

Cost : Rs 500/-

TENDER NO _____

SPORTS AUTHORITY OF INDIA

TRAINING CENTRE, MAHATHMA GANDHI STADIUM, SALEM – 636 007

[TAMILNADU]

TENDER NOTICE

FOR

**RUNNING & MAINTENANCE OF MESS
AT SAI, TC, SALEM**

SAI , TRAINING CENTRE, SALEM

E-mail : stcslm@yahoo.co.in and

stcslm_slm@gmail.com

**SPORTS AUTHORITY OF INDIA
TRAINING CENTRE
MAHATHMA GANDHI STADIUM, SALEM -636 007.**

**E-mail : stcslm@yahoo.co.in and
stcslm_slm@gmail.com**

Web : www.saisouth-bangalore.com / www.sportsauthorityofindia.nic.in
Ph : 0427-2419978 & Fax 0427-2419789, Mobile No.09442176389

TENDER NOTICE

Sealed Tenders are invited from reputed Firms/Companies having minimum annual turn over of Rs.5.00 lakhs (Rupee Five lakhs) and above in running MESS for 60 Sports persons[approximately] at this Centre with experience of doing catering job in reputed organizations.

Tender Form with detailed information can be obtained from the o/o the Centre-In-Charge, Sports Authority of India, Training Centre, Mahatma Gandhi Stadium, Salem – 636 007 [Tamilnadu] on any working day from the date of publication of this Notice between 9.30 a.m. and 5.30 p.m. on payment of cash/DD of Rs. 500/- (Rupees five hundred only) drawn in favour of the Centre-In-Charge, Sports Authority of India, Salem which is non-refundable. The tender form can also be downloaded from the websites mentioned above. In case of downloading from the website the tenderer will have to remit the tender cost along with the EMD prescribed. Last date for submission of Tender will be **09.04.2013 13.30 hrs.**

The Centre-In-Charge, SAI Training Centre, Salem – 636 007 reserves the right to accept or reject any or all tenders without assigning any reasons.

SD/-

Centre-In-Charge,
SAI, TC, SALEM.

SPORTS AUTHORITY OF INDIA
TRAINING CENTRE, M.G.STADIUM, SALEM – 636 007.
(Website: www.....)

BIDDING DOCUMENT FOR RUNNING MESS IN SAI TC, SALEM

Tender document No:.....

Last Date & Time of Receipt of Tender: **up to 13:30 hrs on 09.04.2013**

Date & Time of Opening of Tender:.... **09.04.2013 at 15:00 hrs**

CHAPTER-1

INSTRUCTIONS TO BIDDER

- 1.1 Sports Authority of India (SAI), Training Centre, M.G.Stadium, Salem - 636 007 [TN] invites bids for running mess in its campus.
- 1.2 The Schedule of requirement is given in chapter 2
- 1.3 The bidding documents duly completed in all respect should be submitted in **2 separate sealed envelops (A&B) addressed to the The Centre-In-Charge, Sports Authority of India, Training Centre, M.G.Stadium, Salem – 636 007 [TN]**.

ENVELOPE- 'A'

(i) Shall contain Technical Bid consisting of all technical details along with commercial terms and conditions. The Bidding Document duly signed by the tenderer or by his authorized signatory in each page should be submitted in the envelope-'A' along with other details in the format given in CHAPTER-5. The Technical Bid should be submitted in the formats given at **Annexure-I & II** along with **Demand draft/Pav order of Earnest Money Deposit** of Rs.5,000/- (Rupees Five thousand Only). The EMD should be deposited in the form of Pay order/Demand Draft issued by any Nationalized/Scheduled Bank in favour of The Centre-In-Charge, Sports Authority of India, Salem along with other details.

The original receipt issued by the Accounts Section of SAI TC, Salem for Rs. 500/- towards the cost of Tender Form should also be enclosed in this envelope. In case the Tender Form is downloaded from Internet, an additional amount of Rs. 500/- should be added to the EMD.

ENVELOPE- 'B'

Shall contain the financial/commercial Bid indicating the amount of Monthly License Fee offered for running mess in Sports Authority of India, Training Centre, Salem-636 007. The format for submitting the financial Bid is given in

Annexure-III.

Both the envelopes (A&B) duly sealed and super scribed as "Technical Bid" and "Financial Bid" respectively should be put in one big cover which should again be sealed and addressed to the Centre-In-Charge, SAI, Salem -636 007 before depositing in the Tender Box available with the Office. **Envelope 'A'** will be opened on the time and date as given in the tender document.

Envelope 'B' i.e. Financial /commercial Bid of only those bidders will be opened whose Technical Bid documents are found in order and acceptable by the Competent Authority. Date and time for opening of the Envelope 'B' will be decided later on.

- 1.4 The Technical Bid and the financial Bid should be sealed by the Bidder in separate covers duly super scribed and both sealed covers should be put in a bigger cover which should also be sealed and duly super scribed. **The Technical Bids will be opened on 09.04.2013 at 15:00 hrs.** and will be evaluated by a duly constituted committee. The financial Bids of only the Technically acceptable offers will be opened for further evaluation.
- 1.5 The bids received after the specified date and time for receipt of bids will not be considered under any circumstance. SAI shall not be responsible for any postal delays.
- 1.6 Sports Authority of India, Training Centre, Salem reserves the right to reject any or all bids without assigning any reason. SAI also reserves the right not to accept the highest bid.

ELIGIBILITY CRITERIA

- 1.7 The Bidders should have experience of providing catering services in **Schools / Colleges / Offices / Educational Institutions / Sports Hostels. Other Institutions / restaurants for a minimum period of two years** with minimum **annual turn over of Rs. 5 lakhs per annum** from the catering business. The bidders having more experience of providing catering services shall be given preference.

CHAPTER-2

CONDITION OF CONTRACT

- 2.1 The bids must be accompanied by a Bank/pay order issued by any Nationalized/Scheduled Bank for Rs. 5,000/- (Rupees five thousand only) in favour of Centre-In-Charge, SPORTS AUTHORITY OF INDIA, Salem as EMD.
- 2.2 The Technical Bids shall be opened on 09.04.2013 at 15:00 hrs in the office of Centre-In-Charge by a duly constituted Committee in the presence of such Bidders or their representatives who may desire to be present at the time of opening of bids.
- 2.3 It is the responsibility of Bidders to read all terms and conditions of this document carefully before filling the bid. Incomplete bid documents or conditional bids not responsive enough to the terms and conditions are liable to be rejected. The bidder should sign undertaking along with the

bid document that he has read the complete tender document and will abide by its terms and conditions.

- 2.4 The bids addressed to the CENTRE-IN-CHARGE, SPORTS AUTHORITY OF INDIA, SALEM – 636 007 should be submitted in sealed covers subscribing "BID FOR MESS AT SAI TC SALEM" of Sports Authority of India. The sealed covers should bear the name and address of the bidder including telephone numbers. The bids will be received in the office of the CENTRE-IN-CHARGE, SPORTS AUTHORITY OF INDIA, TC, SALEM-636 007 up to 13:30 hrs on 09.04.2013 and Technical bids will be opened at 1500 hrs. on the same day in the presence of bidders who may desire to be present or their authorized representatives by duly constituted committee appointed by the competent authority of SAI. The date, time and place for opening the Financial Bids shall be intimated later on.
- 2.5 **The financial bids shall be evaluated on the basis of lowest bid criteria and highest License fee without compromising on the quality of the menu . Rates quoted should be inclusive of all types of taxes as applicable during the contract period.**
- 2.6 Negotiations with the bidders are strictly prohibited. However, SAI reserves the right to negotiate with evaluated responsive highest/lowest bidder in exceptional circumstances.
- 2.7 The bid shall contain no erasures or over writing except as necessary to correct errors made by the Bidder, in which case such corrections shall be authenticated by the person or persons signing the bid.
- 2.8 Bid documents are neither transferable nor cost of the bid documents is refundable under any circumstances.
- 2.9 The issuing of bid document shall not constitute that the bidders are automatically qualified.
- 2.10 Even after award of contract, information/facts submitted by the bidders are found misleading/incorrect/false etc., CENTRE-IN-CHARGE, SAI, Training Centre reserves the right to disapprove the contract.
- 2.10.1 The successful bidder has to furnish performance Security Deposit for an amount of Rs 1.73.250/- (Rupees One Lakh Seventy Three Thousand Two Hundred and Fifty only) , by a Demand Draft from a commercial Bank / bank guarantee or FDR from a Commercial Bank . This has to be given within 10 days of Acceptance/Award letter issued . Performance security should remain valid for a period of sixty (60) days beyond the date of completion of all contractual obligations.
- 2.10.2 The Earnest Money Deposit will be refunded to the unsuccessful bidders within three months of the date of approval of the successful bidder and, on receipt of performance security to successful bidder.

The earnest money of the successful bidders will be liable to be forfeited, if he/she does not fulfill any of the following condition.

- a) The successful bidder shall have to deposit performance Security money amount within 10 days of the receipt of the award letter. The security thus to be deposited with SAI shall not carry any interest.
 - b) Execution of the agreement on Rs. 100/- (Rupees one hundred only) stamp paper with 7 days of the receipt of award letter.
 - c) To undertake the work from the specified date mentioned in the award letter.
- 2.12 In case of any dispute between their employees and successful bidder, SAI Training Centre will have no responsibility and shall not be responsible for any compensation in any form to such employment to any of such employees during the currency of and/or after expiry of this agreement.
- 2.13 The successful bidder will have to provide food to SAI Trainees as per the prescribed food menu and at the rates as given in chapter-3 of bidding documents.
- 2.14 The successful bidder will be responsible for maintaining the furniture, electrical, sanitary water connection and other fittings in proper working condition and in case of any fault, will be repaired at the cost of the bidder..
- 2.15 The furniture issued will be on a one-time basis, and it should be returned in good condition after expiry of the contract. Its maintenance will be responsibility of the bidder who will also be responsible for any breakage and damage of this furniture.
- 2.16 The caterer will be responsible for the cleanliness of the dining hall, Kitchen and the surrounding areas. Disposal of kitchen waste and other items will be outside the areas of the SAI complex.
- 2.17 The caterer will not be allowed to use hard coal/wood, but, will be allowed to use Gas fuel only. No cooking on electricity will be permitted,
- 2.18 The food supplied should be wholesome, hygienic, nutritious and prepared in refined oil. The SAI reserve the right to take the assistance of any institution/agency/expert for guiding the caterer in this respect and advise of Regional Director, SAI Bengaluru will be binding.
- 2.19 The caterer will ensure compliance of all labour laws as applicable to caterer and caterer's employees including any additional obligations that may arise on account of the canteens being located within the SAI campus, including ESI and minimum wages act. The employees of the caterer shall be solely its employees and as principle employer he/she shall comply with all the legal requirements.

- 2.20 The caterer will maintain from inception, a reserve fund with his own bankers for meeting all accruing liabilities of termini benefits, compensation etc. , and will be responsible for providing alternative employment to all its employees on the cessation of this agreement, in his/her other going catering projects.
- 2.21 Licensee shall pay the license fee for every month in advance by 10th day each English Calendar month. Non-payment of license fee within the prescribed date will constitute breach of the terms of license, failure on part of the licensee to comply with the provision to termination of the contract.
- 2.22 The caterer has to bring his own kitchen equipments, crockery and Cutlery utensils and other items required for preparing and serving of food. All the items should be of good and standard quality and same are subject to checking by SAI authorities.
- 2.23 In case of any dispute, the matter shall be under the jurisdiction of the courts situated in Salem.
- 2.24 Quality food materials of reputed companies are only to be used.**
In case of food, if found less in quantity or quality and is not of standard quality or in unhygienic condition or not served in time, the penalty will be as follows:

Sl.No	Nature of Deficiency / lapse	Penalty
i)	Delay in service	Rs.250/- per instance
ii)	Insufficient quality of food	Rs.1000/- per instance
iii)	Lack of cleanliness in Kitchen / Dining hall	Rs.500/- per instance
iv)	Non supply of food item / s for part or whole of diners	Rs.25/- per trainee per item
v)	Quality deterioration	Particular day's payment

Repeated fault may result in forfeiture of part or whole of security and even termination of the contract. SAI reserves the right to visit the existing or the past customers of the bidder to ascertain the quality of work performed by them and in case any negative report is received against the bidder, his/her bid may be rejected. Also in case any information provided by the bidder is found to be false his/her bid can be rejected and part or whole security forfeited.

- 2.25 That without prejudice to the right and privileges of the licensor, licensee during the tenure of this license shall not transfer, assign or part with licensed premises or any portion thereof permanently or

temporarily to any other person/persons and shall not be allowed to take any person/persons to share the accommodation or in partnership without the prior written permission of the licensor, nor shall be entitled to allow any person/persons to occupy the licensed premises or to use any part thereof or create any right of any other person/persons/party in the said licensed premises.

- 2.26 The licensee shall not be entitled to put up any structure (permanent/temporary) on the licensed space. In case any such structure(s) is/are required to be put by the licensee for promotion of his/her business the licensee shall submit a detailed plan for approval of the licensor. No additional/alternation or structural changes would be allowed to be put up without the written prior approval of the licensor.
- 2.27 That in case the license comes to an end on expiry of the period of license or is revoked before the expiry of terms, in that event, the licensee shall not remove from licensed premises, furnishing, fittings, fixtures etc., belonging to the licensee without the prior written approval of the licensor. If the licensor decides not to retain all or any of the fitting and furnishing, the licensee shall remove the same peacefully and restore the licensed space to the original condition at his/her won cost.
- 2.28 That the caterer shall not do any thing in or outside the licensed premises which may create nuisance or any cause of annoyance to the neighbor, to the Centre-In-Charge, and or to the visitors and Sports person living/visiting the premises.
- 2.29 That adequate provision exists for sufficient number of light points, power plugs, fan including exhaust fans will be provided by SAI at its own cost. For any addition and alteration in the electrical installation work prior approval in writing of the Centre-In-Charge, will have to be obtained by the caterer.
- 2.30 Only such items of food and beverages etc., will be prepared as provided in menu and any additional items should as have not been prohibited by ministry of health or SAI and other Govt Agency.
- 2.31 The licensee shall arrange for removal of the garbage, the kitchen waste or any other type of refused or waste material every day at his/her own cost.
- 2.32 That the caterer shall maintain environmental hygiene and proper sanitation of the mess premises during all working hours. The caterer shall be bound to abide by all the provisions of the prevention of food Adulteration Act as Applicable by Govt. of India and local laws and rules and regulation existing therein or to be enacted or introduced hereafter.

- 2.33 That the caterer at his/her own cost will provide running hot water, cupboards for keeping servant's cloths, fire proof arrangement and all other requirement in the kitchen. It will be responsibility of caterer to comply with all fire-fighting norms and condition as laid down by the concerned authority. SAI will not be responsible in case of any eventuality.
- 2.34 That the washing of utensils etc., including dishwashing shall not be permitted at any place other than the space in the kitchen provided for this purpose.
- 2.35 The licensee shall not encroach upon any area of vacant land or constructed portion for any purpose.
- 2.36 That no public telephone shall be arranged/provided in canteen without obtaining prior approval of the licensor in writing.
- 2.37 **SAI reserves right to revise its menu and no extra payment will be made for the same.**
- 2.38 The successful bidder shall be responsible for ensuring the safety of the persons, etc. in case of any injury to any persons , damages caused to the property of SAI or any third party, the tenderer shall be responsible to pay compensation for such injury and/or damages as may be required under the law. In case of any court case or challenge by the police or any local authority or any other party competent to take such action, the tenderer shall be solely responsible for defending the cases in a court of law and/or to ensure compliance with the summons or challenges so served in this behalf.
- 2.39 These are only proposed draft, terms and conditions and can be modified changed or added at the time of finally concluding and signing the agreement.
- 2.40 The earnest money of the successful bidder will be refunded after depositing the Security money against the contract.
- 2.41 Conditional/Incomplete bids with own terms will be rejected.
- 2.42 **The Contract period will be initially for a period of 1 year which can be extended for 1 more year if the services are found satisfactory or can be mutually terminated by either party by giving minimum one month notice.**

ARBITRATION

- 2.43 In the event of any dispute or differences arising between the parties with regard to the terms and conditions of the agreement/contract and or with regard to the breach or interpretation thereof including all rights and liabilities there under on any matter what so ever touching upon the terms and conditions of the agreement/contract whether in course or on after its termination the parties to settle the same at the first instance by mutual discussions/conciliation which would be conducted by the Centre-In-Charge. SAI at Salem – [TN].
- 2.44 In the event the said mutual discussions/conciliation fails, the aggrieved party shall initiate arbitration proceedings for resolution of differences/disputes etc.. mentioned above by appointing a sole arbitrator, who shall be the Regional Director of SAI, Bengaluru in which event the said proceeding shall be conducted in accordance with the provisions of the arbitration and conciliation act 1996.
- 2.45 The venue of such arbitration proceeding shall be at Salem and the court in Salem alone will have jurisdiction in all respect of all proceedings connected there with.

BIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE, M.G.STADIUM. SALEM – 636 007

SCHEDULE OF REQUIREMENTS

CHAPTER-3

SL.NO.	DESCRIPTION	MENU OF FOOD	APPROVED COST & No. Per day
1	Running of Mess at SAI TRAINING CENTRE, SALEM.	Menu food enclosed Annexure IV	a) Rs. 175.00 for 60 persons approximately
2	Period of contract	Initially for a period of 1 year, extendable to 1 more year based on satisfactory report of service.	

**BIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE
M.G.STADIUM. SALEM – 636 007 [TN]**

CHAPTER- 4

**SPECIFICATION AND ALLIED TECHNICAL DETAILS
(Facilities to be provided by SAI)**

SL.NO.	NAME OF THE PLACE	Details of Areas/facilities to be provided by SAI
1	SAI TRAINING CENTRE, M.G.STADIUM, SALEM - 7	Cooking area, dining hall with dining table, chairs etc.
		Water & Electric connection (domestic) for cooking/cleaning & lighting/grinding purpose only, respectively).

SPORTS AUTHORITY OF INDIA, SAI TRAINING CENTRE
M.G.STADIUM. SALEM - 636 007 [TN].

CHAPTER- 5

BIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE,
SALEM - 636 007 [TAMIL NADU]

PARTICULARS OF EMD

- 5.1 NAME OF AGENCY
- 5.2 PERIOD OF SALE OF TENDER DOCUMENT _____
- 5.3 LAST DATE & TIME FOR RECEIPT OF TENDER
- 5.4 TIME & DATE OF OPENING OF TENDER
- 5.5 PLACE OF OPENING OF BID ON 09.04.2013 AT 3 P.M. AT SAI
SALEM: DETAILS OF EMD
 - a) AMOUNT
 - b) NAME OF BANK
 - c) PAY ORDER/BANK DRAFT
NO&DATE _____

(SIGNATURE OF BIDDER OR HIS AUTHORIZED SIGNATORY AGENCY
ALONG WITH SEAL)

Those who are down loading the Tender form from our website, the
details of Demand Draft/Pay Order towards cost of Tender form may be
furnished as follows:

- a) Name of Agency/Tender
 - i. Amount
 - ii. Name of Bank
 - iii. Pay Order/Demand Draft No. & Date

**ANNEXURE-I SPORTS AUTHORITY OF INDIA, SAI TRAINING CENTRE,
M.G.STADIUM, SALEM – 636 007 [TN].**

**TECHNICAL BIDDING DOCUMENT FOR RUNNING MESS IN SAI TC
SALEM**

BID DOCUMENT NO.

1. NAME OF BIDDER
2. ADDRESS OF BIDDER
3. DETAILS OF DOCUMENTS TO BE SUBMITTED
 - i. Details of Permanent Account Number (Pan No) / TAN No
 - ii. Two years experience of catering business
(Attach documentary proof)
 - iii. Regn. No. of the firm if any
 - iv. Total Turn over during last 2 preceding years
 - v. Copy of Certificate of Registration for service Tax
 - vi. Copy of audited balance sheet or Income Tax
Returns for the last 2 preceding years.
 - vii. Municipal Corporation / Health Department certificate, if any

(SIGNATURE OF BIDDER OR HIS AUTHORIZED SIGNATORY
ALONG WITH SEAL)

Telex _____

Telephone _____

Fax No _____

E-mail _____

Website: _____

**SPORTS AUTHORITY OF INDIA, SAI TC SALEM
BIDDING DOCUMENT FOR MESS IN SAI TRAINING CENTRE,
M.G.STADIUM, SALEM – 636 007 [TN].**

PRICE SCHEDULE/FINANCIAL BID

(To be utilized by the bidders for quoting their prices)

1. No bidder will be permitted to alter or modify their bids after expiry of the deadline for receipt of the bid.
2. The financial Bid should be valid for a period of 180 days from opening of the Financial bids

BID PARTICULARS FOR TENDER NO.

1. **NAME OF BIDDER**
2. **ADDRESS OF BIDDER**
3. **MENU COST (per day per head)**
*a) Rs.....(Inclusive of taxes)

*** In addition to the Menu Cost, 7% Service charges will be paid to successful bidder.**

4. **MONTHLY LICENCE FEE OFFERED Rs.**

(Signature of bidder or his authorized signatory with seal)

Telex _____

Telephone _____

Fax No. _____

E-mail. _____

Website: _____

SPORTS AUTHORITY OF INDIA, SAI TRAINING CENTRE, SALEM

**RIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE,
M.G STADIUM SALEM – 636 007 [TAMIL NADU]**

CHAPTER-6 CONTRACT FORM

An written contract document will be executed between SAI and the Successful bidder within 10 days of issue of letter of Acceptance. Format of the contract will be forwarded along with letter of acceptance.

MENU FOR SAI TRAINING CENTRE, M.G.STADIUM, SALEM – 636 007.

Details of the Menu is given below;

SPORTS AUTHORITY OF INDIA, SPORTS TRAINING CENTRE, MAHA

DAYS WISE MENU CHART FOR

Days	Time	Monday	Tuesday	Wednesday	Thursday
Morning	5.30am-6.15am	Tea - 100 ml	Tea - 100 ml	Tea - 100 ml	Tea - 100 ml
		Biscuits - 2 nos	Biscuits - 2 nos	Biscuits - 2 nos	Biscuits - 2 nos
Breakfast	7.45am-9.15am	Iddly - 50 grams each - 6 nos.	Bread - 6 slices	Iddly - 50gms each - 6 nos.	Bread - 6 slices
		Sambar as desired Chatni	Butter - 20 gms	Sambar as desired chatni	Butter - 20 gms
		Boiled Eggs - 2 nos	Jam - 20 gms	Boiled Eggs 2 nos	Jam - 20 gms
		Milk - 250 ml	2 eggs omlet	Milk 250 ml	2 eggs omlet
		Banana - Big size - 1 no.	Milk - 250ml	Banana - Big size - 1 no.	Milk - 250 ml
			Banana -Big size - 1 no.		Banana - Big size - no.
Lunch	12.45 pm-2.15pm	Rice - as desired	Rice - as desired	Rice - as desired	Rice - as desired
		Sambar-as desired	Sambar as desired	Dal/Sambar - as desired	Sambar - as desired
		Rasam - as desired	Rasam - as desired	Rasam - as desired	Rasam - as desired
		Vegetable Porial and Kabul Channa Kuttu	Seasonable Vegetable 1 kuttu and 1 poriyal	Vegetable Porial & Keerai Kuttu	Vegetable Porial and Kabul Channa Kuttu
		Curd 100 ml	Curd 100 ml	Curd 100 ml	Curd 100 ml
		Pappad 1 no.	Pappad 1 no.	Pappad 1 no.	Pappad 1 no.
		Salad as desired	Salad as desired	Salad as desired	Salad as desired
Evening	4.00pm-5.15pm	Tea - 100 ml	Tea - 100 ml	Tea - 100 ml	Tea - 100 ml
		Bajji - 2 nos	Dal Vada - 2 nos	Samosa - 2 nos.	Tea Cake - 25 gm

After practice	6.30 to 7.00 p.m.	Packed Juice 200 ml			
Dinner	7.30pm-8.30pm	Rice as desired	Rice as desired	Rice as desired	Rice as desired
		Rasam - as desired			
		Chapatthy - 50 grams each - 2 nos.	Chapatthy - 50 grams each - 2 nos.	Chapatthy - 50 grams each - 2 nos.	Chapatthy - 50 grams each - 2 nos.
		Chicken 200 gram (Gravy)	Mutton - 200 gms (Gravy)	Fried Fish - 250 gms	Chicken 200 gram (Gravy)
		Grapes Fruit - 150gms		Sapota Fruits - 150 gms	Ice - Cream - 100gms
Bed Time Milk	9.00pm	250 ml	250 ml	250 ml	250 ml
Note : Biscuits Britannia Milk Bikies/Marie Gold, Bread- Spencers, Banana Morris/Robusta, Fish - Ayilai/Uoli, Ch Edible Oil					

