

OFFICE OF THE SUPERINTENDENT

SAHEED LAXAMAN NAYAK MEDICAL COLLEGE AND HOSPITAL, KORAPUT

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No. 4789(a)/2026

Date. 25. 06.2026

To

The Deputy Director of Information and Public Relation (Advertisement),
Bhubaneswar, Odisha

Sub: Publication of Corrigendum against Tender Call Notice- 4425 Dtd:12.06.2026.

Sir,

I am sending herewith a copy of the Corrigendum against Tender Call Notice No.4425 dt.12.06.2026 through mail with a request to publish it in at least one Local and one National Newspapers for its wide circulation and also necessary arrangement may kindly be made for supply a copy of the said Newspapers to the office of the Medical Superintendent, SLN MCH, Koraput for record. The confirmation of the same may be send through e-mail: supdtslnmchkpt.od@gov.in.

Yours faithfully,



Superintendent
SLN MCH, KORAPUT

Memo No. 4789(b)

Date. 25. 06.2026

Copy to the Dean & Principal, SLNMCH, Koraput for information and necessary action. He is requested to float Corrigendum against Tender Call Notice- 4425 dt.12.06.2026 in SLNMCH website: www.slnmch.odisha.gov.in

Copy to the E-Governance Officer, Koraput for information and necessary action. He is requested to float the Corrigendum against Tender Call Notice- 4425 dt.12.06.2026 in Koraput District Web site- www.koraput.odisha.gov.in at an early date for wide circulation.


Superintendent
SLN MCH, KORAPUT

CORRIGENDUM

L.No. 4795(a)

Dt. 25.06.2026

In pursuance of the decision taken in the pre-bid meeting held on 23.06.2026 regarding the tender for providing Diet Services (Dry, Liquid & Cooked) to the indoor patients of SLN Medical College & Hospital, Koraput, the following amendments are hereby made to the Tender Call Notice No. 4425 dated 12.06.2026:

1. Annexures C, E and G which wasn't enclosed in the Tender Call Notice No. 4425 dated 12.06.2026, now the same has enclosed for kind reference.
2. Clause No. 1 (i) at Page No-2 under "Information" shall be modified as 'Tender Cost of Rs. 10000/-(non refundable) by way of e challan under head of account 0075-00-800-0097-02237-000".
3. Clause No. 1 under "Evaluation of Technical Proposal for Award of Marks" shall be substituted with the following:

Sl No	Criteria	Total Marks (100 marks)	Marking as per Criteria
1	Work experience	20	3 years' experience (2 years for SHG) in preparation and supply of diet in health institutions / other institutions having bed strength / persons of 30 to 100 = 5 marks 3 years' experience (2 years for SHG) in preparation and supply of diet in health institutions / other institutions having bed strength / persons of >100 to 200 = 10 marks 3 or more years' experience (2 years for SHG) in preparation and supply of diet in health institutions / other institutions having bed strength / persons of >200 to 300 = 15 marks 3 or more years' experience (2 years for SHG) in preparation and supply of diet in health institutions / other institutions having bed strength / persons of more than 300 = 20 marks

4. **Clause No. 3** under "**Evaluation of Technical Proposal for Award of Marks**" shall be substituted with the following:

Sl No	Criteria	Total Marks (100 marks)	Marking as per Criteria
03	Number of Diet Services (Preparation, Supply & Management) executed in different institutions (not less than 30 beds/persons) in the last three years	40	2 Institutions = 10 marks 3-4 Institutions = 20 marks 5-6 Institutions = 30 marks >6 Institutions = 40 marks For SHG/SHG Federation: 1 Institutions = 10 marks 2-3 Institutions = 20 marks 3-4 Institutions = 30 marks >4 Institutions = 40 marks

5. The last date for receipt of tender documents is hereby **extended till 23.07.2026 by 5.30 P.M.** The **Technical Bid** and **Financial Bid** will be opened on **24.07.2026 at 11:30 A.M.** in the Office of the Medical Superintendent, SLN Medical College & Hospital, Koraput.
6. All other terms and conditions of the Tender Call Notice shall remain **unchanged**.


Superintendent,
SLNMCH, Koraput

Annexure- C
(to be furnished in the technical Bid envelope
(On the letterhead of the Organization))

General information about the bidder				
1	Name of the Bidder			
	Registered address of the firm			
	State		District	
	Telephone No.		Fax	
	E-mail		Website	
Contact Persons Details				
2	Name		Designation	
	Telephone No.		Mobile No	
Communication Address				
3	Address			
	State		District	
	Telephone No.		Fax	
	E-mail		Website	
Type of the Firm (Please tick in the relevant Box)				
4	Private Ltd	<input type="checkbox"/>	Public Ltd	<input type="checkbox"/>
	Partnership	<input type="checkbox"/>	Society	<input type="checkbox"/>
	Registration No & Date of Registration			
	Proprietorship		<input type="checkbox"/>	
	Other, specify		<input type="checkbox"/>	
Nature of Business (Please tick in the relevant Box)				
5	Manufacturer	<input type="checkbox"/>	Authorized Service Provider	<input type="checkbox"/>
Key personnel Details (Chairman, Director, Managing Partner etc.)				
6	In case of Director, DIN Nos. are required			
	Name		Designation	
	Name		Designation	
7	Whether any criminal case was registered against the company or any of its promoters in the past?			
8	Details of the Branch Offices In Odisha (If register office is not in Odisha			
9	GST Registration : Furnish the copy of the GST registration Certificate			
10	PAN Furnish the copy of the PAN			
11	Registration Certificate / Certificate of Incorporation of the firm (furnish the copy)			
12	Copy of Quality Certification : ISO 9001, food License/ Registration (Furnish the copy)			
13	Bank Details of the Bidder: The bidders have to furnish the bank details a. Name of the Bank: b. Name of the Account & Full Address of the Branch concerned c. Account no. of the bidder: d. IFS Code of the Bank			

Annexure- E

to be furnished in the technical proposal envelope

PAST EXPERIENCE IN EXECUTING DIET PREPARATION AND ITS SUPPLY SERVICES IN GOVERNMENT OR PVT. HEALTH INSTITUTION / OTHER GOVT. INSTITUTIONS

(Attached separate sheets if the space provided is not sufficient)

Name / address of the Organisation	Work order/ Contract No and Date	Brief Description of the Scope of Work	Details of the Kitchen Setup established if any	No. of Human resource deployed for the diet service	No. of Beds/ People for which diet service provided	Date of completion of assignment	Role of your firm

Note: Please furnish the work order/ Contract copies of the works executed Serially in support of the information mentioned above

Authorized Signatory / Signature (in full and initials)

Name and Title of Signatory _____ (Company Seal)

Full Diet

Annexure - "G"

This is a normal diet, modified from the balanced diet recommended by ICMR. It can be used for an adult patient (male/female) and children above 10 years who are admitted to the hospital and do not require any dietary modification.

Food Stuff	Vegetarian	Non-Vegetarian
Cereals	375 gm	375 gm
Pulses	75 gm	75 gm
Green Leafy Vegetables	100 gm	100 gm
Other Vegetables	200 gm	200 gm
Roots and Tubers	200 gm	200 gm
Fruits	100 gm	100 gm
Milk	500 ml	250 ml
Egg	—	100 gm
Curd	100 gm	—
Sugar	20 gm	20 gm
Oil	25 ml	25 ml

This diet provides:

- **Calories:** 2563
- **Proteins:** 73.15 gm

FOODS TO BE AVOIDED

- Excess spices and condiments
- Fried foods

Meal	Items
Breakfast	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Idli mix – 100 gms, Refined oil – 5 gm, Fruit – 100 gms
Lunch	Rice – 1½ bowls, Dal – ½ bowl, Egg curry / Chole paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm, Rice – 175 gm, Dal (Moong / Arhar) – 25 gm, Egg – 1 / Paneer – 20 gm, Chole – 30 gm, Vegetables – 50 gm, Potato – 50 gm, Cabbage – 50 gm, Mustard oil – 10 gm
Dinner	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Chole soyabean curry – ½ bowl, Milk – 1 glass (250 ml), Rice/Atta – 125 gm, Dal – 25 gm, Vegetables – 50 gm, Potato – 50 gm, Chole – 25 gm, Soyabean – 25 gm, Refined oil – 10 gm

Day-wise Diet Menu (Corrected)

Day	Breakfast	Lunch	Dinner
Monday & Thursday	Uppama – 1 bowl, Alu-matar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Suji – 100 gms, Aloo – 20 gm, Matar – 20 gms, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dalma – 1 bowl, Leafy vegetable/cabbage fry – ½ bowl, Curd – 100 gm, Rice – 175 gms, Dal – 25 gms, Vegetable – 25 gms, Potato – 50 gms, Leafy veg/cabbage fry – 50 gm, Refined oil – 10 gms	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Alu soyabean curry – ½ bowl, Milk – 250 ml, Rice/Atta – 125 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Soyabean – 25 gms, Refined oil – 10 gms

Wednesday & Sunday	Simeji Upma – 1 bowl, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Simeji – 100 gms, Potato – 20 gm, Matar – 20 gms, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dal – ½ bowl, Egg curry / Chole paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm Rice – 175 gm, Dal (Moong / Arhar) – 25 gms, Egg – 1 / Paneer – 20 gm, Chole – 30 gms, Vegetables – 50 gms, Potato – 50 gms, Cabbage – 50 gms, Mustard oil – 10 gms	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml) Rice/Atta – 125 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Soyabean – 25 gms, Mustard oil – 10 gms
Tuesday & Saturday	Chuda Santula – 1 bowl, Matar curry – ½ bowl, Fruit, Milk – 250 ml, Chuda – 100 gms, Matar – 20 gms, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dal – ½ bowl, Vegetable chole curry – ½ bowl, Leafy vegetable fry – ½ bowl, Curd – 100 gm Rice – 150 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Green leafy vegetables / Cabbage – 50 gms, Chole – 25 gms, Mustard oil – 10 gms	Rice – 1½ bowls, Roti – 4 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Egg / Paneer curry, Milk – 1 glass (250 ml) Rice/Atta – 125 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Egg – 1 / Paneer – 30 gms, Milk – 250 ml, Mustard oil – 10 gms
Friday	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Idli Mix – 100 gms, Refined oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Daima – 1 bowl, Egg / Paneer curry, Leafy veg / Cabbage fry – ½ bowl, Curd – 100 gm Rice – 150 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Egg – 1 / Paneer – 30 gms, Leaf vegetable / Cabbage – 50 gms, Mustard oil – 10 gm	Rice – 1½ bowls, Roti – 4 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml) Rice/Atta – 125 gms, Dal – 25 gms, Vegetable – 50 gms, Potato – 50 gms, Chole – 25 gms, Mustard oil – 10 gms

Additional Notes:

- **Bowl volume:** 250 ml water
- **Roti:** 1 no., Medium size = 30 gm atta (raw unit)
- **Rice:** 1 bowl = 300 gm cooked weight (100 gm raw unit)
- **Dal/Pulses/Legumes:** 1 bowl = 125 gm cooked weight 25gm raw unit
- **Mixed vegetable:** 01 bowl-200 gm cooked weight
- **Seasonal fruit:** 01 no-100 gm
- **Upma and poha:** 01 bowl- 300 gm

DIET MENU FOR TB / BURN / CANCER PATIENTS

NOTE: An additional ₹10 has been added, and high protein is required for patients with burns, TB, and cancer. Therefore, 250 ml of milk / 2 extra eggs / 50 gms of soya bean should be given to these patients.

FOODS TO BE AVOIDED

- a. Excessive spices and condiments
b. Fried foods

Day	Breakfast	Lunch	Dinner
Sunday	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), 2 eggs / 50 gm paneer, Idli Mix – 100 gms, Refined oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dal – ½ bowl, Egg curry / Chole Paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm Rice – 175 gm, Dal (Moong/Arhar) – 25 gm, Egg – 1 / Paneer – 20 gm, Chole – 30 gm, Vegetables – 50 gm, Potato – 50 gm, Cabbage – 50 gm, Mustard oil – 10 gm	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Chole Soyabean Curry – ½ bowl, Milk – 1 glass (250 ml) Rice/Atta – 125 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Chole – 25 gm, Soyabean – 25 gm, Refined oil – 10 gm
Monday & Thursday	Uppama – 1 bowl, Aloo-Matar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), 2 eggs / 50 gm paneer, Suji – 100 gms, Aloo – 20 gm, Matar – 20 gm, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dalma – 1 bowl, Leafy vegetable / Cabbage fry – ½ bowl, Curd – 100 gm Rice – 175 gm, Dal – 25 gm, Vegetables – 50 gm, Potato – 50 gm, Leafy veg / Cabbage fry – 50 gm, Refined oil – 10 gm	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Aloo Soyabean Curry – ½ bowl, Milk – 250 ml Rice/Atta – 125 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Soyabean – 25 gm, Refined oil – 10 gm
Wednesday	Suji Upma – 1 bowl, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), 2 eggs / 50 gm paneer, Suji – 100 gms, Aloo – 20 gm, Matar – 20 gm, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dal – ½ bowl, Egg curry / Chole Paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm Rice – 175 gm, Dal (Moong/Arhar) – 25 gm, Egg – 1 / Paneer – 20 gm, Chole – 30 gm, Vegetables – 50 gm, Potato – 50 gm, Cabbage – 50 gm, Mustard oil – 10 gm	Rice – 1½ bowls, Roti – 4 nos, Dalma – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml) Rice/Atta – 125 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Soyabean – 25 gm, Mustard oil – 10 gm
Tuesday & Saturday	Chuda Santula – 1 bowl, Matar Curry – ½ bowl, Fruit, Milk – 250 ml, 2 eggs / 50 gm paneer, Chuda – 100 gms, Matar – 20 gms, Oil – 5 gms, Fruit – 100 gms	Rice – 1½ bowls, Dal – ½ bowl, Vegetable Chole Curry – ½ bowl, Leafy vegetable fry – ½ bowl, Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 50 gm, Potato – 50 gm, Green leafy veg / Cabbage – 50 gm, Chole – 25 gm, Mustard oil – 10 gm	Rice – 1½ bowls, Roti – 4 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Egg / Paneer curry, Milk – 1 glass (250 ml), Rice – 125 gm, Dal – 25 gm, Vegetables – 50 gm, Potato – 50 gm, Egg – 1 / Paneer – 30 gm, Milk – 250 ml, Mustard oil – 10 gm
Friday	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), 2 eggs / 50 gm paneer, Idli Mix –	Rice – 1½ bowls, Dalma – 1 bowl, Egg / Paneer curry, Leafy vegetable / Cabbage fry – ½ bowl, Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 50 gm, Potato –	Rice – 1½ bowls, Roti – 4 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml), Rice / Atta – 125 gm, Dal – 25 gm, Vegetables – 50

100 gms, Refined oil – 5 gm, Fruit – 100 gms	50 gm, Egg – 1 / Paneer – 30 gm, Leafy vegetables / Cabbage – 50 gm, Mustard oil – 10 gm	gm, Potato – 50 gm, Chole – 25 gm, Mustard oil – 10 gm
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- **1 Bowl Volume:** 250 ml water
- **Roti:** 1 no, Medium size = 30 gm atta (raw unit)
- **Rice:** 1 bowl = 300 gm cooked weight (100 gm raw unit)
- **Dal / Pulses / Legumes:** 1 bowl = 125 gm cooked weight (25 gm raw unit)
- **Mixed vegetables:** 1 bowl = 200 gm cooked weight
- **Seasonal fruit:** 1 no = 100 gm
- **Upma and Poha:** 1 bowl = 300 gm

Diet for Diabetic Patients

Foods to Be Avoided

- Roots and tubers
- Sweets and sugar
- Fried foods
- Fruits like banana, sapota, and fruit juices

Food Stuff	Vegetarian
Cereals	300 gm
Pulses	60 gm
Green Leafy Vegetables	200 gm
Other Vegetables	200 gm
Fruits	200 gm
Milk	500 ml
Oil	20 gm

This diet provides

This diet provides:

- **Calories:** 2000 kcals
- **Proteins:** 80 gm

Day	Breakfast	Lunch	Dinner
Sunday	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Idli Mix – 100 gms, Dal – 20 gm, Refined oil – 5 gm, Fruit – 100 gm	Rice – 1 bowl, Roti – 3 nos, Dal – ½ bowl, Egg curry / Chole / Paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm, Rice / Atta – 100 gm, Dal (Moong / Arhar) – 25 gm, Egg – 1 / Paneer – 20 gm, Chole – 30 gm, Vegetables – 100 gm, Cabbage – 50 gm, Mustard oil – 10 gm	Roti – 3 nos, Dalma – ½ bowl, Chole Soyabean Curry – ½ bowl, Milk – 1 glass (250 ml), Atta – 100 gm, Dal – 25 gm, Vegetables – 100 gm, Chole – 25 gm, Soyabean – 25 gm, Refined oil – 10 gm
Monday & Thursday	Uppama – 1 bowl, Matar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Simej – 100 gm,	Rice – 1 bowl / Roti – 3 nos, Dalma – 1 bowl, Leafy vegetable / Cabbage fry – ½ bowl, Curd – 100 gm, Rice / Atta – 100 gm, Dal – 25 gm, Vegetables – 100 gm, Leafy vegetables / Cabbage fry – 50 gm,	Roti – 3 nos, Dalma – ½ bowl, Soyabean Curry – ½ bowl, Milk – 250 ml, Atta – 100 gm, Dal – 25 gm, Vegetables – 100 gm,

	Matar – 20 gm, Oil – 5 gm, Fruit – 100 gm	Refined oil – 10 gm	Soyabean – 25 gm, Refined oil – 10 gm
Wednesday	Simeji Upma – 1 bowl, Sambar – ½ bowl, 1 medium- sized fruit, Milk – 1 glass (250 ml), Simeji – 100 gm, Dal – 20 gm, Oil – 5 gm, Fruit – 100 gm	Rice – 1 bowl / Roti – 3 nos, Dal – ½ bowl, Egg curry / Chole / Paneer curry – ½ bowl, Mixed vegetable curry – ½ bowl, Curd – 100 gm, Rice / Atta – 100 gm, Dal (Moong / Arhar) – 25 gm, Egg – 1 / Paneer – 20 gm, Chole – 30 gm, Vegetables – 100 gm, Cabbage – 50 gm, Mustard oil – 10 gm	Roti – 3 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml), Atta – 100 gm, Dal – 25 gm, Vegetables – 100 gm, Soyabean – 25 gm, Mustard oil – 10 gm
Tuesday & Saturday	Chuda Santula – 1 bowl, Matar Curry – ½ bowl, Fruit, Milk – 250 ml, Chuda – 100 gm, Matar – 20 gm, Oil – 5 gm, Fruit – 100 gm	Rice – 1 bowl / Roti – 3 nos, Dal – ½ bowl, Vegetable Chole Curry – ½ bowl, Leafy vegetable fry – ½ bowl, Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 100 gm, Green leafy vegetables / Cabbage – 50 gm, Chole – 25 gm, Mustard oil – 10 gm	Roti – 3 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Egg / Paneer curry, Milk – 1 glass (250 ml), Atta – 100 gm, Dal – 25 gm, Vegetables – 100 gm, Egg – 1 / Paneer – 30 gm, Milk – 250 ml, Mustard oil – 10 gm
Friday	Idli – 4 pcs, Sambar – ½ bowl, 1 medium-sized fruit, Milk – 1 glass (250 ml), Idli Mix – 100 gm, Refined oil – 5 gm, Fruit – 100 gm	Rice – 1 bowl / Roti – 3 nos, Dalma – 1 bowl, Egg / Paneer curry, Leafy vegetable / Cabbage fry – ½ bowl, Curd – 100 gm, Rice/ Atta 100 gms, Dal-25 gm, vegetable-100 gms, egg- 1/ Paneer- 30 gms, Leave vegetable/Cabbage- 50 gms & Mustard oil-10 gm	Roti – 3 nos, Dal – ½ bowl, Mixed vegetable curry – ½ bowl, Milk – 1 glass (250 ml), Atta- 100gms, Dal-25 gms, Vegetable- 100 gms, Chole- 25 gms, Mustard oil- 10 gms

This is a normal diet for children, modified from the balanced diet recommended by ICMR. It can be used for children up to 10 years of age who are admitted to a hospital and do not need any dietary modification.

Food Stuff	Vegetarian	Non-Vegetarian
Cereals	180	180
Pulses	60	60
Green Leafy Vegetables	100	100
Other Vegetables	100	100
Roots and Tubers	100	100
Fruits	100	100
Milk	500	250
Egg		50
Curd	100	
Sugar	30	30
Oil	20	25

This diet provides:

- **Calories:** 1838 kcal
- **Proteins:** 5.8 gm
- **Fats:** 20.5 gm

Day	Breakfast	Lunch	Dinner
Sunday	Semai Khir, Fruit, Semai – 50 gm, Sugar – 20 gm, Milk – 250 ml, Fruit – 100 gm (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1), Oil – 5 gm	Rice, Dalma & Egg Curry / Chole / Paneer Curry, Leafy vegetable / Cabbage Fry, Curd – 100 gm Rice – 80 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 25 gm, Egg – 1, Paneer – 20 gm, Chole – 30 gm, Leafy vegetable / Cabbage – 25 gm, Mustard oil – 12 gm	Rice / Roti, Dalma Rice / Atta – 50 gm, Dal – 30 gm, Vegetable – 25 gm, Potato – 50 gm, Refined oil – 8 gm
Monday & Thursday	Uppama, Aloo Matar, Fruit, Milk Suji – 25 gm, Semai – 25 gm, Matar – 20 gm, Fruit – 100 gm (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1), Oil – 5 gm, Milk – 250 ml	Rice, Dalma, Aloo Soyabean Curry, Leafy Vegetable / Cabbage Fry, Curd – 100 gm Rice – 80 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Soyabean – 25 gm, Leafy Vegetable / Cabbage – 100 gm, Mustard oil – 12 gm	Rice / Roti, Dalma, Mixed Vegetable Curry, Milk Rice / Atta – 50 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Refined oil – 8 gm, Milk – 250 ml
Wednesday	Suji Khir, Fruit Suji – 50 gm, Sugar – 20 gm, Milk – 250 ml, Fruit – 100 gm (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1), Oil – 5 gm	Rice, Dalma & Egg Curry / Chole / Paneer Curry, Leafy Vegetable / Cabbage Fry, Curd – 100 gm Rice – 80 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Egg – 1, Paneer – 20 gm, Chole – 30 gm, Leafy Vegetable / Cabbage – 100 gm, Mustard Oil – 12 gm	Rice / Roti, Dalma, Mixed Vegetable Curry Rice / Atta – 50 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 10 gm
Tuesday & Saturday	Chuda Santula / Bun, Matar Curry & Fruit, Milk Chuda – 50 gm / Bun – 50 gm, Matar – 20 gm, Fruit – 100 gm (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1), Oil – 5 gm, Milk – 250 ml	Rice, Dalma, Aloo Soyabean Curry, Leafy Vegetable / Cabbage Fry Rice – 100 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Soyabean – 25 gm, Leafy Vegetable / Cabbage – 100 gm, Mustard Oil – 12 gm	Rice / Roti, Dal, Mixed Vegetable Curry, Milk Rice / Atta – 50 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 8 gm, Milk – 250 ml
Friday	Semai Khir, Fruit Semai – 50 gm, Sugar – 20 gm, Milk – 250 ml, Fruit – 100 gm (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1), Oil – 5 gm	Rice, Dalma & Egg Curry / Chole / Paneer Curry, Leafy Vegetable / Cabbage Fry, Curd – 100 gm Rice – 80 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Egg – 1, Paneer – 20 gm, Chole – 30 gm, Leafy Vegetable / Cabbage – 25 gm, Mustard Oil – 12 gm	Rice / Roti, Dalma Rice / Atta – 50 gm, Dal – 30 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 8 gm

Bland Diet / Diarrheal Diet

A **bland diet** is a diet that is **non-irritating chemically and mechanically**, and which inhibits gastric secretions. It can be used for:

- Gastric and duodenal ulcers

- Diarrhea
- Ulcerative colitis

With slight changes in fiber and fat content, it can also be used for both diarrhea and ulcerative colitis.

Foods to be Avoided:

- All bran and coarse cereals
- Skin and seeds of fruits
- Vegetables like cabbage, beans, ladies' fingers (okra), bitter gourd, etc.
- Spices and condiments
- Fried foods

Food Stuff	Amount (in gm)
Cereals	150
White Bread	80
Pulses	40
Other Vegetables	100
Roots and Tubers	75
Fruits	200
Milk	500
Sugar	30
Oil	20

This diet provides

Calories 1676 kcals

Proteins 50gm

Diet Menu for Diarrhoea Patients

Day	Breakfast	Lunch	Dinner
Monday & Thursday	Sagokhir / Milk Barley, Banana Sago / Barley – 50 gm, Milk – 250 ml, Sugar – 30 gm, Fruit – 100 gm (i.e., 2 Bananas)	Khichdi & Boiled Potato, Curd – 100 gm, Rice – 80 gm, Moong Dal – 25 gm, Potato – 50 gm, Oil – 10 gm	Roti / White Bread, Milk, Dalma, Banana Wheat Flour – 70 gm / White Bread – 80 gm, Dal – 15 gm, Potato – 25 gm, Vegetables – 100 gm, Oil – 10 gm, Milk – 250 ml, Fruit – 100 gm (i.e., 2 Bananas)
Tuesday & Saturday	Mandia Khir / Milk Barley, Banana Mandia – 50 gm / Barley – 50 gm, Milk – 250 ml, Sugar – 30 gm, Fruit – 100 gm (i.e., 2 Bananas)	Khichdi & Boiled Potato, Curd – 100 gm, Rice – 80 gm, Moong Dal – 25 gm, Potato – 50 gm, Oil – 10 gm	Roti / White Bread, Milk, Dalma, Banana Wheat Flour – 70 gm / White Bread – 80 gm, Dal – 15 gm, Potato – 25 gm, Vegetables – 100 gm, Oil – 10 gm, Milk – 250 ml, Fruit – 100 gm (i.e., 2 Bananas)
Wednesday, Friday & Sunday	Chuda Khir / Milk Barley, Banana Chuda – 50 gm / Barley – 50 gm, Milk – 250 ml, Sugar – 30 gm, Fruit – 100 gm (i.e., 2 Bananas)	Khichdi & Boiled Potato, Curd – 100 gm, Rice – 80 gm, Moong Dal – 25 gm, Potato – 50 gm, Oil – 10 gm	Roti / White Bread, Milk, Dalma, Banana Wheat Flour – 70 gm / White Bread – 80 gm, Dal – 15 gm, Potato – 25 gm, Vegetables – 100 gm, Oil – 10 gm, Milk – 250 ml, Fruit – 100 gm (i.e., 2 Bananas)

Liver Disease – Jaundice (Low Fat, Low Protein, High Carbohydrate)

liver disease.

Food Stuff	Vegetarian (gm)
Cereals	350
Pulses	50
Green Leafy Vegetables	50
Other Vegetables	200
Roots and Tubers	100
Fruits	100
Curd	100
Sugar	20
Oil	20

This Diet Provides:

- **Calories:** 2000 kcal
- **Proteins:** 35 gm

FOODS TO BE AVOIDED

- Too many spices and condiments
- Fried foods

Day	Breakfast	Lunch	Dinner
Sunday	Semai Upama with vegetables and seasonal fruit Semai – 100 gm, Vegetable – 50 gm, Fruit – 100 gm (e.g. 2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango), Oil – 5 gm	Rice, Dal, and Mixed Vegetable Curry Curd – 100 gm, Rice – 150 gm, Dal (Moong/Aharhar) – 25 gm, Vegetables – 100 gm, Potato – 50 gm, Leafy Vegetable/Cabbage – 50 gm, Mustard Oil – 10 gm	Rice/Roti, Dalma, Rice/Atta – 100 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 5 gm
Monday & Thursday	Upama, Aloo Curry, and Fruit Suji – 50 gm, Potato – 50 gm, Matar – 20 gm, Oil – 5 gm, Fruit – 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango)	Rice, Dalma, Leafy Vegetable/Cabbage Fry Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 100 gm, Leafy Veg/Cabbage Fry – 50 gm, Refined Oil – 10 gm	Rice/Roti, Dalma, Aloo Curry Rice/Atta – 100 gm, Dal – 25 gm, Vegetables – 50 gm, Potato – 50 gm, Refined Oil – 5 gm
Wednesday	Suji Upama with vegetables and seasonal fruit Suji – 100 gm, Vegetable – 50 gm, Fruit – 100 gm (e.g. 2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango), Oil – 5 gm	Rice, Dal, and Mixed Vegetable Curry Curd – 100 gm, Rice – 150 gm, Dal (Moong/Aharhar) – 25 gm, Vegetables – 100 gm, Potato – 50 gm, Cabbage – 50 gm, Mustard Oil – 10 gm	Rice/Roti, Dalma, Mixed Veg Curry Rice/Atta – 100 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 5 gm
Tuesday & Saturday	Chuda Santula/Bun, Aloo Curry, and Fruit Chuda – 100 gm / Bun – 100 gm, Potato – 50 gm, Oil – 5 gm, Fruit – 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1	Rice, Dal, and Vegetable Curry Leafy Veg Fry, Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 100 gm, Green Leafy Veg/Cabbage Fry – 50 gm, Mustard Oil – 10 gm	Rice/Roti, Dalma Rice/Atta – 100 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Milk – 250 ml, Mustard Oil – 5 gm

	Mango)		
Friday	Semai Upama with vegetables and seasonal fruit Semai – 100 gm, Vegetable – 50 gm, Fruit – 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango), Oil – 5 gm	Rice, Dalma, and Leafy Vegetable/Cabbage Fry Curd – 100 gm, Rice – 150 gm, Dal – 25 gm, Vegetables – 100 gm, Potato – 50 gm, Leafy Veg/Cabbage – 50 gm, Mustard Oil – 10 gm	Rice/Roti, Dal, Mixed Veg Curry Rice/Atta – 100 gm, Dal – 25 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 5 gm

Liver Cirrhosis – (Low Fat, Low Sodium, High Protein)

Food Stuff	Vegetarian (grams)
Cereals	200
Pulses	100
Soyabean	50
Green Leafy Vegetables	100
Other Vegetables	200
Roots and Tubers	50
Paneer	50
Curd	100
Fruits	100
Milk	500
Sugar	20
Oil	15

This diet provides:

- **Calories:** 1925 kcals
- **Proteins:** 86.25 gm

FOODS TO BE AVOIDED

- Too much spices and condiments
- Fried foods

Day	Breakfast	Lunch	Dinner
Sunday	Semai Kheeri, seasonal fruit Semai – 50 gm, sugar – 20 gm, milk – 250 ml & fruit – 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango), oil – 5 gm	Rice, Dal & Mixed Vegetable Curry Paneer – 50 gm, Curd – 100 gm, Rice – 100 gm, Dal (Moong / Aharhar) – 50 gm, Vegetables – 50 gm, Potato – 50 gm, Soyabean – 25 gm, Mustard Oil – 10 gm	Rice / Roti, Dalma, Chole, Soyabean Curry, Milk – 250 ml Rice / Atta – 50 gm, Dal – 50 gm, Vegetable – 50 gm, Potato – 25 gm, Chole – 25 gm, Soyabean – 25 gm, Refined Oil – 5 gm, Milk – 250 ml
Monday & Thursday	Upama, matar, and fruit, Milk 250 ml Suji – 50 gm and Semai – 50 gm, Milk – 250 ml, Matar – 20 gm, Oil – 5 gm & Fruit – 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango)	Rice, Dal, Mixed Vegetable, Soyabean Curry Paneer 50 gm, Curd – 100 gm, Rice – 100 gm, Dal – 40 gm, Vegetables – 50 gm, Potato – 50 gm, Soyabean – 50 gm, Refined Oil – 10 gm	Rice / Roti, Dalma, Milk – 250 ml Rice / Atta – 50 gm, Dal – 40 gm, Vegetable – 50 gm, Potato – 50 gm, Refined Oil – 5 gm, Milk
Wednesday	Suji Kheeri, seasonal fruit Suji – 100 gm, sugar – 20 gm, milk – 250 ml & fruit	Rice, Dal & Mixed Vegetable Curry Paneer – 50 gm, Curd – 100 gm,	Rice / Roti, Dalma, Chole, Soyabean Curry, Milk – 250 ml Rice / Atta

	- 100 gm (2 Bananas / 1 Guava / 1 Apple / 1 Orange / 1 Mango), oil - 5 gm	Rice - 100 gm, Dal (Moong / Aharhar) - 50 gm, Vegetables - 50 gm, Potato - 50 gm, Soyabean - 25 gm, Mustard Oil - 5 gm	- 50 gm, Dal - 50 gm, Vegetable - 50 gm, Potato - 50 gm, Chole - 25 gm, Soyabean - 25 gm, Refined Oil - 5 gm, Milk - 250 ml
Day	Breakfast	Lunch	Dinner
Tuesday & Saturday	Chuda santula / bun, Matar curry and fruit, Milk - 250 ml Chuda - 50 g / bun - 100 g, Matar - 20 g, Oil - 5 g & Fruit - 100 g (Banana - 2 / Guava - 1 / Apple - 1 / Orange - 1 / Mango - 1), Oil - 5 g	Rice, Dal, vegetable chole curry, Paneer - 50 g, Curd - 100 g Rice - 100 g, Dal - 40 g, Vegetable - 50 g, Potato - 50 g, Chole - 25 g, Mustard oil - 5 g	Rice / roti, Dal, Mixed vegetable curry, Milk Rice / atta - 50 g, Dal - 40 g, Vegetable - 50 g, Potato - 50 g, Soyabean - 50 g, Milk - 250 ml, Mustard oil - 5 g
Friday	Semai Khir & seasonal fruit Semai - 50 g, Refined oil - 5 g, sugar - 20 g, Milk - 250 ml & fruit - 100 g (Banana - 2 / Guava - 1 / Apple - 1 / Orange - 1 / Mango - 1)	Rice, Dal & mixed vegetable chole curry, Paneer - 50 g, Curd - 100 g Rice - 100 g, Dal (Moong / Aharhar) - 50 g, Vegetables - 50 g, Potato - 50 g, Chole - 25 g, Mustard oil - 5 g	Rice / roti, Dal, mixed vegetable curry, Soyabean curry, Milk - 250 ml Rice / atta - 50 g, Dal - 50 g, Vegetable - 50 g, Potato - 50 g, Soyabean - 50 g, Mustard oil - 5 g

CARDIAC DIET - (Low Calorie, Low Fat, High Fibre, High Carbohydrate, Low Sodium)

Food Stuff	Vegetarian (g)	Non-Vegetarian (g)
Cereals	200	200
Pulses	70	50
Green Leafy Vegetables	200	200
Other Vegetables	200	200
Roots and Tubers	50	50
Citrus Fruits and Tomato	200	200
Milk	500	250
Egg White	-	50 (one)
Oil	15	15

This diet provides:

- **Calories:** 1648 kcals
- **Proteins:** 60.55 gm

FOODS TO BE AVOIDED

- Too many spices and condiments
- Fried foods
- Salt

Day	Breakfast	Lunch	Dinner
Monday & Thursday	Upama, aloo matar and fruit, Milk 250 ml, Suji - 50 g, Milk - 250 ml, Matar - 20 g, oil - 5 g & Fruit - 100	Rice / Roti, Dalma, Green leafy vegetables & cucumber, Curd - 100 g / Egg white - 1 Rice / Atta (Whole wheat) - 100 g,	Roti, Dalma, Soyabean Vegetable Curry, One Tomato / Cucumber Atta (Whole Wheat) - 50 g, Dal - 30 g, Vegetable, Soyabean -

	g (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1)	Dal – 30 g, Vegetable – 100 g, Leafy veg / Cabbage – 100 g, Mustard oil – 5 ml & Cucumber – 1	25 g, 50 g, Refined oil – 5 g, Veg – 100 g
Tuesday & Saturday	Chuda santula / bun, Matar Curry and fruit, Milk – 250 ml, Chuda – 50 g / bun – 100 g, Matar – 20 g, oil – 5 g & Fruit – 100 g (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1)	Roti / Rice, Dal, Cucumber, Leaf veg / Cabbage fry, Mix veg chole curry, Curd – 100 g / Egg white – 1 Rice / Atta (Whole Wheat) – 100 g, Dal – 20 g, Chole – 25 g, Vegetable – 100 g, Leaf veg / cabbage – 50 g, Mustard oil – 5 ml & cucumber – 1	Roti, Dalma, Mix vegetable curry, One tomato, Milk – 250 ml Atta (Whole wheat) – 50 g, Dal – 20 g, Vegetable – 100 g, Refined oil – 5 g
Wednesday	Suji Kheeri, Seasonal fruit Suji – 50 g, Sugar – 20 g, Milk – 250 ml & Fruit – 100 g Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1, Oil – 5 ml	Roti / Rice, Dal, Cucumber, Mix veg Soyabean Curry, Curd – 100 g / Egg white – 1 Rice / Atta (Whole wheat) – 100 g, Dal – 30 g, Vegetables – 50 g, Soyabean – 50 g, Leafy veg / cabbage – 50 g, Refined oil – 5 ml & cucumber – 1	Roti, Dalma, Vegetable curry, One tomato, Leafy veg / cabbage fry Atta (Whole wheat) – 50 g, Dal – 30 g, Vegetable – 50 g, Leaf veg / cabbage – 100 g, Refined oil – 5 g, Veg – 100 g
Friday	Semai Kheeri & Seasonal fruit Semai – 50 g, Refined oil – 5 g, Sugar – 20 g, Milk – 250 ml & Fruit – 100 g (Banana – 2 / Guava – 1 / Apple – 1 / Orange – 1 / Mango – 1)	Roti / Rice, Dal, Cucumber, Leaf veg / Cabbage fry, Mix veg chole curry, Curd – 100 g / Egg white – 1 Rice / Atta (Whole wheat) – 100 g, Dal – 20 g, Chole – 25 g, Vegetables – 100 g, Leaf veg / cabbage – 50 g & Refined oil – 5 ml & cucumber – 1	Roti, Dalma, Mix vegetable curry, One tomato, Milk – 250 ml Rice / Atta (Whole wheat) – 50 g, Dal – 20 g, Vegetable – 100 g, Refined oil – 5 ml
Sunday	Semai Kheeri & Seasonal fruit Semai – 50 gm, Refined oil-5gm, sugar-20 gms, milk-250 ml & fruit-100 gms, (Banana- 2/ Guava-1 / apple-1 / Orange- 1/ mango-1)	Roti / Rice, Dal, Cucumber, Mix veg Soyabean curry, Curd –100 gm / Egg white – 1, Rice/ Atta (whole Wheat)- 100 gms, Dal- 30gms, leaf veg/ cabbage- 50gms & refined oil-5ml & Cucumber-1	Roti, Dalma, Vegetable curry, One tomato, Leafy veg/ cabbage fry, Rice/ Atta (Whole/wheat)-50 gms, dal-30 gms, vegetable-50 gms, leafvag/cabbage-100 gms, refined oil-5ml & veg-100 gms

Diet for Acute & Chronic Renal Disease

Salient Features:

1. Provision of low protein, low sodium, and low potassium diet.
2. The protein given should be of good quality to minimize the workload on the kidneys.
3. Adequate calories to prevent utilization of protein for energy.

Diet by Protein Requirement

SN	Particulars	Food Items	Quantity
	Milk and Milk Products		200 ml
	Egg / Paneer		One / 30 g
	Cereals		50 g
	Potato or Root Vegetable		100 g
	Other Vegetables		100 g
	Sago		100 g
	Arrowroot Powder		100 g
	Cooking Fat		25 g
	Sugar		75 g
	Approx. Nutritive Value		
	Calories		1900 kcal
	Protein		20 g
	Fat		60 g
	Carbohydrate		320 g
	Sodium		136 mg
	Potassium		922 mg

Notes:

1. Sugar can be increased as the diet aims to provide enough calories.
2. Use of salt during cooking is to be avoided.
3. All green leafy vegetables and potatoes should be boiled and the water discarded.
- 4.

SN	Particulars	Food Items	Quantity
	Milk and Milk Products		250 ml
	Egg		1 / 30 g
	Paneer		75 g
	Cereals		100 g
	Potato		100 g
	Other Vegetables		100 g
	Fruit		100 g
	Sago		100 g
	Arrowroot Powder		100 g
	Cooking Fat		25 g
	Sugar or Glucose		50 g
	Approx. Nutritive Value		
	Calories		2070 kcal
SN	Particulars	Food Items	Quantity
		Protein	30 g
		Fat	70 g
		Carbohydrate	330 g
		Sodium	225 mg
		Potassium	1545 mg

Note:

1. Sugar can be increased as the diet aims to provide enough calories.
2. Use of salt during cooking is to be avoided.
3. All green leafy vegetables and potatoes should be boiled, and the water discarded.

C. 40 g Protein Diet

SN	Particulars	Food Items	Quantity
		Milk and Milk Products	350 ml
		Egg / Paneer	1 / 30
		Cereals	30 g
		Other vegetables	150 g
		Potato	100 g
		Sago	50 g
		Arrowroot powder	100 g
		Cooking fat	25 g
		Sugar	50 g
Approx. Nutritive Value			
		Calories	2155 kcal
		Protein	40 g
		Fat	75 g
		Carbohydrate	330 g
		Sodium	230 mg
		Potassium	1552 mg

Foods to Avoid in Renal Disorders:

1. Extra milk or milk products.
2. Meat, fish, chicken, extra eggs, etc.
3. Pulses, extra cereals, legumes, peas, beans.
4. Dry fruits, peanuts, coconut, cashew nuts, and other nuts.
5. Cakes, pastries, jam, jellies.
6. Squash, lemon, fruit juices.
7. Vegetables that are rich in protein, sodium, and potassium, such as dried peas, spinach, etc.

Weekly Diet Menu for Chronic Renal Failure (CRF) / Chronic Kidney Disease (CKD)

Day	Breakfast	Lunch	Dinner
Sunday	Porridge (Sagoo) Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato, Egg white of one egg	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Monday	Sagoo Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Tuesday	Semia Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Wednesday	Semia Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato, Egg white of one egg	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Thursday	Chuda Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Friday	Chuda Raw - 100	Rice - 150 gm, Dal - 1 cup (15	Rice / Roti, Sabji - 150

	gm, Milk - 100 gm, Sugar - 30 gm to taste	gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato, Egg white of one egg	gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar
Saturday	Rice Raw - 100 gm, Milk - 100 gm, Sugar - 30 gm to taste	Rice - 150 gm, Dal - 1 cup (15 gm), Sabji (Seasonal vegetable except Green Leafy Vegetable), Potato & Tomato	Rice / Roti, Sabji - 150 gm, Porridge (Kheer) - 50 gm, Cereals 100 gm - Milk, 30 gm - Sugar

Note: The diet menu is suggestive and may change based on the availability of the proposed items. The concerned dietician/medical officer will have the final authority to make appropriate decisions on the menu without compromising quality.

Dry Food:

Food Stuff	Amount
Milk	1000 ml
Bread	400 gms
Banana	2 nos
Egg	2 nos
Calories	2055 kcal
Protein	90 gms

Food Staff:

Food Staff	Breakfast	Lunch	Dinner
Milk	500 ml		500 ml
Bread	200 gm		200 gm
Banana		2 nos	
Egg		2 nos	