

General instructions for patient diet management:

1. Sample menu for standard normal diet to be served to patients (Annexure 1-3).
2. Modifications in normal diet sample menu can be done as per patient's requirement on dietician instructions. Some patients could be served semisoft or liquid or 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 sanitised 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. Tentative number of patients requiring general ward diet (Anx-1) will be 50% of bed strength around 200-250 and patients requiring ICU diet (Anx-3) will be around 20 beds and in Private ward 10-15 patients (Anx-2)

ANNEXURE-1

GENERAL WARD SAMPLE MENU

Meal pattern/timings	Meals	Quantity	
Breakfast 7:30 am to 8:30 am	Egg-1boiled(50 gm) + salt – 1 sachet (1 gm) +pepper – 1 sachet (1 gm)	1 no.	
	Bread slices (30 gm each)+ butter +jam OR dalia / Upma/ Idli + Sambhar / Poha (75 gms)	2 slice + 1 chiplet +1 sachet 1 plate 1 plate 2 large pcs+1 katori 1 plate	
	Tea (150 ml containing 75 ml milk) + tea bag-1(2.5 gm) +sugar- 2 sachet (10 gm)	1 cup	
	Mid morning 9:30-10:00 am	Soup 150 ml / juice (200 ml packed) / coconut water (200 ml) / fruit (150 gms)	1 cup/1 packet/ 1 unit/ 1 no.
	Lunch (12:30-1:30)	Roti (30 gm each)	3 no.
Rice (basmati rice tuta/ kanki) (25 gms raw)		1/2 plate	
Dal/pulses/legumes (30 gms)		1 karchi/ 1 katori	
Vegetable (150 gms cooked)		1big karchi/ 1 katori	
Curd (85 gms pack)		1 cup small	
Salad (25 gms)		5-6 slices	
Tea evening 4:00 pm	Biscuit- marie gold/ marie digestive	2 packed	
	Tea (150 ml) + Sugar- 2 sachet (10 gms)+ tea bag-1	1 cup	
Dinner (7:30-8:30 pm)	Roti (30 gm each)	3 no.	
	Rice (basmati rice tuta/ kanki) (25 gms raw)	1/2 plate	
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori	
	Vegetable (150 gms cooked)	1big karchi/ 1 katori	
	Salad (25 gms)	5-6 slices	
Bed time 9:00-9:30 pm	Milk (toned-200 ml) + sugar sachet-1 (5 gms)	1 glass	

Note- coconut water/ juice will be given as per dietician orders; meals to be served in partitioned steel thali

ANNEXURE-2

PRIVATE WARD SAMPLE MENU

Meal pattern/ timings	Meals	Quantity
Breakfast 7:30 am to 8:30 am	Egg-2 boiled +salt – 2 sachet (1 gm each)+pepper – 2 sachet (1 gm each)	2 no.
	Bread slice (30 gm each)+ dalia-150 gms cooked namkeen or with milk / upma/ idli + sambhar/ poha (75 gms)-	2 slice 1 plate 1 plate 2 large pcs+1 katori 1 plate
	Tea (150 ml) + milk (200 ml)+ tea bag-1 +sugar- 2 sachet (5 gms each)	1 cup
	Butter + jam	chiplet amul-1+sachet-1
	Mid morning 9:30-10:00 am	Soup 150 ml / juice (200 ml packed) / coconut water (200 ml) / fruit (150 gms)
Lunch (12:30- 1:30)	Roti (30 gm each)	3 no.
	Rice (basmati rice) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1 big karchi/ 1 katori
	Special sabzi –paneer (50 gm)	1 karchi/ 1 katori
	Curd (85 gms)	1 cup small
	Salad (25 gm)+ sweet-custard (100 gm)/ sevaiyyan/ rice kheer/ sago/suji kheer/ rasgulla	5-6 slices + 1 katori/1 piece
Tea evening 4:00 pm	Biscuit- marie gold/ marie digestive / snack- poha/sandwiches/ cutlet/ cheela/ muffin/ paneer roll	2 packed 1 katori/ sandwich-1 no./ 2 cutlet/ 1 – cheela/ 1 muffin/ 1 paneer roll
	Tea (150 ml) + milk (200 ml) + tea bag-1 +sugar- 2 sachet (5 gms each)	1 cup
Dinner (7:30-8:30 pm)	Roti (30 gm each)	3 no.
	Rice (basmati rice) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1 big karchi/ 1 katori
	Special sabzi –paneer (50 gm)	1 karchi/ 1 katori
	Curd (85 gms)	1 cup small
	Salad (25 gm)+ sweet-custard (100 gm)/ sevaiyyan/ rice kheer/ sago/suji kheer/ rasgulla	5-6 slices + 1 katori/1 piece
Bed time 9:00-9:30 pm	Milk (200 ml) + sugar sachet-2 (5 gms each)	1 glass

Note- coconut water/ juice will be given as per dietician orders, biscuits (2) in packing; Special sabzi is paneer/ soyanuggets based; for diabetes whole wheat bread or dalia in breakfast, no idli sambhar; diet to be served in crockery and cutlery.

Sample Menu for ICU's

Meal pattern/ timings	Meals	Quantity
Breakfast 7:30 am to 8:30 am	Egg-1boiled(50 gm) + salt – 1 sachet (1 gm) +pepper – 1 sachet (1 gm)	1
	Bread slices (30 gm each)+ butter +jam OR dalia / Upma/ Idli + Sambhar / Poha (75 gms)	2 slice + 1 chiplet +1 sachet 1 plate 1 plate 2 large pcs+1 katori 1 plate
	Tea (150 ml containing 75 ml milk) + tea bag-1(2.5 gm) +sugar- 2 sachet (10 gm)	1 cup
	Mid morning 9:30-10:00 am	Soup 150 ml / juice (200 ml packed) / coconut water (200 ml)
Lunch (12:30- 1:30)	Roti (30 gm each)	3 no.
	Rice (basmati rice tuta/ kanki) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1big karchi/ 1 katori
	Curd (85 gms pack)	1 cup small
	Salad (25 gms)+ sweet (100 gms)	5-6 slices + 1 katori
Tea evening 4:00 pm	Biscuit- marie gold/ marie digestive	2 nos. (packed)
	Tea (150 ml) + Sugar- 2 sachet (10 gms)+ tea bag-1	1 cup
Dinner (7:30-8:30 pm)	Roti (30 gm each)	3 no.
	Rice (basmati rice tuta/ kanki) (25 gms raw)	1/2 plate
	Dal/pulses/legumes (30 gms)	1 karchi/ 1 katori
	Vegetable (150 gms cooked)	1big karchi/ 1 katori
	Curd (85 gms pack)	1 cup small
	Salad (25 gms)+ sweet (100 gms)	5-6 slices + 1 katori
Bed time 9:00-9:30 pm	Milk (200 ml) + sugar sachet (2 each weighing 5 gms)	1 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 1-3)
- Semi soft diet
- Semisoft diabetic diet
- High protein diet
- Renal diet
- Diabetic diet
- Renal diabetic diet
- High fibre 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