

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 (2000 to 2100 Calorie)

MEAL/ TIMING	MEAL	QUANTITY
Breakfast 07:30am to 08:30am	Egg-2 boiled , black pepper 1 sachet ,salt 1 sachet, Bread slices (30gm each) wrapped in silver foil +butter + jam Or Milk daliya/ namkeen daliya Suji Upma/Veg Poha (75gm) Tea (150 ml containing 75 ml milk)+ tea bag-1 (2.5gm)+sugar-02 sachet	2 no.{ 50 gm} 03 slice+01chiplet+01sachet 1 plate 01 cup
Mid-morning 09:30am to 10:00am	Soup 150ml/ fruit juices (200ml packed) coconut water (200ml) fruit (banana) once a week (Tuesday/ Friday)	01 cup/ 01 packet/ 01 unit/ 01 no./ 200 gm
Lunch 12:30pm to 01:30pm	Roti (30gm each) Rice (basmati rice- 25gm raw) Dal/pulses/legumes (30gm) Vegetables (150gm cooked) Curd (100gms pack) Salad (200gm) Green leafy vegetables for gestational diabetes patient	03 no. ½ plate 01 karchi/ 01 katori 01 big karcchi/ 01 katori 01 cup small 10 -15slices 01 karchi/01 katori
Tea evening 04:00 pm	Biscuit-mari gold/ marie digestive/veg poha /rosted chana Tea (150ml)+ sugar-02 sachet (10gm) +tea bag-01	02 packed 01 plate50 gm 01 cup
Dinner 07:30pm to 08:30pm	Roti (30gm each) Rice (basmati rice- 25gms raw) Dal/ pulses/ legumes (30gm) Vegetables (150gms cooked) Salad (200gm)	03 no. ½ plate 01 karchi/ 01 katori 01 big karchi/ 01 katori 10-15 slices

NOTE: Coconut water/ juices will be given as per dietician orders& tea for diabetic patient without sugar, meals to be served in partitioned steel thali.

ANNEXURE - 05

PRIVATE WARD SAMPLE MENU (2500 to 2600 Calorie)

MEAL/ TIME	MENUS	QUANTITY
Breakfast 07:30am to 08:30am	Egg-02 boiled (50gm) wrapped in silver foil +Salt 01sachet+ pepper-01 sachet Bread slices (30gm each)+butter + jam + Daliya-150gm cooked namkeen or with milk/oats 150 gm/ suji upma 75 gm/veg poha (75 gm)/ corn flakes(50 gm) Tea (150ml)+ milk (200ml)+ tea bag-1 (2.5gm)+sugar-02 sachet	02 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)/ Butter milk 200ml/ sattv water (200ml) + fruit seasonal (150)/sprouts.	01 cup/ 01 packet/ 01 unit/ 01 no. 01 150gm to 200gm
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 (veg, bundi) (100gms pack) Salad (200gm) Sweets- custard (100gm)/ seviyan/ 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 10-15 slices 01 katori
Tea evening 04:00 pm	Biscuit-mari gold/ marie digestive/ Snacks- poha/ sandwiches/ roasted chana with gur/ cutlet/ besan cheela/ muffin/ Tea (150ml)+ sugar-02 sachet (10gm) +tea bag-01	02 packed 01 katori/sandwish-01 no. / 40 gm/ 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 (200gm) Sweets- custard (100gms)/ seviyan/ rice kheer/ sago/ suji halwa/ rasgulla	03 no. ½ plate 01 karchi/ 01 katori 01 big karchi/ 01 katori 01 katori 10-15 slices 01 katori
Bed-time	Milk (200ml)+ sugar sachet-2 (05gm each)	01 glass

NOTE: Coconut water/ juices will be given as per dietician orders& tea for diabetic patient without sugar, meals to be served in partitioned steel thali.

ANNEXURE - 06
SOFT DIET SAMPLE MENU

TIMING	GENERAL WARD	ICUs	SPECIAL WARD
Breakfast 07:00am to 08:00am	Tea -1cup milk (75ml) + sachet sugar +1 tea bag. Dalia (namkeen or sweet - 40gms). Or Suji upma/ poha (50gm) Egg 1 pc	Tea- 1 cup milk (75gm) +sachet sugar + 1- tea bag. Dalia (namkeen or sweet-50gms). Or Oats (50gm) / Suji upma/ poha (50gm) Egg/ paneer (2pcs/50gms)	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) /Besan chilla 2 pc Egg/ paneer (2pcs/50gm)
Mid- Morning 10:00am	Soup/ juices (200ml) Fruit (Banana, papaya once a week)	Soup/ juice/ coconut water (200ml) + Fruits-1 (150gm)	Soup/juice/coconut water/ lemon water (200ml) butter milk (200ml)+ Fruits -1 (150gms)
Lunch 12:00pm to 01:30pm	Khichdi/ dalia(50gm) Dal+rice(50 gm) Curd (100gm) Salad (100gm)	Khichdi/dalia(50gm), Curd (100gm), Salad (100gm) 1- steamed veg. (200g) + Sweet- 1-katori kheer/custard	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	Tea (75ml)+ 2sachet sugar + 1 tea bag + Biscuit 2ps (marrie gold)	Tea (75ml)+ 2 sachet sugar + 1 tea bag + Biscuit 2ps (marrie gold) Milk (150ml)	Tea (75ml)+ 2 sachet sugar + 1 tea bag + Biscuit 2ps (marrie gold) Milk (150ml)/ Poha/muffin (50gm)
Dinner 07:30pm to 08:30pm	Khichdi/dalia(50gm) Curd (100gm) Salad (100gm)	Khichdi/dalia(50gm) Curd (100gm) Salad (100gm) 1- steamed veg. (200g) + Sweet- 1-katori Kheer/ custard	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		1 glass milk (150ml) + 2 sachet sugar.	1 glass milk (200ml) + 2 sachet sugar.