

Cost : Rs 500/-

TENDER NO _____



SPORTS AUTHORITY OF INDIA

NETAJI SUBHAS SOUTHERN CENTRE, BANGALORE

TENDER NOTICE

FOR

RUNNING & MAINTENANCE OF MESS AT STC CHENNAI

For Sports persons residing at a distance of 4 Kms

<p>(Boys Wing) NO.55, J.N. STADIUM, PERIAMET, CHENNAI 600003</p>	<p>(Girls Wing) 116-A Second Floor,EVR PERIYAR HIGH ROAD, NEHRU PARK, CHENNAI 600 084.</p>
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E-mail : stcchen92@yahoo.com;

stcchen@rediffmail.com

Web :www.saisouth-bangalore.com;

www.sportsauthorityofindia.nic.in



SPORTS AUTHORITY OF INDIA

TRAINING CENTRE, No.55, J.N.Stadium, Periamet, Chennai-600 003

Web : www.saisouth-bangalore.com; www.sportsauthorityofindia.nic.in

E-mail : stcchen92@yahoo.com; stcchen@rediffmail.com

Ph : 044-25362479 & Fax 044-25362480

TENDER NOTICE

Sealed Tenders are invited from reputed Firms/Companies having annual turn over of Rs. 10.00 lakhs (Rupee ten lakhs) and above, with experience of doing catering job in Schools/Colleges/ Offices/ Educational Institutions/Hostels/Restaurants etc. , for running MESS for the Sports persons at SAI STC.Chennai.

Tender Form with detailed information can be obtained from the o/o Asst.Director, Sports Authority of India, Training Centre, No.55, J.N.Stadium, Periamet, Chennai-600003 on any working day from 3rd November.2014 between 10.00 a.m. and 1.30 p.m. on payment of cash/DD of Rs. 500/- (Rupees five hundred only) drawn in favour of AD, SAI Training Centre, Chennai which is nonrefundable. The tender form can also be downloaded from the website 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 26/11/2014 upto 1430 hrs.

The Regional Director, SAI NSSC, Bangalore-56 reserves the right to accept or reject any or all tenders without assigning any reasons.

SD/-

ASST.DIRECTOR
SAI, STC.CHENNAI.

SPORTS AUTHORITY OF INDIA
TRAINING CENTRE, No.55, J.N.Stadium, Periamet, Chennai-600 003
(Website: www.saisouth-bangalore.com; www.sportsauthorityofindia.nic.in)

**BIDDING DOCUMENT FOR RUNNING AND MAINTAINING MESS AT SAI
TRAINING CENTRE, CHENNAI**

Tender document No:SAI/STC/CHENNAI/MESS/2014-15
Last Date & Time of Receipt of Tender :26/11/2014 at 2.30 pm
Date & Time of Opening of Tender :26/11/2014 at 3.30 pm

CHAPTER-1

INSTRUCTIONS TO BIDDER

- 1.1 Sports Authority of India Training Centre, No.55, J.N.Stadium, Periamet, Chennai-600 003 invites bids for running and maintaining mess in its centre on a two bid system.
- 1.2 The Schedule of requirement is given in chapter 3
- 1.3 The bidding documents duly completed in all respect should be submitted in **Two separate sealed envelopes (A&B) addressed to the ASST. DIRECTOR, SPORTS AUTHORITY OF INDIA TRAINING CENTRE, No.55, JN.STADIUM, PERIAMET, CHENNAI-600 003.**

ENVELOPE- 'A' (TECHNICAL TENDER)

(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/Pay order for Earnest Money Deposit of Rs 1,00,000/- (Rupees One Lakh only)**. The EMD should be deposited in the form of Pay order/Demand Draft issued by any Nationalized/Scheduled Bank in favour of ASST.DIRECTOR, SAI TRAINING CENTRE, CHENNAI-3 along with other details.

The original receipt issued by the Accounts Section of SAI TRAINING CENTRE, CHENNAI 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 DD/PO of Rs. 500/- should put in the technical bid envelop.

ENVELOPE- 'B'

Shall contain the financial Bid for running mess in Sports Authority of India Training Centre, Chennai. The format for submission of the financial Bid is given in Annexure-III.

Both the envelopes (A&B) duly sealed and superscribed as "Technical Bid' and 'Financial Bid" respectively should be put in one big cover which should again be sealed and addressed to the Asst. Director, SAI Training centre, Chennai-6000 003 before depositing in the Tender Box available in the O/O the Asst. Director SAI.Training centre, Chennai.

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 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.

1.5 Sports Authority of India, SAI NSSC BANGALORE reserves the right to reject any or all bids without assigning any reason. SAI also reserves the right not to accept the lowest bid.

1.6 If the space provided in the tender / proforma is insufficient for filling full details, the same may be given in a separate sheet of paper duly signed by the authorized signatory who has signed all other documents.

1.7 Copies of documents required to be furnished, should be certified copies.

1.8 Cost of tender document / application form is non refundable.

1.9 The tender shall be submitted strictly in the format as mentioned along with the supporting documents.

1.10 It is necessary that canteen / mess contractors applying in this tender must have full set up (at least for the last three years) at Chennai for running Mess / Canteen in reputed organizations. SAI has the right to physically verify the existance of such Mess/Canteen and its performance, from the authorities before finalizing the bid.

ELIGIBILITY CRITERIA

1. The bidders should have experience in running catering services in Schools / Colleges / Offices / Educational Institutions / Sports Hostels etc. for a minimum period of five years (out of which three years should be in Chennai). The Bidders should have full set up in Chennai to effectively run the Hostel mess at SAI Training centre, Chennai. The bidder should have a minimum turn-over of Rs.10.00 Lakhs per annum in the last three financial years starting 2011-12, 2012-13, 2013-14.

2. The tender form should be filled and submitted in the proper format duly signed.

CHAPTER-2

CONDITIONS OF CONTRACT

- 2.1 The bids must be accompanied by a Bank draft /pay order issued by any Nationalized/Scheduled Bank for Rs. 1,00,000/- (Rupees One Lakhs only) in favour of Asst.Director, SPORTS AUTHORITY OF INDIA TRAINING CENTRE, CHENNAI as EMD.
- 2.2 The Technical Bids shall be opened on 26/11/2014 at 1530 hrs. in the office of Asst.Director, SAI.Training centre, Chennai by a duly constituted Committee in the presence of such Bidders or their representatives who may 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/she has read the complete tender document and will abide by its terms and conditions.
- 2.4 The bids addressed to the ASST.DIRECTOR, SPORTS AUTHORITY OF INDIA TRAINING CENTRE, CHENNAI-3, should be submitted in sealed covers subscribing "BID FOR MESS AT SAI STC,CHENNAI". The sealed covers should bear the name and address of the bidder including telephone numbers, mobile No and email Ids. The bids should be dropped in the tender box kept in the O/o the ASST.DIRECTOR, SPORTS AUTHORITY OF INDIA TRAINING CENTRE, CHENNAI-3 up to 1430 hrs on 26/11/2014 and Technical bids will be opened at 1530 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 without compromising on the quality of the menu . Rates quoted should be inclusive of all types of taxes as applicable during the contract period. No other document / paper shall be attached to the financial bid. Preference will be given to firm having more experience in this field.**
- 2.6 **Electricity & Water charges will be levied on actual consumption basis every month.**

- 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., Regional Director, SAI, Southern Centre reserves the right to disapprove / terminate the contract without notice.
- 2.11 The successful bidder has to furnish performance **Security Deposit** of Rs. 2,50,000/- (Rupees two lakhs fifty thousand only) by a Demand Draft from a Nationalized / scheduled Bank/bank guarantee or FDR from a Nationalized / scheduled 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.
- 2.12 The Earnest Money Deposit will be refunded to the unsuccessful bidders within three months of the date of approval of the successful bidder.
- a) The earnest money of the successful bidders will be liable to be forfeited, if he/she does not fulfill any of the following conditions. 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 within 7 days of the receipt of award letter.
 - c) To undertake the work from the specified date mentioned in the award letter.
 - d) Discontinuing the contract without giving sufficient Notice.
- 2.13 In case of any dispute between successful bidder and their employees, SAI Training Centre, Chennai 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.
- 2.14 The successful bidder / caterer will maintain highest standards of hygiene and cleanliness in all respects, that is to say the cooks, dish washers, persons serving food shall maintain cleanliness, neatness, disciplines and decorum. The work will be carried out by engaging adequate number of personnel such as Manager, Supervisor, Cooks, Dishwashers, serving water, cleaners etc. Clean uniform (caps/aprons, shoes gloves etc.) will be provided by the Contractor and 7% services charges will be paid on the total boarding charges of STC only.
- 2.15 The successful bidder will have to provide food / mess services that is morning tea, breakfast, lunch, afternoon / evening tea, dinner, milk to the SAI hostel occupants as per the prescribed food menu and within the rates as given in chapter-3 of bidding document.

- 2.16 The successful contractor will give an undertaking and ensure that he / his company will obtain all the necessary and relevant licenses / permissions / clearances required by various authorities / agencies to run Mess / Canteen at SAI Training Centre, Chennai.
- 2.17 The successful contractor 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.
- 2.18 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.
- 2.19 The contractor 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 at the cost of the successful bidder.
- 2.20 The contractor 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.
- 2.21 The food supplied should be wholesome, hygienic, and nutritious and prepared in good quality refined oil. The SAI reserve the right to take the assistance of any institution/agency/expert for guiding the caterer in this respect and advice of the Director, SAI will be binding.
- 2.22 The contractor 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, EPF and wages under Minimum Wages act of Central Govt and the receipt for such remittances in the concerned depts. will be submitted to the office every month. The employees of the caterer shall be solely its employees and as principle employer he/she shall comply with all the legal requirements.
- 2.23 The contractor will maintain from inception, a reserve fund with his own bankers for meeting all accruing liabilities of terminal 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 ongoing projects.
- 2.24 The successful contractor shall pay the infrastructure usage charges **if applicable** 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 contract, failure on part of the Contractor to comply with the provision and may lead to termination of the contract.
- 2.25 The Contractor 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.

2.26 In case of any dispute, the matter shall be under the jurisdiction of the courts situated in Chennai.

2.27 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	Rs. 2,000/- per instance.

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 gets forfeited.

2.28 That without prejudice to the right and privileges of SAI, the Contractor during the tenure of this contract shall not transfer, assign or part with usage area 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 infrastructure or in partnership without the prior written permission of the SAI, nor shall be entitled to allow any person/persons to occupy the area or to use any part thereof or create any right of any other person/persons/party.

2.29 The Contractor shall not be entitled to put up any structure (permanent/temporary) on the infrastructure. Incase any such structure(s) is/are required to be put by the contractor for promotion of his/her business the contractor shall submit a detailed plan for approval of the SAI. No additional/altrnation or structural changes would be allowed to be put up without the written prior approval of the SAI.

- 2.30 That incase the contract comes to an end on expiry of the period of contract or is revoked before the expiry of terms, in that event, the contractor shall not remove from premises, furnishing, fittings, fixtures etc., belonging to the contractor without the prior written approval of the SAI. If the SAI decides not to retain all or any of the fitting and furnishing, the contract too shall remove the same peacefully and restore the allotted space to the original condition at his/her own cost.
- 2.31 That the Contractor shall not do any things in or outside the infrastructure provided, which may create nuisance or any cause of annoyance to the neighbor, to the Asst. Director, and or to the visitors and Sports person living/visiting the premises.
- 2.32 That adequate provision exists for sufficient number of lights points, power plugs, fan including exhaust fan 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 Asst. Director, SAI. Training centre, Chennai, will have to be obtained by the Contractor
- 2.33 Only such items of food and beverages etc., will be prepared as provided in menu and any additional items should not have been prohibited by ministry of health or SAI and other Govt Agency.
- 2.34 The Contractor 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.
- 2.35 That the Contractor shall maintain environmental hygiene and proper sanitation of the mess premises during all times of the contract. The contractor 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.
- 2.36 That the Contractor 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 contractor 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.
- 2.37 That the washing of utensils etc., including dishwashing shall not be permitted at any places other than the space in the kitchen provided for this purpose.
- 2.38 The contractor shall not encroach upon any area of vacant land or constructed portion for any purpose.
- 2.39 That no public telephone shall be arranged/provided in canteen without obtaining prior approval of the licensor in writing.
- 2.40 SAI reserves right to revise its menu and no extra payment will be made for the same during the period of contract.

- 2.41 The contractor shall be responsible for ensuring the safety of the persons, etc. in case of any injury to any persons to damages caused to the property of SAI or any third party, the contractor 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 challan by the police or any local authority or any other party competent to take such action, the contractor shall be solely responsible for defending the cases in a court of law and/or to ensure compliance with the summons or challan so served in this behalf.
- 2.42 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.
- 2.43 The earnest money of the contractor will be refunded after depositing the Security money against the contract.
- 2.44 Conditional/Incomplete bids with own terms will be rejected.
- 2.45 The Contract period initially will be for a period of one year, which can be extended for a further period of one year at a time on the same terms and conditions. In no case the original contract will be extended beyond a period of three years.
- 2.46 Irrespective of all the above conditions, either party has the right to terminate the contract at any time after giving 2 months' notice.

ARBITRATION

- 2.47 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 Asst. Director, SAI Training Centre, Chennai.
- 2.48 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, SAI. Southern Centre, Bangalore in which event the said proceeding shall be conducted in accordance with the provisions of the arbitration and conciliation act 1996.
- 2.49 The venue of such arbitration proceeding shall be at Chennai and the court in Chennai alone will have jurisdiction in all respect of all proceedings connected there with.

SCHEDULE OF REQUIREMENTS

CHAPTER-3

Sl. No.	DESCRIPTION	MENU OF FOOD	APPROVED COST phpd & No. of persons Per day for approx. 300 days a year.
1	Running of Mess at SAI Training Centre, Chennai.	Menu of food enclosed at Annexure IV	(A) STC approximate 70 trainees @ Rs. 175/- per head per day (incl. taxes) Note :- The approx. no of persons may vary plus or minus 10%.
2	Period of contract	Initially for a period of one year, which can be extended for a further period of one year at a time on the same terms and conditions.	

BIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE

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, Chennai-600 003	Cooking area, dining hall with dining table, chairs, fans, electrical fittings etc.
		Water & Electric connection (domestic) for cooking/cleaning & lighting/grinding purpose only, respectively).

ANNEXURE – I

To

**The Asst. Director
Sports Authority of India Training Centre,
No. 55, J.N.Stadium,
Periamet,
CHENNAI: 600 003**

**SUB : TENDER FOR MESS CONTRACT AT SAI TRAINING CENTRE,
CHENNAI – REG.**

**REF : TENDER NOTICE PUBLISHED IN DAILY
NEWSPAPER ON**

Sir,

With respect to the tender notice published in the above mentioned daily newspaper, I / we hereby submit my / our tender / bid in the required format.

I / We enclose herewith a Demand Draft / Pay order for Rs.1,00,000/- (Rupees One lakh only) bearing No..... dated drawn on towards Earnest Money Deposit which is enclosed with the Technical bid.

I / We are also enclosing a Demand Draft /Pay order of Rs.500/- (Rupees five hundred only) No..... dated drawntowards cost of Tender / application form or receipt No..... dt.....of SAI account section enclosed.

I / We have carefully gone through / read the guidelines, terms and conditions and prescribed format carefully and I / We accept the same without any alterations / modifications. I / We adhere to the requirements prescribed by the Sports Authority of India Training Centre,Chennai.

Yours faithfully,

Date:

Signature and Seal of Bidder

ANNEXURE -II

SPORTS AUTHORITY OF INDIA, SAI NSSC BANGALORE

**TECHNICAL BIDDING DOCUMENT FOR RUNNING MESS IN SAI
TRAINING CENTRE, CHENNAI**

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)
- ii. Five years experience of catering business (With three years in Chennai)
(Attach documentary proof for details of Mess/Canteen maintained by the Tenderer with addresses) as per form “A”
- iii. Audited Statement of total Turn- over with Balance Sheet for the last 3 (three) fin. Years i.e. 2011-12, 2012-13 & 2013-14.
- iv. Copy of Certificate of Registration for service Tax/TIN
- v. Details of registration as Company / Shop / Establishment for catering business /FSSAI (Food Safety & Standards Authority of India)
- vi. Copy of the IT Returns **for three financial years, 2011-12, 2012-13 & 2013-2014.**
- vii. Chennai Corporation certificate / Certificate from Health Department to run Canteen / Mess.
- viii. RTGS details of Bank where the Account of the Bidder is operated.

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

Telex _____

Telephone _____ Mobile No.....

Fax No _____

E-mail _____

Website: _____

FORM "A"

Experience of Firm in running of Mess / Canteen in reputed places of institutions.

Sl. No	Name and address of the Catering mess etc owned or / and maintained on contract basis	Capacity per day for which services were provided for full day mess services. Number of days per year	Period		Reasons for discontinuation
			From	To	

The information of the units which are presently managed and also which were managed previously shall be submitted in the prescribed format along with the documentary evidence in form of work order / experience certificate for institutions authorized signatory or owner. Name and contact number of each organization worked for, in the last five years be given.

Date:

Sign. Of Bidder or his authorized signatory with seal

**SPORTS AUTHORITY OF INDIA, SAI NSSC BANGALORE
BIDDING DOCUMENT FOR MESS IN SAI TRAINING CENTRE, CHENNAI**

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. **RATE QUOTED FOR MENU (per day per head)**

(A)STC : RS.....(Rupees.....
.....)

Note : 7% Services charge will be paid to successful bidder for maintaining hygiene in the mess on the Boarding Charges.

(Signature of bidder or his authorized signatory with seal)

Telephone No. _____

Mobile No......

Fax No. _____

E-mail. _____

Website: _____

SPORTS AUTHORITY OF INDIA, SAI NSSC BANGALORE

**BIDDING DOCUMENT FOR RUNNING MESS IN SAI TRAINING CENTRE,
CHENNAI**

CHAPTER-5

CONTRACT FORM

A 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.

ANNEXURE-IV

(A) MENU FOR STC INMATES

MEAL	ITEMS & Quantity
Bed Tea	Tea (100 ml)
During Training	Juice (Real/Tropicana) 200 ml
Breakfast	A)Bread- 6 slices,Butter-10 Gms ,Jam-20 gms. (3 days) B)Dosa-4 Nos. with Sabji/Chatni/Sambar (1 day) C)Pongal with Chatni (1 day) D)Puri -6 Nos. with Sagu (1 day) E)Idly - 6 Nos with Vada -1 No. with Sambar/Chatni (1 day) +Eggs -2 Nos. (Boiled 5 days & Omlet-2 days) Milk-250 ml & Banana (Med)-2 Nos.- Daily Paneer 50 gms. (for Vegetarians only)-Daily
Lunch	Rice/Chapattis and Dal – As desired, Seasonal Veg. /Leaf curry-150 grams (4 days) Grams Sabji (different grams)- 100 gms. (3 days) + Curd-100 ml. Fresh Salad (with min. 3 vegetables)- As desired & Fruit (Med, Size) – 1 No. (Daily)
Evening Tea	Tea – 100 ml.
Dinner	Rice/Chapattis and Dal - As desired. Seasonal Veg.- 100 gms. Mutton -1 day, Fish (Sea fish) -1 day, Skin out Chicken -5 days (150 gms each) Paneer (only for Veg.)-75 gms. + Fresh Salad (with min. 3 veg.) Sweet / Ice Cream 90 gm.cup-1
Bed time	Milk- 200 ml each. Daily

Note : Detailed Daily Menu will have to be prepared in consultation with the Committee after awarding the Tender.