Tender Document

Hostels 10 Mess
Indian Institute of Technology Bombay

We are in the process of selection of a catering contractor for the mess in the Hostels 10 on the campus. The terms and conditions on which the contract is to be awarded are given in the following pages and are divided under the following headings:

- Catering contract Hostel mess terms and conditions along with responsibilities of
Interested caterers are welcome to participate in a pre-bid meeting and inspection the Hostel mess premises on **Tuesday, 18th Feb at 05:30 PM**. Please present in the mess of **Hostel 10** for this purpose. If you prefer a different time or date, then please send an email to **hcu.chair@iitb.ac.in**.

The agenda of the pre-bid meeting is as follows:

1. Students will tell the caterers about the ground realities of the operation of the mess.
2. One of the wardens will tell them about salient points of the terms and conditions and also, the procedure of selection.
3. Wardens and students will respond to queries of the prospective caterers, if any.
4. The caterers will then inspect the facilities of the mess and kitchen of hostels 10.

Prospective bidders are encouraged to attend this meeting, but it is not mandatory.

The deadline for submission of technical and commercial bids, containing documents stated in page number 15, 16 and 17, along with an EMD of **Rs. 2 lakhs per hostel bid** is **3:00 PM on Monday 03 March 2014**. Demand draft of this amount should be made in favor of **Registrar, IIT Bombay** payable at Mumbai. The EMD amount will be refunded to unsuccessful bidders at the time of the award of the contract. Address for submission of the bids is

Dean (Student Affairs)  
1st Floor, Main Building,  
IIT Bombay,  
Powai, Mumbai-400 076

Please note that the average mess bill in hostels with privatized mess ranges from Rs. 84 to Rs. 97 per head per day.

Technical and commercial bids must be submitted in **SEPARATE** sealed envelopes. Interested caterers should submit a single technical bid, mentioning the hostels in which they are interested. Separate commercial bids should be submitted for each hostel.

The technical bids will be opened at **3:30 PM on Monday, 3 March 2014** in the office of Dean(Student Affairs). Names of the parties shortlisted on the basis of technical bids and site visits will be published on the same website by the evening of **Tuesday, 18th March 2014**. Shortlisted parties will be invited to attend the opening of the commercial bids at **4:00 PM on Friday, 21st March, 2014**, at the same venue. The kitchens and mess will be handed over to the caterers on **Tuesday, April 1, 2014**. Full scale operation of the mess facilities will begin on **Thursday, April 10, 2014**
TERMS AND CONDITIONS ALONG WITH RESPONSIBILITIES OF CATERER

The Mess in each of the hostels consists of a kitchen and a dining hall. The important terms and Conditions are listed below:
1. The Contract Agreement would be for a period of one year and subsequently, may be renewed every year for an additional period of one year or part thereof, subject to satisfactory performance.

2. After three months of operation the caterers will be evaluated on the basis of the guidelines and rules detailed in this document and in the leave and license agreement to be drawn. If the caterer fails to meet the expectation and promises made, then the leave and license agreement can be canceled at that time.

3. Within 15 days of execution of the agreement, the caterer will be required to provide a refundable interest free Bank Guarantee of Rs. 10 lakhs per hostel for which agreement is entered into. This Bank Guarantee should be from a scheduled nationalized bank, and will be held against in default in performance and violations of terms and conditions. This Bank Guarantee shall be effective for a period of 13 months.

4. The catering contractor has to pay license fee of Rs. 1000/- per month for the first year and at such rate as may be fixed by the Institute for the subsequent years.

5. The catering contractor will pay Rs. 500/- towards water charges every month. Wastage of water must be avoided.

6. Electricity shall be provided free of cost.

7. Contractor must submit all necessary statutory documents, as stated on page 15, 16 and 17.

8. In the event of award of the contract, the contractor should register themselves with the Regional Labour Commissioner (Central), Mumbai as a contractor under the Contract Labour Regulation Act and obtain a Labour License and complete all required formalities.

9. (a) The caterer should adhere to the provisions of the Provident Fund Act, the Minimum Wages Act and other such acts which are applicable.

(b) The caterer should ensure that the payment is made to the labourers as per Minimum wages act to the satisfaction of the licensee. The payment is to be made into the bank accounts of the employees and the statement of the accounts is to be deposited with the hall managers every month/ every week. EPF and ESI facilities must be provided to the workers and proof of doing so must be submitted to the hostel on a regular basis.

(c) The Caterer shall not employ child labour. Upon violation of this requirement, legal action would be taken.

10. Engagement of required staff, providing uniforms etc. shall be by the caterer with approval of the mess council of the concerned hostel. The workers should always use hand gloves and caps while working (hair found in food is not acceptable). Caterer should provide a minimum of two pairs of uniform to the workers and ensure that workers report for duty in clean uniforms.

11. It is mandatory to have 1 helper per 25 residents and 1 cook per 100 residents. This workforce should be divided into two teams, so as to operate in in two shifts of duration of eight hours each. 2 supervisors must be present in each shift. One of the supervisors should be entrusted the duty of quality
control and hygiene. *Please note that Hostel 10 is a Women’s Hostel. An all female staff is preferred for this hostel. It is mandatory that the staff in the dining area are women.*

12. The approximate strength of mess members for Hostel 10) during regular semester (January to April and mid-July to November) and also during summer and winter vacations is as mentioned in Annexure A.

13. The timings, menu and price of extra items would be determined by the Committee and the Student Council of the respective hostels in consultation with the caterer.

14. The caterer shall, at their cost, maintain adequate stock of food grain, grocery, and adhere to the standards of the institute. The caterer shall be responsible for proper hygienic storage of all raw materials.

15. No food cooked in the mess may be taken out of the premises without prior permission of the Mess Council of concerned hostel.

16. Vegetarian and Non Vegetarian food will be cooked and served separately.

17. Major civil and electrical works will be attended to by IIT Bombay. Minor maintenance jobs such as replacement of light bulbs, tube lights etc. are the responsibility of the catering contractor.

18. Kitchen equipment, cooking gas bank and dining hall furniture, service Counters, cooking utensils, crockery, cutlery etc. will be provided by IIT Bombay / Hostel. Upkeep of all items provided by the IIT Bombay / Hostel will be the sole responsibility of the caterer.

19. Refilling of cooking gas cylinders provided and procurement of good quality provisions and other consumables is the responsibility of the caterer.

20. Security of licensed premises, equipment, fittings and fixtures, furniture etc. is the responsibility of the catering contractor.

21. Maintenance of kitchen equipment will be covered to the scope of service contract entered into by IIT Bombay with equipment suppliers, but catering contractor should inform service contractor of maintenance requirements. Additional expenses on repairs and maintenance of equipment, if any, shall be borne by the caterer.

22. The caterer shall attend a monthly meeting of the mess committee, failing which a penalty will be imposed. This meeting shall be attended by the caterer himself or a senior representative, who is authorized to take policy decisions.

23. No accommodation, except a changing/resting room, will be provided to the workmen of the caterer.

24. As per policy decision, no caterer will be awarded the contract of more than three hostels in the institute. Therefore, bids from the existing caterer of Hostels 12, 13 and 14 will not be accepted.

25. Only those caterers who have establishment in Mumbai and adjoining areas shall be considered.

26. The caterer should preferably have experience of catering in an establishment of a minimum of 500 customers.
27. **Issues related to Hygiene in the Mess and the Kitchen**

(a) Cleaning and Housekeeping of Kitchen and dining area will be the sole responsibility of the caterer.

(b) Cleaning of utensils, cutlery, crockery, kitchen equipment, furniture, mess water cooler is also responsibility of the caterer. The highest possible standards are expected in this regard.

(c) All possible measures must be taken to ensure hygiene in the kitchen and mess. These include the provision of ample Liquid soap for hand wash at basin, clean towels to clean hand, hand gloves for mess workers who handle items like salad, panipuri etc., head caps for mess workers and other measures as advised by the council.

(c) Highest levels of hygiene must be maintained in the mess workers' toilet, with provisions for soap, towels etc.

(d) Mess workers should be provided the necessary training so as to maintain the highest possible standard of hygiene, as is expected.

(e) IIT Bombay / Hostel would reserve the right to check on cleanliness and upkeep of premises and quality of provisions, and quality of the food.

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**RULES PERTAINING TO THE DAILY FUNCTIONING OF THE MESS**

Timings for the mess

<table>
<thead>
<tr>
<th></th>
<th>Weekdays</th>
<th>Weekends</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>7:45 AM to 9.45 AM</td>
<td>8:00 AM to 10:00 AM</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>12:00 noon to 2:00 PM</td>
<td>12:00 noon to 2:00 PM</td>
</tr>
<tr>
<td><strong>Tiffin</strong></td>
<td>4:30 PM to 6:45 PM</td>
<td>4:30 PM to 6:45 PM</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>8:00 PM to 09:30 PM</td>
<td>8:00 PM to 09:30 PM</td>
</tr>
</tbody>
</table>

1. Unlimited salad will be provided during lunch and dinner. It will comprise of lemon, green chillies (both raw and fried) and any three of the following in every meal: Tomatoes, cucumbers, onions, beetroots, carrots and radish except when Groundnut, Corn, Sprouts, Minced or Cabbage Salad is being served (to be served 5 times a week).
2. Mouth freshener (Fennel seeds and sugar) and Pickle to be provided with every meal.

3. *Paneer* is to be served twice a week as decided in the menu.

4. (a) *Rasna, Khus* Sherbat, Lemon water, *Roohafza, Jalzeera, Aampanna* must be served in unlimited quantity during lunch for 5 days of the week from March to July (18 weeks). Instead of drinks soups can be replaced twice a week

(b) Seasonal drinks must be served in the mess as per requirement given by the mess committee.

5. Banana is to be served in breakfast 5 days in a week. It should be replaced by some other fruit on the remaining 2 days of the week. Along with it, fruits must be served in tiffin on all 6 days, except when a fruit shake or fruit juice is served.

6. Unlimited *Chaas, Lassi,* must be served during lunch on two days of the week.

7. *Raita* to be served minimum 5 times a week. Plain curd will also be served in addition to the *Raita* on these days. Plain rice has to be served in addition when there is briyani or pulav

8. Coconut *chutney* will be served with all south Indian dishes (like *idli, dosa, uttappam* etc.)

9. Sweets (including ice-cream) have to be served on all seven days in lunch or dinner as decided by the mess council, except when *sheera* is be served in breakfast along with *poha,* as mentioned in menu. Sweets must include varieties like Bengali, Gujarati, South Indian sweets etc.

10. Ketchup, Butter, Jam, Curd and *Chutney* has to be provided along with all dishes which need them and as decided in the menu.

11. Jain Food and Boiled Food should be served as per requirement, which is to be decided by the mess council.

12. Menu as decided by the mess council will be strictly followed.

13. The use of mono-sodium glutamate (*ajinomoto*) is strictly prohibited.

14. (a) Extra items e.g. non-veg. items over and above the decided mess menu can be sold at prices decided in by the Mess Council in consultation with the caterer.

(b) Twice a month, chicken biryani (unlimited rice and a reasonable amount of meat per person, 2 standard pieces or equivalent amount) along with *raita* should be served instead of the regular vegetarian meal, if the council requests, to the non-vegetarian members at a decided cost. For these meals only, non-vegetarians should not be charged for the vegetarian meal.

15. One glass of milk (200ml), is to be served, as per the choice of student, in breakfast, tiffin or dinner every day. Both hot and cold milk should be served at all times. Student can be charged extra for second and successive glasses of milk.

16. (a) Caterer should provide special Dinner or Lunch on occasions like festivals for eight to ten days in a year, as decided by the mess council, at no extra cost. Tea parties and regional food festivals should be organized occasionally at no extra cost, as decided by the mess council.
(b). In case a special event is organized in the hostel for which food is arranged from another caterer/restaurant, the students will get a discount corresponding to food charges for that meal. This is expected to happen no more than twice a semester.

17. Special food on days of fasting should be served, as decided by the mess council, at no extra cost.

18. Food should be served and maintained warm at all times.

19. Extra charges for gala dinner should be decided in negotiation with mess council.

20. A sufficient number of counters, as decided by the Mess Council, should be operational.

21. Caterer should maintain a complaint and suggestion register and every complaint should be responded by taking corrective measures in consultation with hostel council.

22. Paper napkin should be provided when fried food is served.

23. Catering services for institute events held within the premises of the hostel may be undertaken only after obtaining a written permission from the mess council at least three days prior to the event.

24. Coupons for guest meals and extra items will be sold to the customer either on the basis of the requisition of a resident of the hostel or against cash payment for the same to the caterers. The price of the same shall be decided by the mess council in consultation with the Caterer.

25. Full rebate will be given to students for a minimum period of two days with prior notification to caterer of at least a day before. Student in this case would get a rebate for each day applied for rebate.

26. Hostels will get 60% on any surplus amount paid for the guest meals.

27. Pest control should be carried out through licensed agencies at least once a month.

28. In case the mess is closed on any occasion or for pest control then special dinner / lunch shall be provided, in lieu of the missed meals, at no extra cost. For every two pest control there would be one special Dinner/lunch.

29. In case special Dinner/lunch can not be provided as per the clause number 28, full refund for the missed meals has to be given to all students.

30. Waste should be segregated prior to disposal, as directed by Mess Council / Public Health Office.

31. Distribution and order of pizza, burger, Mod from dominos, McD,.. to be done by the contractor as per the list given by council

32. Fish to be served once in a week as decided by council but will not be cooked in hostel
GENERAL STRUCTURE OF THE MENU

The following is the general structure of the menu. The detailed menu is provided in the table in Annexure B.

Breakfast

● Indian dish
● Unlimited Toasted Brown Bread and normal bread with butter, jam and ketchup.
● Sprouts/Boiled Pulses/Corn
● Milk (one Glass of 200 ml) with Bournvita/Complan
● Cornflakes/Oats/Chocos/Muesli
● 2 Boiled Eggs or Double Omelette or Egg Bhurji
● 1 Banana/ Any other fruit
● Unlimited Tea and Coffee
Lunch

- Unlimited plain Rice on all 7 days along with any other special rice items as mentioned in the menu (eg. Dum biryani, tomato rice, jeera rice, curd rice etc.)
- Unlimited Chapatti (with and without Ghee)
- Unlimited Dal or Sambar
- One Unlimited vegetable curry and one unlimited dry vegetable
- Unlimited Salad
- Curd / Raita / Lassi / Chass as mentioned in menu
- Papad to be served minimum of 6 times a week
- Pickle
- Rasna to be served 5 days a week for 18 weeks in a year.
- Sweet dish(2 pieces/equivalent quantity as decided by the mess council).
- Fryums, Chutney as mentioned in the menu.
Tiffin

- One snack item
- Unlimited toasted/ brown/ white bread with butter, jam and ketchup. Peanut butter should be served twice a week, if the mess council so desires.
- Unlimited Tea and Coffee to be served on all 7 days of the week
- Ice tea/ cold coffee/ juices/milk shakes should be served 4 days a week for the 18 weeks of summer.
- Fruits

Dinner

- Unlimited plain Rice on all 7 days along with any other special rice items as mentioned in the menu (eg. Dum biryani, tomato rice, jeera rice etc.)
- Unlimited Chapati (with and without Ghee)
- Unlimited Dal or Sambar
- One Unlimited vegetable curry
- Unlimited Salad
- Curd/ Raita as mentioned in the menu.
- Pickle
- Papad to be served minimum of 6 times a week, as mentioned in menu.
- Sweet Dish (2 pieces or equivalent quantity as decided by the mess council).

PENALTIES FOR VIOLATION OR RULES, TERMS AND CONDITIONS
The caterer will be fined in case of violation of the following rules

1. Non-availability of complaint register on the counter/discouraging students from registering complaints would lead to a fine of Rs. 2500/-

2. Insects cooked along with food would invite a fine of at least Rs. 10,000/-

3. Any complaint of soft objects like hair, rope, plastic, cloth etc in food will attract a fine of Rs 2,500/- per complaint.

4. Any complaint of stones / pebbles of diameter more than 2 mm will attract a penalty on the caterer which can range between Rs 300/- to Rs 3,000/- depending on the size of the stone/pebble.

5. Hard and/or sharp objects like glass pieces, nails, hard plastic etc. will attract a penalty of at least Rs 5000/- per incident.

6. Three or more complaints of unclean utensils in a day would lead to a fine of Rs. 3,000/- on the caterer.

7. If mess council agrees that certain item of a meal was not cooked properly then a fine of Rs. 3000/- would be imposed on the caterer.

8. Food poisoning, shall invoke a hefty fine beyond the limit of any fine mentioned above, along with cancellation of contract and possible blacklisting of the caterer.

9. If food for any meal gets over within timings of mess and waiting time is more than 15 minutes for lunch and dinner, and 10 minutes for breakfast and Tiffin, then a fine of Rs. 3,000/- would be imposed on the caterer. The timing for that meal will be extended equivalent to delay time.

10. Changes in menu (including fruit/juice/milkshake) of any meal without permission of mess committee would result in a fine of Rs. 3,000/- on the caterer.

11. If the quality of milk is not found up to be appropriate, or it is diluted, a fine of 8,000/- would be imposed.

12. Inappropriate personal hygiene of workers including their dress and/or misbehavior by workers etc. will lead to fine of Rs. 3,500/- on caterer for every instance.

13. Failure to maintain a proper health check up of the workers will attract a fine of Rs. 4,000/- per instance.

14. For any rule stated in the agreement first violation of the rule implies fine as per the rule. Second and subsequent violations of the same rule on a different day within 30 days of previous fine will attract triple the initial amount of fine on the caterer.

15. Absence of proprietor or his representative empowered to take decision from mess council meetings (which will be held once every month) on due invitation will attract a fine of Rs. 20,000/- on caterer.

16. As and when mess council proposes a fine it will inform the representative of the caterer or mess manager and fine will be imposed with consent of the wardens.
17. Using brands not mentioned in the contract without prior permission and adulteration shall invoke a hefty fine beyond the limit of any fine mentioned above and decided by the mess council with consent with the wardens.

18. Severity of hygiene failure shall be assessed and decided by the mess council and fined appropriately. In case of gross failure/negligence a severe penalty will be imposed, which could be a hefty fine as cash and/or summary termination of the Contract.

BRANDS OF CONSUMABLES PERMISSIBLE

<table>
<thead>
<tr>
<th>Mess Item</th>
<th>Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>Tata, Annapurna, Nature fresh</td>
</tr>
<tr>
<td>Spices</td>
<td>M.D.H. Masala, Satyam, Badshah, Kepra, Everest</td>
</tr>
</tbody>
</table>
● Chicken | Venky's Chicken, Godrej Real good, Zorabian, Suguna, Al Kabeer
● Ketchup | Maggi, Kissan, Heinz
● Oil (Sunflower) | Sundrop, Godrej, Saffola, Fortune, Dhara (use of Hydrogenated (vanaspati) oil is prohibited)
● Pickle | Mother's, Pravin, Priya, Bedekar, Nilon's
● Atta | Ashirvad, Pillsbury, Annapurna
● Instant Noodles | Maggi
● Flavoured drinks | Rasna, Roohafza, Mapro
● Papad | Lijjat
● Butter | Amul, Mother dairy
● Bread | Modern, Kwality, Wibs
● Cornflakes | Kellogg's
● Jam | Kisan, Mapro, Druk, Maggi
● Ghee | Amul, Mother Dairy, Britannia, Gits, Everyday
● Shrikhand | Amul
● Frozen yogurt | Mother dairy
● Cow Milk | Mahananda, Amul, Mother Dairy, Govardhan
● Paneer | Amul
● Tea | Brooke bond, Lipton, Tata, Taaza
● Coffee | Nescafe, Bru
● Ice Cream | Amul, Mother Dairy, Kwality, Natural's
● Soya | Nutrella
● Frozen Peas | Safal (offseason), Al kabeer
● Cheese | Amul, Mother Dairy, Britannia

The caterer may use any other FPO approved brands only if permitted by the Mess Council, in writing.

APPLICATION FOR CONTRACT FOR HOSTELS IS TO BE SUBMITTED TO THE UNDERSIGNED ON SEPARATE SEALED ENVELOPE MENTIONING THE HOSTEL NUMBER

Proforma for the Technical Bid
Hostels for which the bid is being made: 10
(Please strike out the hostels for which you do not want to bid)

Name of the party: ____________________________________________________________
1. Name(s) of the Proprietor(s)/Partner(s): __________________________________________
    ______________________________________
    __________________________________________
    ______________________________________________________________________________

2. Contact Address: _________________________________________________________________
    __________________________________________________________
    __________________________________________________________
    ______________________________________________________________________________
    ______________________________________________________________________________
    ______________________________________________________________________________

3. Contact Phone:_______________ Fax: _________________________
e-mail address:_______________ Cell phone:_______________

4. Major establishments in/ around Mumbai:
   (i) ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
   (ii) ________________________________________________________________
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   (iii) ________________________________________________________________
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   (iv) ________________________________________________________________
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    ________________________________________________________________
    ________________________________________________________________

___________________________________________________________
Signature of the Proprietor(s)/Partner(s) or Authorized Representative

Date:_______________ Name of the Signatory:__________________________________________

Place:_______________ Designation:__________________________________________________

Stamp:

Information to be provided with the Technical Bid
1. Details of Experience of handling large institutional/corporate cafeteria/food outlet: Current and Earlier (during last 7 years).
Please include copies of work orders for values of Rs. 30 lakhs and above for contract periods of one year. For the purpose of evaluation it is necessary that the caterer must have executed 1 work order of 80% or 2 work orders of 60% or 3 work orders of 40% of a notional value of Rs. 1 core over one year period in last 7 years.

2. Any other pertinent information.

Documents to be provided with the Technical Bid

1. Two References establishment where caterer has provided service in the past or present

2. Photocopy of the following documents:
   a) Bank solvency certificate
   b) Income tax clearance certificate -last three years
   c) Catering (from FDA), food outlet & labor license
   d) Municipal license by Public Health Officer
   e) Registration Certificate
   f) Details about PF/ESIC registration
   g) Balance Sheet - last 3 years
   h) Partnership deed
   i) Sales Tax certificate
   j) Shop & Establishment Registration
   k) Municipal Certificate

Please note that bids without the information and documents mentioned above will be rejected without further consideration.

Proforma of Commercial Bid

Hostel for which the bid is being made: Hostel ____
(Please tender separate bids for different hostels)
Dean, Student Affairs
Indian Institute of Technology Bombay,
Powai, Mumbai-400 076

Sub: Mess Catering Contract for Hostel_____, IIT Bombay
Name of the party: ____________________________________________________________

Our quotation for the mess of Hostel __________________ is: Rs.___________ (in words ___________________________________________________________) per day per student.

The above quotation includes all applicable taxes as detailed below:

<table>
<thead>
<tr>
<th></th>
<th>Rs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catering charges per day per head</td>
<td></td>
</tr>
<tr>
<td>Taxes</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
</tr>
</tbody>
</table>

We have read and agree to
1. Terms and conditions of Mess Catering contract
2. Rules pertaining to the daily functioning of the mess
3. Penalties for violation or rules, terms and conditions

__________________________________________________________
Signature of the Proprietor(s)/Partner(s) or Authorized Representative

Date:_______________ Name of the signatory:____________________________

Place:_______________ Designation:_____________________________________

Stamp:______________________________

Annexure A

Minimum strength of students in different hostels during normal semesters and during summer

<table>
<thead>
<tr>
<th>Hostel Number</th>
<th>Minimum strength of students during semester i.e. (Mid-July to November) and (January to April)</th>
<th>Minimum strength of students during summer and winter breaks</th>
</tr>
</thead>
</table>
Annexure B

Representative menu for different hostels. (Please note that this menu is just for the reference, actual menu may deviate from this one. But it will follow the general structure as stated on the page number 9 and 10)

1. Representative menu for Hostel 10
<table>
<thead>
<tr>
<th>Week I</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Aloo Poha*</td>
<td>Sheera*</td>
<td>Cheese Corn</td>
<td>Musli</td>
<td>Banana</td>
<td>Dal Parantha</td>
<td>Moong Sprouts</td>
</tr>
<tr>
<td><strong>Tiffin</strong></td>
<td>Bha Puri</td>
<td>Ice Tea</td>
<td>Pineapple</td>
<td>Maggie</td>
<td>Chickoo Shake</td>
<td>Kharan Dhokla</td>
<td>Grapes</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Moong Dal Tadka</td>
<td>Plain Rice</td>
<td>Methi Mutter Malai</td>
<td>Chapati</td>
<td>Curd</td>
<td>Ground nut salad</td>
<td>Achari Dal Fry</td>
</tr>
</tbody>
</table>

*Sheera to be served always with poha, in breakfast.