

### **General instructions for patient diet management:**

1. Sample menu for standard normal diet to be served to patients **(Annexure 01-03)**.
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 days. 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 in Private ward 10-15 patients (Anx-2) patients requiring ICU diet (Anx-3) will be around 20 beds. The numbers can go up or down as per requirement and shall not be disputed by the Licensee.
8. The kitchen shall be located within 2-3 Kms of HAHCH and will be maintained in the most hygienic manner as per established standards.

**General Ward Sample Menu****ANNEXURE-1**

<b>Meal/pattern/ timings</b>	<b>Meals</b>	<b>Quantity</b>
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)	01 cup/01 packet/01 unit/01 no.
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)	5-6 slices
Tea evening 04:00PM	Biscuit-marie gold/marie digestive	02 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)	01/02 Plate
	Dal/pulses/legumes (30gms)	01 karchi/01 katori
	Vegetable (150 gms cooked)	01 big karchi/01 katori
	Salad (25 gms)	5-6 slices
Bed-time 09:00PM-09:30PM	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.

**PRIVATE WARD Sample Menu**

**ANNEXURE-2**

<b>Meal pattern/ timings</b>	<b>Meals</b>	<b>Quantity</b>
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)	01 cup/01 packet/01 unit/01 no.
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
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
Bed time (09:00PM-09:30PM)	Salad (25 gms)+sweet-custard (100 gms)/sevaiyyan/rice kheer/sago/suji kheer/rasgulla	5-6 slices+01 katori/01 piece
	Milk (200ml)+sugar sachet-2 (05 gms each)	01 glass

Note: Coconut water/juice will be given as per dietician orders, biscuits (02) in packing; Special sabzi is paneer/soyanuggets based; for diabetes whole bread or dalia in breakfast, no idli sambhar; diet to be served in crockery and cutlery.

**Sample Menu for ICU's patients****ANNEXURE-3**

<b>Meal/pattern/ timings</b>	<b>Meals</b>	<b>Quantity</b>
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