

General instruction for patient diet management:-

1. Sample menu for the standard normal diet to be served to patients (**Annexure 01-04**).
2. Modifications in the normal diet sample menu can be done as per the patient's requirement on Dietician instruction. Some patients could be served a semi-soft/ liquid/ normal diet as per the severity of the disease.
3. Diet will be served in partitioned thalis or in food grade disposables as per requirement. In the private ward, diet need to be served in crockery & cutlery.
4. Patient's diet thali is to be tagged as per type of diet for example diabetic diet/ high protein diet/ semi-soft diet.
5. The utensils are to be cleaned and sanitized properly before serving patients.
6. The persons appointed should wear neat & 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. One supervisor from vendor side shall be provided for the over all supervision of their food service and counting of their food services utensils and trays and private room services utensils for the proper function of diet services.
8. The kitchen shall be located within 2-3 Km of HAHCH and will be maintained in the most hygienic manner as per established standards.

GENERAL WARD SAMPLE MENU

Annexure-1

MEAL/ TIMING	MEAL	QUANTITY
Breakfast 07:30am to 08:30am	Egg-01 boiled (50gm)+01 sachet (01 gm)+ pepper-01 sachet (01 gm) Bread slices (30gm each)+butter+jam Or, daliya/ Upma/ Poha (75gm) Tea (150 ml containing 75 ml milk)+ tea bag-1 (2.5gm)+sugar-02 sachet	01 no. 02 slice+01chiplet+01sachet 1 plate 1 plate 1 plate 01 cup
Mid-morning 09:30am to 10:00am	Soup 150ml/ fruit juices (200ml packed) coconut water (200ml)	01 cup/ 01 packet/ 01 unit/ 01 no.
Lunch 12:30pm to 01:30pm	Roti (30gm each) Rice (basmati rice- 25gm raw) Dal/pulses/legumes (30gm) Vegetables (150gm cooked) Curd (85gms pack) Salad (100gm)	03 no. ½ plate 01 karchi/ 01 katori 01 big karcchi/ 01 katori 01 cup small 6-7 slices
Tea evening 04:00 pm	Biscuit-mari gold/ marie digestive Tea (150ml)+ sugar-02 sachet (10gm) +tea bag-01	02 packed 01 cup
Dinner 07:30pm to 08:30pm	Roti (30gm each) Rice (basmati rice- 25gms raw) Dal/ pulses/ legumes (30gm) Vegetables (150gms cooked) Salad (100gm)	03 no. ½ plate 01 karchi/ 01 katori 01 big karchi/ 01 katori 6-7 slices

NOTE: Coconut water/ juices will be given as per dieticianorders, meals to be served in partitioned steel thali.

SAMPLE MANU FOR ICUs PATIENTS

Annexure-2

MEAL/ TIME	MENU	QUANTITY
Breakfast 07:30am to 08:30am	Egg-01 boiled (50gm)+01 sachet (01 gm)+ pepper-01 sachet (01 gm) Bread slices (30gm each)+butter+jam Or, daliya/ Upma/ Poha (50gm) Tea (150 ml containing 75 ml milk)+ tea bag-1 (2.5gm)+sugar-02 sachet	01 no. 02 slice+01chiplet+01sachet 1 plate 1 plate 1 plate 01 cup
Mid-morning 09:30am to 10:00am	Soup 150ml/ fruit juices (200ml packed) coconut water (200ml) Some time fruit	01 cup/ 01 packet/ 01 unit/ 01 no. 01 no.
Lunch 12:30pm to 01:30pm	Roti (30gm each) Rice (basmati rice- 25gm raw) Dal/pulses/legumes (30gm) Vegetables (150gm cooked) Curd (85gms pack) Salad (100gm)	03 no. ½ plate 01 karchi/ 01 katori 01 big karcchi/ 01 katori 01 cup small 6-7 slices
Tea evening 04:00 pm	Biscuit-mari gold/ marie digestive Tea (150ml)+ sugar-02 sachet (10gm) +tea bag-01 Or milk (150ml)	02 packed 01 cup 1 cup
Dinner 07:30pm to 08:30pm	Roti (30gm each) Rice (basmati rice- 25gms raw) Dal/ pulses/ legumes (30gm) Vegetables (150gms cooked) Salad (100gm) Sweets- custard/ kheer	03 no. ½ plate 01 karchi/ 01 katori 01 big karchi/ 01 katori 6-7 slices 01 katori
Bed-time 09:00pm to 09:30pm	Milk (200ml)+ sugar sachet (02 each weighing 05gms)	1 glass

NOTE: Coconut water/ juices will be given as per dietician orders, meal to be served in partitioned in steel thali.

PRIVATE WARD SAMPLE MENU

Annexure-3

MEAL/ TIME	MENUS	QUANTITY
Breakfast 07:30am to 08:30am	Egg-01 boiled (50gm)+01 sachet (01 gm)+ pepper-01 sachet (01 gm) Bread slices (30gm each)+butter+jam + Daliya-150gm cooked namkeen or with milk/ Upma/ Poha (75gm) Tea (150ml)+ milk (200ml)+ tea bag-1 (2.5gm)+sugar-02 sachet	01 no. 02 slice+01chiptet+01sachet 1 plate 1 plate 1 plate 01 cup
Mid-morning 09:30am to 10:00am	Soup 150ml/ fruit juices (200ml packed) coconut water (200ml)/ fruit (150)/sprouts.	01 cup/ 01 packet/ 01 unit/ 01 no.
Lunch 12:30pm to 01:30pm	Roti (30gm each) Rice (basmati rice- 25gm raw) Dal/pulses/legumes (30gm) Vegetables (150gm cooked) Special sabzi- paneer (50gms) Curd/ raita (85gms pack) Salad (100gm) Sweets- custard (100gm)/ sevaiyan/ rice kheer/ sago/ suji halwa/carrot halwa/ rasgulla.	03 no. ½ plate 01 karchi/ 01 katori 01 big karcchi/ 01 katori 01 katori 01 cup small 6-7 slices 01 katori
Tea evening 04:00 pm	Biscuit-mari gold/ marie digestive/ Snacks- poha/ sandwiches/ cutlet/ cheela/ muffin/ Tea (150ml)+ sugar-02 sachet (10gm) +tea bag-01	02 packed 01 katori/sandwish-01 no. / 02cutlet/1-cheela/1-muffin 01 cup
Dinner 07:30pm to 08:30pm	Roti (30gm each) Rice (basmati rice- 25gms raw) Dal/ pulses/ legumes (30gm) Vegetables (150gms cooked) Special sabji- paneer (50gms) Salad (100gm) Sweets- custard (100gms)/ sevaiyan/ rice kheer/ sago/ suji halwa/ rasgulla	03 no. ½ plate 01 karchi/ 01 katori 01 big karchi/ 01 katori 01 katori 6-7 slices 01 katori
Bed-time	Milk (200ml)+ sugar sachet-2 (05gm each)	01 glass

Note: Coconut water/juices will be given as per dietician order, biscuits (02) in packing, special sabzi is paneer/soyanuggets based, for diabetes whole wheat bread or dalia in breakfast, Diet to be served in crockery and cutlery.

SOFT DIET SAMPLE MENU

Annexure-4

TIMING	GENERAL WARD	ICUs	SPECIAL WARD
Breakfast 07:00am to 08:00am	<ul style="list-style-type: none"> • Tea-1cup milk(75ml)+sachet sugar+1 tea bag. • Dalia (namkeen or sweet-40gms). Or, • Suji upma/ poha (50gm) 	<ul style="list-style-type: none"> • Tea- 1 cup milk (75gm)+sachet sugar + 1- tea bag. • Dalia (namkeen or sweet-50gms). Or • Suji upma/ poha (50gm) • Egg/ paneer (2ps/50gms) 	<ul style="list-style-type: none"> • Tea- 1 cup milk (75ml)+ 2-sachet sugar+ tea bag-1. • Milk-200ml • Dalia (namkeen or sweet-50gm). or • Suji upma/poha/ corn flakes (50gm) • Egg/ paneer (2ps/50gm)
Mid-Morning 10:00am	<ul style="list-style-type: none"> • Soup/ juices (200ml) 	<ul style="list-style-type: none"> • Soup/ juice/ coconut water (200ml) + • Fruits-1 (150gm) 	<ul style="list-style-type: none"> • Soup/juice/coconut water/ lemon water (200ml) + • Fruits-1 (150gms)
Lunch 12:00pm to 01:30pm	<ul style="list-style-type: none"> • Khichdi/dalia(50gm) • Curd (100gm) • Salad (100gm) 	<ul style="list-style-type: none"> • Khichdi/dalia(50gm) • Curd (100gm) • Salad (100gm) • 1- steamed veg. (200g) + • Sweet- 1-katori kheer/custard 	<ul style="list-style-type: none"> • Khichdi/dalia or • Dal+rice (50gm) • 1-steamed veg.(200g) • Raita/curd- 1 katori • Salad (100gm) • Sweet- kheer (rice/sago)/sevaiyan/ Halwa (carrot, suji)- 01 katori
Evening 04:00pm	<ul style="list-style-type: none"> • Tea (75ml)+ 2sachet sugar + 1 tea bag + • Biscuit 2ps (marrie gold) 	<ul style="list-style-type: none"> • Tea (75ml)+ 2 sachet sugar + 1 tea bag + • Biscuit 2ps (marrie gold) • Milk (150ml) 	<ul style="list-style-type: none"> • Tea (75ml)+ 2 sachet sugar + 1 tea bag + • Biscuit 2ps (marrie gold) • Milk (150ml)/ • Poha/muffin (50gm)
Dinner 07:30pm to 08:30pm	<ul style="list-style-type: none"> • Khichdi/dalia(50gm) • Curd (100gm) • Salad (100gm) 	<ul style="list-style-type: none"> • Khichdi/dalia(50gm) • Curd (100gm) • Salad (100gm) • 1- steamed veg. (200g) + • Sweet- 1-katori Kheer/ custard 	<ul style="list-style-type: none"> • Khichdi/dalia or • Dal+rice (50gm) • 1-steamed veg.(200g) • Raita/curd- 1 katori • Salad (100gm) • Sweet- kheer (rice/sago)/sevaiyan/ Halwa (carrot, suji)- 01 katori
Bed time 10:00pm		<ul style="list-style-type: none"> • 1 glass milk (150ml) + 2 sachet sugar. 	<ul style="list-style-type: none"> • 1 glass milk (200ml) + 2 sachet sugar.

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.
- Semi-soft diabetic diet.
- High protein diet.
- Renal diet.
- Diabetic diet.
- Renal diabetic diet.
- High fiber diet.
- Low fat diet.
- High calorie high protein diet.
- Salt restriction diet.
- Low residue diet.
- High potassium diet includes coconut water/ fruit juices in normal/ semi-soft diet menu or as mentioned in general instruction.
- Additional changes as per requirement.

THERAPEUTIC FEED (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)/ rooh afza.
4. Milk and egg feed (milk+ cornstarch+ sugar+ egg).
5. Milk+ supplement feed (milk+ cornstarch+ sugar+ egg).
6. Vegetable soup/ tomato soup/ dal soup/ corn soup.
7. Plain milk toned full strength.
8. Plain milk toned half strength.

Read and Accepted