 (2.5 gm)+ sugar-02 sachet (10 gm)	01 cup
	Mid-morning 09:30AM-10:00AM	Soup 150ml/juice (200ml packed)/coconut water (200ml)/fruit (150 gms)
Lunch (12:30PM-01:30PM)	Roti (30 gm each)	03 no.
	Rice (basmati rice tuta/kanki) 25 gms raw)	½ plate
	Dal/pulses/legumes (30 gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Curd (85 gms pack)	01 cup small
Tea evening 04:00PM	Salad (25 gms)	5-6 slices
	Biscuit-marie gold/marie digestive	02 packed
Dinner (07:30PM-08:30PM)	Tea (150 ml)+Sugar -02 sachet (10 gms)+tea bag-01	01 cup
	Roti (30 gm each)	03 no.
	Rice (basmati rice tuta/kanki) (25 gms raw)	01/02 Plate
	Dal/pulses/legumes (30gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
Bed-time 09:00PM-09:30PM	Salad (25 gms)	5-6 slices
	Milk (toned-200ml)+sugar sachet-01 (05 gms)	01 glass

**Note:** Coconut water/juice will be given as per dietician orders; meals to be served in partitioned steel thali.

## ANNEXURE- 05

### Private Ward Sample Menu

Meal pattern/ timings	Meals	Quantity
Breakfast (07:30AM to 08:30AM)	Egg-02 boiled+salt-02 sachet (01 gm each)+pepper-02 sachet (01 gm each)	02 no.
	Bread Slice (30 gm each)+ Dalia-150 gms cooked namkeen or with milk/ Upma/ Idli+ sambhar/ Poha (75 gms)	02 slice 01 plate 01 plate 02 large pcs+01 katori 01 plate
	Tea (150 ml)+milk (200 ml)+tea bag-1+sugar-02 sachet (05 gms each)	01 cup
	Butter+ jam	Chiplet amul-1+sachet-1
	Mid-morning 09:30AM- 10:00AM	Soup 150 ml/juice (200ml packed)/coconut water (200 ml)/fruit (150 gms)
Lunch (12:30PM- 01:30PM)	Roti (30gm each)	03 no.
	Rice (basmati rice) (25 gms raw)	½ Plate
	Dal/pulses/legumes (30 gms)	01 karachi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Special sabzi- paneer (50gms)	01 karchi/01 katori
	Curd (85 gms)	01 cup small
	Salad (25 gm)+sweet custard (100 gm)/sevaiyyan/rice kheer/sago/suji kheer/rasgulla	5-6 slices+01 katori/01 piece
Tea evening 04:00PM	Biscuit-marie gold/marie digestive/snack-poha/sandwiches/cutlet/cheela/muffin/paneer roll	02 packed 01 katori/sandwich-01 no./02 cutlet/1-cheela/01 muffin/01 paneer roll
	Tea (150 ml)+milk (200ml)+tea bag-1+sugar-2 sachet (5 gms each)	01 cup
Dinner (07:30PM- 08:30PM)	Roti (30 gms each)	3 no.
	Rice (basmati rice) (25 gms raw)	½ plate
	Dal/pulses/legumes (30 gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Special sabzi-paneer (50gms)	01 karchi/01 katori
	Curd (85 gms)	01 cup small
	Salad (25 gms)+sweet-custard (100 gms)/sevaiyyan/rice kheer/sago/suji kheer/rasgulla	5-6 slices+01 katori/01 piece
Bed time (09:00PM- 09:30PM)	Milk (200ml)+sugar sachet-2 (05 gms each)	01 glass

**Note:** As directed by the dietician, coconut water or juice will be provided, along with cookies (02) in the packaging; the special sabzi is made of paneer or soya nuggets; people with diabetes should have whole bread or dalia for breakfast rather than idli sambhar; the meal will be delivered using plates and silverware.

## ANNEXURE- 06

### Sample Menu for ICU's patients

Meal/pattern/ timings	Meals	Quantity
Breakfast 07:30AM to 08:30AM	Egg-01boiled (50gm)+salt+01 sachet (01 gm)+pepper-01 sachet (01 gm)	01
	Bread slices (30gm each)+butter+ jam Or Dalia/ Upma/ Idli+ Sambhar/ Poha (75 gms)	02 slice+01 chiplet+01 sachet  01 plate 01 plate 02 large pcs+01 katori 01 plate
	Tea (150 ml containing 75 ml milk)+ tea bag-1 (2.5 gm)+ sugar-02 sachet (10 gm)	01 cup
Mid-morning 09:30AM-10:00AM	Soup 150ml/juice (200ml packed)/coconut water (200ml)	01 cup/01 packet/01 unit
Lunch (12:30PM-01:30PM)	Roti (30 gm each)	03 no.
	Rice (basmati rice tuta/kanki) 25 gms raw)	½ plate
	Dal/pulses/legumes (30 gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Curd (85 gms pack)	01 cup small
	Salad (25 gms)+ sweet (100 gms)	5-6 slices+01 katori
Tea evening 04:00PM	Biscuit-marie gold/marie digestive	02 nos. (packed)
	Tea (150 ml)+Sugar -02 sachet (10 gms)+tea bag-01	01 cup
Dinner (07:30PM-08:30PM)	Roti (30 gm each)	03 no.
	Rice (basmati rice tuta/kanki) (25 gms raw)	½ Plate
	Dal/pulses/legumes (30gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Curd (85 gms pack)	01 cup small
	Salad (25 gms)+sweet (100 gms)	5-6 slices+01 katori
Bed-time 09:00PM-09:30PM	Milk (200ml)+sugar sachet (02 each weighing 05 gms)	01 glass

**Note:** Coconut water/juice will be given as per dietician orders; meals to be served in food grade disposables.

## **VARIOUS THERAPEUTIC DIETS TO BE SERVED TO INDOOR HOSPITAL PATIENTS**

- Liquid diets.
- Normal diet-basic sample menu as given (Annexure 01-03).
- Semi-soft diet.
- Semisoft diabetic diet.
- High protein diet.
- Renal diet.
- Diabetic diet.
- Renal diabetic diet.
- High fiber diet.
- Low fat diet.
- High calorie high protein diet.
- Salt restricted diet.
- Low residue diet.
- High potassium diet includes coconut water/fruit juices in normal/semi soft diet menu or as mentioned in general instructions.
- Additional changes as per requirement.

## **THERAPEUTIC FEEDS (quantities and timings vary as per requirements)/Liquid diets**

1. Milk powder-based feed.
2. Curd feed (curd+ cornstarch+ sugar/+supplement).
3. Dal feed (dal+ cornstarch+ salt/+ ruh afza).
4. Milk and egg feed (milk+ cornstarch+ sugar+ egg).
5. Milk+ supplement feed (milk+ cornstarch+ sugar+ oil+ supplement powder).
6. Vegetable soup/ tomato soup/ dal soup/corn soup.
7. Plain milk toned full strength.
8. Plain milk toned half strength.

**Read and Accepted**  
Signature of bidder with seal

**ANNEXURE- 07**  
**(MANPOWER QUOTE)**

<b>Particulars</b>		<b>No. of Manpower</b>	<b>Rate per month (Including GST)</b>
<b>DIETARY SERVICE</b>	<b>Supervisor</b>	<b>2</b>	
	<b>Management Staff</b>		
		<b>10</b>	
<b>GST RATE (%)</b>			