

SPORTS AUTHORITY OF INDIA
NORTHERN REGIONAL CENTRE, VILL. JOSHI CHAUHAN,
G.T. ROAD, BAHALGARH (SONEPAT)
(Tel. No. 0130-2380314-15-16, Fax 0130-2380317)

Bid Reference NO. SAI/NRC/08(116)/Meass-NBA/2014-15

Date: 25/11/2014

TENDER FORM

Cost of Bid Document Rs. 1000/- (Rupees one thousand only) by Bank Draft (In case of downloading from website the bidder will have to submit the tender cost alongwith EMD.

Last date of receipt of Tender Form : 18/12/2014 upto 1.30 PM

Date and time of submission of Tender Form : 18/12/2014 upto 2.30 PM

Date and Time for opening of Tenders : 18/12/2014 at 3.00 PM (at SAI, Northern Regional Centre, Vill. Joshi Chauhan, GT Road, Bahalgarh (Sonapat), Haryana.)

Tender Form for Staff Canteen & Mess - COE, STC, NBA Trainees and National Campers at Rajiv Gandhi Sports Complex, Rohtak, Haryana

Sports Authority of India invites sealed bid from reputed concerns having minimum annual turn over of Rs. 50.00 lacs from hotel, restaurant, mess food etc. business. The Menu of the mess is attached as Annexure-I and Staff Canteen as Annexure-II to this form. Format for submission of Bid is attached as Annexure- III & IV and requisite documents referred thereof be enclosed alongwith the tender.

1. Name of the Firm : _____
2. Full Postal Address with Tel. No. & Fax No. : _____

3. Registration No. of Firm : _____
4. PAN Number : _____
5. Audited balance sheet, Trading/ account of last three years : _____
6. IT Returns of the last three years : _____
7. Copy of valid license issued by Food Safety & Standard Authority of India (FSSAI) under Food Safety and Standard Act -2006 .

Contd.2/-

- A) **Eligibility Criteria:** The bidders should have experience of providing catering services preferably in Ministries /Departments/ Govt. Organisations/ PSUs (educational/sports institutes) as well as reputed private sector at least for a period of three years with minimum turnover of Rs. 50.00 lakhs per annum during the preceding three financial years from the catering business only.
- B) **Selection Criteria:** The selection of successful bidders will be done on the basis of monthly License Fee quoted by the bidders for use of the premises offered to them in SAI, NRC, Sonapat and fulfilling the eligibility criteria. The performance and previous record of firm and its Proprietor will also be taken into consideration at the time of deciding the work award. If, the previous record of the firm/proprietor found not satisfactory, Director (Incharge) SAI, NRC, Sonapat reserves the right to reject/cancel the tender application of such firm and next lower firm may be considered for the purpose.
- C) **Bid Document:** Bid document are available at SAI, NRC, Sonapat on cash payment on all working days from 10.00 AM to 5.00 PM. Bidder may also download the Bidding Document available at SAI Website : www.sportsauthorityofindia.nic.in & CPP of Govt. of India i.e. www.eprocure.gov.in . In case bidder(s) is/are submitting downloaded bid documents, they must enclose Demand Draft of Rs. 1000/- in favour of Director (Incharge), NRC, Sonapat alongwith technical bid failing which tender shall summarily rejected.

TERMS & CONDITIONS

1. The words “**Bid Document for Mess of SAI Academy for Boxing/Throwing, STC/COE Trainees, National Campers and Staff Canteen at Rajiv Gandhi Sports Complex, Rohtak, Haryana** should be subscribed on the top left corner of envelope bearing the name and address of the Bidder. The tender shall be submitted in three separate envelopes addressed to the Director Incharge, SAI, Northern Regional Centre, Vill. Joshi Chauhan, GT Road, Bahalgarh (Sonapat), Haryana as under.
2. Envelope “A”- Earnest money of **Rs. 3.00 lacs (Rupees Three Lakhs only)** by the bidder through demand draft in favour of Director (Incharge), SAI Northern Regional Centre, payable at Sonapat from any nationalized bank as detailed in Annexure II. (In case of downloading from website, the bidder will have to submit tender cost along with EMD).
3. Envelope “B” - should contain the tender document duly signed on each page and all other documents to be submitted along with the tender as per details given in Annexure – III along with information pertaining to the present line of business.
4. Envelope “C” - should contain the Financial Bid in Annexure – IV.
5. Envelope ‘A’ & ‘B’ submitted by the bidder will be opened on SAI, Northern Regional Centre, Bahalgarh (Sonapat). Envelope “A” will be opened first and Envelope “B” of only those bidders will be opened who have deposited required EMD. Envelope ‘C’ i.e. Financial Bid of only those bidders whose documents are found in order and selected by the SAI committee, will be opened. Date and time for opening of Envelops ‘C’ will be decided later on. All the three envelopes should be submitted in one big cover duly sealed and may be put in the Tender Box kept in the office of Director (Incharge) , SAI, Northern Regional Centre, Vill. Joshi Chauhan, GT Road, Bahalgarh (Sonapat), Haryana.

6. The bidder should sign each page (duly stamped) of the tender. Individual signing the tender papers must indicate whether he is the sole proprietor or / partner of the firm.
7. It is compulsory for the caterer to provide/depute sufficient staff i.e. Manager/Supervisor, Cook , Bearer , Chapatiman , Dishwasher and Safai karamchari in the mess for preparing/serving food. The labour can be increased or decreased on pro-rata basis on strength of trainees/campers.
8. The second party will submit a list of all the employees along with photo, address duly verification by local police for security reason at the time of taking over the charge. During the contract period if the change made by the contractor, the process of police verification should be followed.
9. The bidder should also submit signed undertaking alongwith the tender that he has read the complete tender document, and will abide by its terms and conditions and have also enclosed all the documents referred to at Annexure –III.
10. Offers sent by telex/fax/telegram/e-mail will not be accepted.
11. SAI reserves the right to reject the Bid of all or any party without assigning any reason.
12. Bid documents are neither transferable nor cost of the tender document is refundable under any circumstances.
13. The issuing of bid document shall not constitute that the bidders are automatically qualified.
14. If, in any case, the bidder withdraw from bid process, its EMD will be forfeited.
15. **The bid shall remain valid for acceptance for a period of 180 days after the date of bid opening prescribed in the Bid Document.**
16. **Bid Security shall be valid for period of 45 (Forty five) days beyond the validity period of Bid as per Clause – 15, the Bid Security shall be valid for 225 days from Techno Commercial Bid opening date.**
17. If even after award of contract, information/facts submitted by the bidder are found misleading/incorrect/false etc., SAI reserves the right to disapprove the contract.
18. The successful bidder will have to deposit Performance Security of **Rs. 7.50 lacs i.e. (5% of estimated cost of Rs. 1.50 crore) within 15 days from the receipt of Award Letter.**
19. Execution of the agreement between SAI, NRC, Sonapat & Awardee (the successful bidder) on Stamp Paper worth Rs. 100/- (Rupees one hundred only) within 15 days of the receipt of Award Letter.
20. The earnest money of bidders will be refunded after finalization of tender and of successful bidder after completion of conditions mentioned in Clauses 18 & 19.

21. In case of any dispute between the employees and successful bidder, SAI 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 the expiry of this agreement.
22. In case of any dispute the matter shall be decided by sole arbitration of an arbitrator nominated by the Director (Incharge), SAI, NRC at Sonapat/ Incharge of Centre, Rohtak and the said decision shall be final and binding. It will be governed by "Arbitration and Conciliation Act, 1960". There should be no objection that the appointed arbitrator has been associated with SAI or has been associated with the work at any stage.
23. In case of any dispute the matter shall be under the jurisdiction of the courts situated at Rohtak, Haryana.
24. In case of any bid document submitted by the bidders with incomplete information, his tender may be cancelled.
25. Sealed Bids containing relevant information should be addressed to the Regional Director , SAI, Northern Regional Centre, Vill. Joshi Chauhan, GT Road, Bahalgarh (Sonapat), Haryana and should bear the name and address of bidder.
26. Any tender received after the specified date, time and place mentioned in the NIT will not be entertained under any circumstances.
27. Facilities to be provided by SAI to the mess:
- i) Dinning halls
 - ii) Kitchens with stores
 - iii) Water will be provided by SAI
 - iv) The staff without family will be allowed to stay in the premises.
28. The successful bidder will have to install a sub-meter (covering kitchen) for electricity at the risk and cost of his own and payment will be made accordingly to SAI on actual consumption as shown in the sub-meter, along with license fee every month. In dining hall and other required placed SAI will provide electricity.
29. The furniture issued in Dinning Hall will be on a One-Time Basis, and it should be returned in good condition. Its maintenance will be responsibility of the caterer who will be responsible for any breakage and damage of this furniture by its staff.
30. The caterer will be responsible for cleanliness of the dining hall & kitchen on day-to-day basis and keep the same spic 'n' span.
31. 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 advice of Director (Incharge), Sonapat/ Incharge of Centre, Rohtak will be binding.
32. Waiters/Cooks should always be in prescribed neat and clean uniform i.e. white shirt & Black Paint. The uniform has to be provided by the caterers at his own cost.

33. 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 and utensils should be of good and standard quality and same are subject to checking by SAI.

34. The agreement/work award will be 01 (one) year in first instance which may be extended further for another one year on the basis of performance of agency. The agreement can be terminated by either party giving **One Month Notice**.

35. In case of submission of fake experience certificate and other relevant document by the bidder, its EMD deposited with Tender Form will be forfeited.

36. If the licensee do not handover the premises on expiry/termination of agreement to new agency/SAI, the Security Money of the licensee will be forfeited.

37. The caterer will ensure compliance with all Labour laws “including Contract Labour (Regulation and Abolition) Act, 1970”, to caterer and caterer’s employees including any additional obligations that may arise on account of the canteens being located within the SAI premises.

38. The caterer 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 or providing alternative employment to all its employees on the cessation of this agreement, in his other ongoing catering projects.

39. The premises shall not be utilized for any other or different purposes then set out, and any other form of commercial activities or trading user of these premises shall constitute breach of this agreement apart from rendering the caterer leads to terminate of contract or liable to pay additional charges for the unauthorized use as may be determined by Director(Incharge), NRC, Sonapat /Incharge of Centre, Rohtak in his sole discretion.

40. Licensee shall pay the license fee for every month in advance by 5th day of English Calendar month. **A penalty of Rs. 500/- per day shall be imposed in case the caterer fails to deposit the license fee by due date** and Non-payment of license fee within the prescribed date will constitute breach of the terms of license failure to company with the above provision may lead to termination of the contract.

41. If the license fee, or any part/thereof shall at any time, be in arrears and remaining unpaid after the due date and or if the license any time fails or neglects to performs or observe any of the terms and conditions herein contained and on his part to be observed and performed of very serious nature, then in that event, the licensor may without prejudice to his general right of revocation of license as a licensor, be terminated the contract by given 10 days notice in writing to the licensee, there upon the licensee will peacefully give up position of the premises in question. However, the licensor retain right to recover any loss or prestige suffered on account of any antecedent breach of terms and conditions and contravention on the part of the licenses.

42. In case of food, if found less in quantity or not of standard quality or in unhygienic condition or not served in time, **SAI may impose penalty first time@30%, Second time @ 50% of that day diet bill and third time show cause notice.**

Contd. ... 6/-

43. The licensee shall responsible and arrange for removal of the garbage, the kitchen waste or any other type of refused or waste material every day.
44. That without prejudice to the rights 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 and shall not be allowed to take any person to share the accommodation or in partnership without the prior written permission of the licensor, nor shall be entitled to allow any person to occupy the licensed premises or to use any part thereof or create any right of any other person/party in the said licensed premises.
45. 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 smooth functioning of Mess the licensee shall submit a detailed plan for approval of the licensor. No additional/alteration or structural changes would be allowed to be put up without the written prior approval of the licensor.
46. That in the 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, fitting, fixture etc. belonging to the licensee without the prior written approval of the licensor.
47. That the licensee shall not do anything in or outside the licensed premises which may create nuisance or any cause of annoyance to the neighbor, to the licensor and or to the visitors and Sports person living/visiting the premises.
48. That the overall control and supervision of the premises shall remain vested in the licensor and the licensor through its authorized representative will have the right to inspect the whole or part of the licensed premises as and when considered necessary with respect to its bonafide use and in connection with fulfillment of the other terms and conditions of the license.
49. In case of any damage to the property belonging to licensor the licensee shall compensate the licensor to (in case of being responsible) and for the amount as may be determined by the licensor, which shall be final and binding on the licensee.
50. Only such items of foods 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.
51. That the licensee shall maintain environmental hygiene and proper sanitation of the licensed premises during all working hours. The licensee shall be bound to avoid by all the provisions of the prevention of Food Adulteration Act as applicable in Sonapat and such other Central and local laws and rules and regulation existing therein or to be enacted or introduced hereafter.
52. That in case the license is cancelled by the licensor, the unauthorized occupants of the public premises viz. erstwhile licensee together with all other unauthorized occupants, if any shall be liable to pay the damages at such rates as may be determined by the licensor.

53. On the expiry of the period of license, in case the license is not renewed or fresh license entered into or in case of default in payment of license fee or violation of any clause of the agreement. The licensee shall become an unauthorized occupant of the said public premises under section 4 of the public premises. (Eviction of unauthorized occupants) Act-1971 and the licensee shall be liable to be proceeded under the provisions of the said above Act. Besides the jurisdiction of the Estate Officer as appointed by Ministry of Youth Affairs and Sports of SAI, in case of other disputes that the courts at Sonapat only shall have jurisdiction to entertain any application in respect of any proceeding under this agreement or to entertain any suit in connection with this agreement of license and no other court of any other place shall have the jurisdiction to entertain any such application or any suit.

54. That the licensee at his own cost will provide running hot water, cupboards for keeping servant's cloths, fire proof equipments/arrangements (Fire Extingushes) and all other requirements in the kitchen. It will be responsibility of licensee to comply with all fire-fighting norms and conditions as laid down by the concerned authority. SAI will not be responsible in case of any eventuality.

55. 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.

56. The licensee shall not encroach upon any area of vacant land or constructed portion for any purpose.

57. That no public telephone shall be arranged/provided in canteen premises without obtaining prior approval of the licensor in writing.

58. SAI reserves right to revise its menu.

59. That the licensee shall use dustbins for the refuse and the kitchen waste. It shall be ensured by the licensee that refuse of kitchen waste is not scattered outside the cans/dustbins and neither the same is dumped anywhere else other than the place specified.

60. That the licensee shall not display any neon signboard or advertisement board etc. without prior written permission of the licensor.

61. Not withstanding anything contained in any clause hereto in force mentioned the licensor shall have the absolute right at all time to undertake any construction or modification to ensure better utilization of the building and to improve its revenue. The licensee shall not be entitled for any compensation and/or reduction in license fee or have any right to object to the same.

62. That the licensee shall stand ipso-facto determined without any right to compensation whatsoever to the licensee in any of the following events.

63. It the licensee (s) being an individual or if an firm, any partner in the licensed firm, shall die or at any time be adjudged insolvent or shall have a receiving order for administration of his estate made against him or shall take any proceeding for liquidation or compensation under any insolvency act for the time being in force or make any conveyance or assignment of his effect or enter into any arrangement or composition with creditors or suspend payment or shall introduce a new partner or shall change the constitution of partnership or if firm is dissolved under the partnership act.

OR

The licensee being a company shall pass a resolution or the court shall make an order for the liquidation of its affairs or a receiver or a manager on behalf of the debenture holders shall be appointed or circumstances shall have arisen which entitle the court or debenture holders. Shall be appointed or circumstance shall have arisen which entitled the court of debenture holders to appoint a receiver or manager, provided always that such determination shall not be prejudice any right of action or remedy which shall have there after accrue to have licenser.

64. On the expiry of the period of license the licensee undertakes to handover the vacant possession peacefully without delay, dispute or demur on any ground whatsoever. In any case of default in payment of license fee or violation of any clause of the agreement, the licensee shall become an unauthorized occupant of the said public premises under Section 4 of the Public Premises (Eviction of unauthorized occupants) Act 1971 and the licensee shall be liable to be proceeded under the provisions of the said P.P. Act 1971. Besides the jurisdiction of the Estate Officer as appointed by SAI, in case of other disputes that the courts at Sonapat only shall have jurisdiction to entertain any application in respect of any proceeding under this agreement or to entertain any suit in connection with this agreement of license and no other court of any other place shall have the jurisdiction to entertain any such application or any suit.

65. The bidder will be responsible for ensuring that all the employees and staff duly maintain necessary hygiene, decorum and proper discipline vis-à-vis the campers and their associates. No person associated with the canteen shall have any dealings or association of any kind whatsoever with and the party will be fully responsible for its staff and employees both before and after their respective working hours in the event of impermissible interaction between any employee/staff of the part and any camper whether individual or in a group.

66. The successful bidder shall be responsible for ensuring the safety of its employees.

67. From the safety point of view, Fire Fighting Extinguishers in sufficient numbers will be installed by the successful bidder in Kitchen.

68. Conditional/Incomplete tenders with own terms will be rejected.

69. The rates quoted against each menu will be inclusive of all taxes.

70. TDS and all taxes imposed by Central / State Govt. from time to time will be borne by the contractor.

70. SAI reserves the right to reject any or all the bids without assigning any reason what so ever.

71. This is to certify that I/we have studied site, read, understood all the clauses of the Bid Document carefully and in case of award of work, I do undertake to abide by its terms and conditions.

Signature: _____

Designation: _____

Name of the Firm & Address _____

Mobile No. : _____

e-mail address : _____

Date : _____

Seal

Annexure-I

Detailed menu for various categories are given as under: -

1. Menu of food for STC Trainees/Players - Appendix – I
2. Menu of food for COE & NBA Trainees/Players - Appendix – II
3. Diet chart for National Camper
(Wrestling & Boxing) - Appendix - III
4. Menu of Food for Senior National Campers - Appendix - IV
5. Menu of food for Sub Junior & Junior National
Campers. - Appendix - V

Appendix-I

SPORTS AUTHORITY OF INDIA, NRC, SONEPAT (HARYANA)
CYCLIC MENU FOR Regular Trainees of STCs (Rs. 175/- per day)

Days	Morning Tea	Breakfast	Lunch	Before Practice	After Practice	Dinner	Milk
Monday	Tea with Biscuits	Milk 500 M.L., Bread 8 Pcs., Butter 30 Gms., Daliya 150 Gms, Boiled Egg 2 Nos./Paneer 50 gms, fruits 2 Nos.	Dal Makhani, Green Vegetables, curd, Salad, Rice/Chapatis	Evening Tea	Lemon Juice with sprouted Chana/Dal	Dal Masur, Chicken Palak/Palak Paneer, Rice, Chapati, Fruit Custard	250 M.L.
Tuesday	-do-	Mill 500 M.L., Cornflakes 20 gms, Stuffed Bread Pakora 4 Nos. with Souce, Fruit 2 Nos.	Rajmah, Green Veg., Curd Pudina, Salad, Rice, Chapati	-do-	-do-	Mix Dal, Mater Paneer, Rice, Chapati, Kheer	-do-
Wednesday	-do-	Milk 500 M.L., Bread 8 Pcs., Butter 30 gms., Jam 25 gms., Fried Kala Chana 150 gms, Boiled egg 2 Nos., Raw Paneer 50 gms, Fruit 2 Nos.	Kala Chana, Vegitable Salad, Curd, Rice, Chapati	-do-	-do-	Dal Moong Sabat, Mutton Curry/Matar Mashroom, Rice Chapati, Milk Sewian	-do-
Thursday	-do-	Milk 500 M.L., Egg Bhurji/Paneer Bhurji, Bread 8 Pcs., Butter 30 gms, Daliya 150 gms, Fruit 2 Nos.	Dal Lobia, Vegitable Salad, Raita Veg., Rice Chapati	-do-	-do-	Dal Malka Masur, Mix Vegitable with Paneer, Chapati, Rice, Fruit Custard	-do-
Friday	-do-	Milk 500 M.L., Cornflakes 20 gms, Bread 8 Pcs., Butter 30 gms, Jam 25 gms, Boiled egg 2 Nos./Raw Paneer 50 gms, Fruit 2 Nos.	Kabli Chana, Green Vegitable Salad, Bundi Raita, Rice Chapati	-do-	-do-	Urd Chana Mix, Chicken Curry/ Shahi Paneer, Chapati, Rice Gulab Jamun 2 Pcs.	-do-
Saturday	-do-	Milk 500 M.L, Daliya 150 gms, Bread Toast 6 Pcs., Butter 30 gms., Jam 25 gms, 2 eggs/Paneer 50 gms, Furit 2 Nos.	Rajmah, Green Vegitable Curd, Salad, Rice, Chapati	-do-	-do-	Dal Masur, Chicken Curry/Fish Curry /Paneer, Mushroom Matar, Rice, Chapati, Suji Halwa	-do-
Sunday	-do-	Milk 500 M.L., Puri 8 Pcs., Bhaji/Allu Prantha 3 Nos. with butter, Pickle, Fruits 2 Nos.	Punjabi Curry, Green Vegitable Salad, Rice/Chapati	-do-	-do-	Dal Chana, Egg Curry/Paneer Curry, Chapati, Rice, Fruit Cream	-do-

Appendix-II

MENU FORMAT for Centre of Excellence & National Boxing Academy : (Rs. 225/- per day per head)

Sr. No.	MEAL & MENU	QUANTITY PROPOSED			
	EARLY MORNING	DIET 'A'	DIET 'B'	Diet 'C'	DIET 'D'
		(2700 Kcal)	(32 00 Kcal)	(3500 Kcal)	(4500 Kcal)
1.	Tea	1 cup	1 cup	1 cup	1 cup
2.	Biscuits/Sweet Bun	Two/One	Two/One	Two/one	Two/one
	BREAKFAST				
3.	Daliya	20 gms	40 gms	40 gms	40 gms
4.	Bread	3-4 slices	3-4 slices	4-5 slices	5-6 slices
5.	Butter	15 gms	15 gms	15 gms	15 gms
6.	Jam	15 gms	15 gms	15 gms	15 gms
7.	Eggs	Two	Two	Two	Two
8.	Milk	250 ml	250 ml	250 ml	250 ml
9.	Bananas	One	One	Two	Two
	LUNCH				
10.	Chapati	At Least 2-3	At least 3-4	At least 3-4	At least 6-7
11.	Rice	40g	60g	80g	120g
12.	Dal	40g	60g	80g	120g
13.	Curd	100g	100g	100g	100g
14.	Green leafy Veg. with Potato	100g	100g	100g	100g
15.	Salad	50g	50g	50g	50g
16.	Fruit	150g	150g	150g	150g
	EVENING				
17.	Tea	1 cup	1 cup	1 cup	1 cup
	LATE EVENING				
18..	Daliya/Boiled Corn/Chikki	1 Katori 20g	1 Katori 20g	1 Katori 20g	2 Katori 40g
19.	Lemon Juice	1-2 glass	1-2 glass	1-2 glass	1-2 glass
20.	Dinner Soup	1 Bowl	1 Bowl	1 Bowl	1 Bowl
21.	Chapati	At least 2-3	Atleast 4-5	At least 5-6	At least 7-8
22.	Rice	40g	60g	80g	140g
23.	Meat	100g	100g	100g	100g
24.	Veg.+Potato	100+50g	100+50g	100+50g	100+50g
25.	Salad	50g	50 g	50g	50g
26.	Sweedish	100g	100g	100g	100g
100g	Milk	250 ml	250 ml	250 ml	250 ml

*The quantities mentioned are those of new edible food.

*To prepare 10 Kg of wheat soya floor, 3 Kg of soya floor may be added to 7 Kg. of wheat floor.

*One green leafy veg. like spinach/fenugreek, cholai or yellow coloured veg like pumpkin may be served once everyday.

*Only soya oil may be used for cooking.

*For vegetarian 80g of Paneer may be served in lieu of two eggs for breakfast and 50 g of Paneer.

SUGGESTED DIET CHART FOR NATIONAL CAMPERS (Wrestling & Boxing)

Group	Body Weights	K.cal/Day	Total k.cal/Day	Disciplines/Events covered	Dietary Amount
1	100-125 Kg.	70	7500	Heavy weight categories of Boxing, Judo, Taekwondo, Weightlifting, Wrestling & Throwing events i.e. Discus, Hammer, Javelin, Shot Put	Rs.400
2	70-100 Kg.	70	6000	Middle Weight Categories of Boxing, Judo, Taekwondo, Weightlifting, Wrestling & Throwing events i.e. Discus, Hammer, Javelin, Shot Put	Rs. 300

Group 1: Cyclic Menu for Senior National Campers (Rs. 450/- per day)

MEAL	ITEMS	QUANTITY	
Bed Tea	Tea	One cup(150)	
	Milk	300ml	
Before Training	Bread	4 slices	
	Jam	20g	
During Training	Fruit Juice	200 ml	
	Sweetened Lime Juice	500ml	
Breakfast	Bread	6 slices	
	Butter	25g	
Lunch	Jam	50g	
	Eggs/Paneer Cutlets/processed cheese/Liver	6 Nos.(350gm/)/100g/50g	
	Corn flakes/Porridge	25g	
	Banana	2 Nos.(200g)	
	Dry Fruits(Almonds)	50g	
	Milk	300ml	
	Soup	200ml	
	Chapatis	150g	
	Rice	100g	
	Dal	50g	
	Leafy Vegetables	100g	
	Other Vegetables	100g	
	Tuberous Vegetables	100g	
	Meat/Fish/Chicken or Paneer	250g/150g	
Curd	200g		
Fruit	200g		
Salad	100g		
Evening Tea	Tea	One Cup	
During Training	Fruit Juice	200 ml	
	Sweetened lime juice	500 ml	
After Training	Porridge	50 g.	
Dinner	Milk	300ml	
	Soup	200ml	
	Chapatis	150g	
	Rice	100g	
	Dal	50g	
	Vegetables	100g	
	Other vegetables	100g	
	Tuberous vegetables	100g	
	Meat/Fish/Chicken or Paneer	250g/150g	
	Salad	100g	
	Fruit	150g	
	Bed Time	Desert	150g
	Miscellaneous	Milk	300ml
		Sugar	50g
Honey		25g	
Cooking oil		40g	
Spices & condiments		As required	
L.P.G.			
Cleansing Material			
		Total	

Approximate food value:

Energy 7530 k.cal

Proteins:323g

Fats 242g

Carbohydrates:1015g

% of Nutrients

17.2

28.9

53.9

Group 2 Cyclic Menu for Sub Junior and Junior National Campers (Rs. 340/- per day)

MEAL	ITEMS	QUANTITY	
Bed Tea	Tea	One cup(150ml)	
Before Training	Bread	2 Slices	
	Jam	10g	
During Training	Fruit Juice	200ml	
	Sweetened Lime Juice	500ml	
Breakfast	Bread	4 slices(60g)	
	Butter	25g	
	Jam	50g	
	Eggs/Paneer Cutlets/processed cheese/Liver	4 Nos.(240gm)100g/40g	
	Corn flakes/Porridge	25g	
	Banana	2 Nos.(200g)	
	Dry Fruits	50g	
	Milk	300ml	
Lunch	Soup	200ml	
	Chapatis	150g	
	Rice	100g	
	Dal	30g	
	Leafy Vegetables	100g	
	Other Vegetables	100g	
	Tuberous Vegetables	100g	
	Meat/Fish/Chicken or Paneer	250g/150g	
	Curd	200g	
	Fruit	200g	
	Salad	100g	
	Evening Tea	Tea	One Cup
	During Training	Fruit Juice	200 ml
Sweetened lime juice		500 ml	
After Training	Porridge	50 g	
	milk	300ml	
Dinner	Soup	200 ml	
	Chapatis	150g	
	Rice	100g	
	Dal	30g	
	Vegetables	100g	
	Other vegetables	100g	
	Tuberous vegetables	100g	
	Meat/Fish/Chicken or Paneer	250g/150g	
	Salad	100g	
	Fruit	150g	
	Desert	150g	
	Bed Time	Milk	300ml
	Miscellaneous	Sugar	40g
Honey		25g	
Cooking oil		40g	
Spices & condiments		As required	
L.P.G.			
Cleansing Material			
		Total	

Approximate food value:

Energy 6102 k.cal

Proteins:273g

Fats: 189g

Carbohydrates:858g

% of Nutrients

17.8

27.7

54.5

RATES FOR EATABLE ITEMS IN STAFF CANTEEN

S.NO.	Name of Items	Rate of M/s
	Meal	
1.	Breakfast	Rs. 25/- per meal
2.	Lunch	Rs. 40/- per meal
3.	Dinner	Rs. 40/- per meal
	Tea/Coffee	
1.	Tea	Rs. 05/- per cup
2.	Tea with two Biscuit	Rs. 06/- per cup
3.	Tea Bag	Rs. 07/- per cup
4.	Coffee	Rs. 07/- per cup
5.	Cold Drink	As per MRP
6.	Biscuits	As per MRP
7.	Wafers	As per MRP
8.	Mineral Water	As per MRP
9.	Packed Namkeen	As per MRP
10.	Snacks (Veg. Sandwich Jumbo)	Rs. 10/-
11.	Samosa / Bread Pakoda	Rs. 08/-
12.	Paneer Pakoda (40 gm wt.)	Rs. 10/-

Note: Caterer shall have to install Tea/Coffee machine for smooth running of Staff Canteen.

Format for Submission of the Bid on Letter Head of the Firm

The Director Incharge,
Sports Authority of india
Northern Regional Centre,
Vill. Joshi Chauhan, GT Road,
Bahalgarh (Sonapat), Haryana

Sub: Bid for Mess of SAI Academy for Boxing/Throwing, COE/STC Centre, National Campers, and Staff Canteen at Rajiv Gandhi Sports Complex, Rohtak, Haryana.

In response to the Tender Notice Published in the _____ on _____, I had purchased Tender No. _____ from your office. I had download tender from website "http:// sportsauthorityofindia.nic.in" and have deposited cost of tender along with E.M.D

I am sending herewith my tender documents as under:-

TECHNICAL BID: The tender documents duly signed on each page and all other document to be submitted along with the tender.
(Envelope "B")**

FINANCIAL BID: The financial bid for the job of Catering Services.
(Envelope "C").

**The following details and supporting documents accordingly are available in Envelope "B" for evaluating eligibility etc.

- a. Registration
- b. PAN number
- c. Details of Clients for providing catering services and copy of award / experience letter be enclosed
- d. Copy of audited balance sheet Tender/Profit & Loss account and IT returns for the last three year i.e. 2011-12, 2012-13 & 2013-14 should be submitted showing annual turnover of Rs. 50.00 Lacs.
- e. Undertaking to abide by all labour laws.
- f. Copy of valid license issued by Food Safety & Standard Authority of India (FSSAI) under Food Safety and Standard Act -2006 .

That I/We will be responsible for all the contractual obligations including uninterrupted service, quality of works etc.

This is certify that I/We have studied site, read and understood all clauses of the Bid Document in case of award of contract I/We undertake to abide by all terms and conditions mentioned in the same.

Encl: As above

Dated.....

AUTHORISED SIGNATORY
(NAME IN BLOCK LETTERS)
(SEAL OF THE BIDDER)

Format of Financial Bid for Submission of the Bid on letter Head of the Agency

(TO BE SUBMITTED IN ENVELOPE “C”)

1. Name of the Bidder : _____

2. Address of the Bidder : _____

3. Bid Reference No. : _____

LICENSE FEES QUOTED PER MONTH:

In Figure : Rs. _____

In Words : Rupees _____

This is to certify that I/We have studied site, read carefully and understood all clauses of the tender in case of award of contract I/We undertake to abide by all terms and conditions mentioned in the same.

Dated: _____

(Signature of the bidder)

Address: _____

Tel. No. _____

Fax No. _____

Mobile No. _____

(Seal of the Bidder)