

SINDH PRISONS & CORRECTIONS SERVICE



BID DOCUMENT

of

COOKED FOOD

to the prison inmates of

***“District Prison & Correctional Facility Nausheroferoze”
for the year 2026-2027***

Single Stage Two Envelope Procedure

“Tenders invited through SPPRA E-Pak Acquisition & Disposal System (E-Pads)”

Name of Bidder _____

Bid Document issued vide No.LS/ _____ R.T NO. _____ Dated ___/___/2026

GOVERNMENT OF SINDH



[Handwritten signatures]

INDEX

S#	CONTENTS	Page No.
TECHNICAL PROPOSAL		
1	<i>Important Note</i>	3
2	<i>Instructions to bidders and General terms & conditions of contract</i>	4 to 14
3	<i>Special terms & condition of contract alongwith regulation – Articles of agreement</i>	15 to 55
4	<i>Form of bid</i>	56 to 57
5	<i>Form of bidder information</i>	58
6	<i>Integrity Pact</i>	59
7	<i>Affidavit</i>	60
8	<i>Fortnightly diet menu for the prisoners</i>	Annex “A”
9	<i>Specification of dietary articles</i>	Annex “B”
FINANCIAL PROPOSAL		
10	<i>Financial Proposal Form Of Daily Diet with scale for prisoners, special diet during the month of Ramzan and on special days etc</i>	Annex “C”
11	<i>Daily average population</i>	Annex “D”

M
9
Q



IMPORTANT NOTE

1. Bids must be submitted electronically through E-PADS SPPRA website, any clause in this tender document asking for manual bid submission must be replaced and read as **“through SPPRA E-PADS website”**.
2. The bid Security in the form of a Pay Order / Demand Draft / Bank Guarantee / CDR etc, drawn in favour of the Inspector General of Prisons Sindh, along with an affidavit duly attested and bearing the latest date, shall be submitted in original on or before the prescribed date and time for electronic bid submission to the Office of the Inspector General of Sindh Prisons & Corrections Service, Karachi, situated at Pir Illahi Bux Road, Muslimabad Co-operative Housing Society, near Dawood University of Engineering & Technology, Karachi.
3. In accordance with the established protocols, if a bid documents / bid security is not reflected in the bid opening list in E-PADS, it shall be deemed and treated as a "bid not submitted." Therefore, all participants are advised to verify the inclusion of their submissions in the bid opening list to avoid any misinterpretations regarding their bid status.



INSTRUCTIONS TO BIDDERS AND GENERAL TERMS & CONDITIONS OF CONTRACT

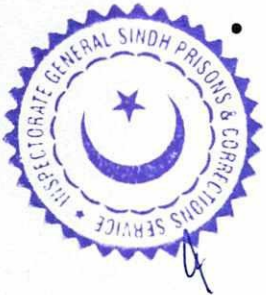
PREPARATION OF BID

1. Language of Bid

The bid along with any accompanying literature shall be prepared in English, Urdu & Sindhi languages only. The bidder or his authorized representative shall affix the seal of his firm and his signature on major portion of the bid document, which affect the validity of bid, otherwise the bid will be considered non-responsive.

2. Submission of Bid

- The bidding process shall be conducted under the Single Stage Two Envelope Procedure in accordance with Rule 46(2) of the Sindh Public Procurement Rules, 2010 (as amended from time to time). Interested bidders are required to submit/upload their Technical Proposal and Financial Proposal separately through the SPPRA E-Pak Acquisition & Disposal System (E-PADS) on or before **09.06.2026 upto 09:30 a.m.** The bids shall be opened electronically through the said E-PADS system on the same day at **10:00 a.m.** In the event that the scheduled date or time of submission/opening is declared a public holiday by the Government, or due to any unforeseen or unavoidable circumstances the process cannot be conducted on the stipulated date, the bids shall be submitted and opened on the next working day at the same time and venue. The bid opening process may be attended by the proprietor of the firm or an authorized representative (not more than one person) duly authorized in writing. No bid shall be accepted after the prescribed deadline for submission.
- Each bidder shall submit bid document through the aforementioned SPPRA E-PADS portal. The bidding documents may be obtained from the Office of the Inspector General of Sindh Prisons & Corrections Service Karachi, or downloaded from the official websites of Sindh Prisons and SPPRA E-PADS.
- The bidder shall submit / upload technical proposal with following mandatory documents (in searchable PDF format) with filled table of content, page numbering etc wherever required (all documents must be submitted).
 - Original bidding document duly filled, signed & stamped by the bidder himself or his authorized person.
 - Copy of valid C.N.I.C
 - Firm / bidder's profile
 - Income Tax Certificate (Active)
 - GST Registration Certificate (Active)
 - Latest / current year Sindh Food Authority (SFA) Registration license.
 - Registration with Sindh Revenue Board (SRB) (Active).

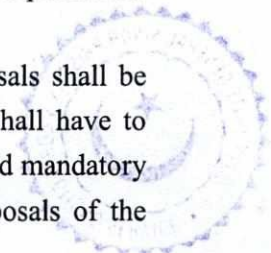


Handwritten signature and initials in blue ink.

- Original bid security amounting to Rs.32,00,000/- in shape of pay order / demand draft / bank guarantee / CDR etc must be submitted at office of the Inspector General of Prisons Sindh Karachi on or before the last fixed date & time and copy of the same should be uploaded on SPPRA E-Pads website). Email / contact # of bank who prepared bid security must be provided in the “form of bidder’s information”.
- Catering (cooked food) experience with documentary proof of minimum three 03 years.
- Bank Statement (as mentioned in financial data at Page # 11) with seal & signature of bank manager of last three years (1st July 2023 to 30th April 2026).
- Income Tax deduction (as mentioned in financial data at Page # 11) of last three years (1st July 2022 to 30th June 2025).
- Personal Capabilities
- Undertaking (Affidavit on Rs.200/- regarding non-blacklisting of bidding firm by Gov't, Semi Gov't, non-govt autonomous bodies etc) and non-involvement in any NAB case(s) or engaged in any plea bargain / voluntary return / anticorruption case / any criminal case or blacklisted in any organization for participating in bidding. (Specimen of Affidavit attached at Page # 60) **(Original Affidavit of latest date must be submitted at office of the Inspector General of Prisons Sindh Karachi on or before the last fixed date & time and copy of the same should be uploaded on SPPRA E-Pads website)**

Note: If bidder(s) fails to submit (upload) any of the above-mentioned mandatory documents on the date & time of submission of tender, he shall be automatically disqualified for opening his financial proposal and his financial proposal shall not be entertained for opening. Besides, if any document found fake the bid shall also be rejected.

- Bidder must offer specification and brand of dietary articles for preparation of cooked food against the required specification at “Annexure-B”. In case of emergency situation / natural disaster etc, Officer Incharge of the prison shall get the approval of D.I.G Prisons of the respective region for supply of alternative food brand equivalent against offered brand by the contractor.
- Procurement Committee shall evaluate the TECHNICAL PROPOSAL in a manner prescribed in the bid document without reference to the price and reject any proposal which does not conform to the specified requirements and criteria.
- During the technical evaluation, no amendment in the technical proposal shall be permitted.
- Initially on the date of opening of bid document, only the Technical Proposals shall be opened through SPPRA E-Pads website. The technically qualified bidders shall have to obtain 70 marks as per criteria mentioned in point # 6 with all above mentioned mandatory documents for qualifying for opening the financial proposal. Financial proposals of the bidders who could not secure 70 marks shall be treated disqualified.



- It has been observed that there are certain prisons which are housing high profile terrorist criminals who are being trial by A.T.C / model Courts.

The Prisons are named below:-

- i. Central Prison & C.F Karachi
- ii. Central Prison & C.F Hyderabad
- iii. District Prison & C.F Malir Karachi
- iv. Central Prison & C.F Sukkur
- v. Central Prison & C.F Khairpur
- vi. Central Prison & C.F Larkana.
- vii. Central Prison & C.F Mirpurkhas

The above prisons should be placed in Zone-A. The rest of the prisons are included in Zone-B. Due to present law and order situation, constant security threats and attacks to the prisons as well as prison officials to ensure that the bidders or any of their employees should in no way be related linked with banned organizations or terrorists groups, it is essential that the bidders should have a clean, clear and transparent supply record in Sindh Prisons & Corrections Service for supply of cooked food to Prisons inmates at Zone-B prisons atleast 03 years to offer bid for food supply to Prisons falling in Zone-A. The other bidders may however offer bids for Zone-B prisons with atleast 03 years catering (cooked food) experience. The rates offered for food supply in prisons falling in Zone-A should not be abnormally higher than those Prisons falling in Zone-B or vice versa. In view of the prevailing law & order situation, the Officer Incharge Prisons shall seek security clearance of the contractor concerned for supply of cooked food and his employees from Provincial as well as Federal intelligence agencies. Zone A and B comprises on following prisons:

Zone A	Zone B
1. Central Prison & C.F Karachi	1. Central Prison & C.F for Women Karachi.
2. District Prison & C.F Malir Karachi	2. Youthful Offender Industrial School & C.F Karachi
3. Central Prison & C.F Hyderabad.	3. Special Prison & C.F Nara Hyderabad
4. Central Prison & C.F Sukkur	4. District Prison & C.F Shaheed Benazirabad
5. Central Prison & C.F Khairpur	5. District Prison & C.F Badin & Open Prison & C.F Badin
6. Central Prison & C.F Larkana	6. District Prison & C.F Dadu
7. Central Prison & C.F Mirpurkhas	7. District Prison & C.F Sanghar
	8. District Prison & C.F Thatta
	9. Youthful Offender Industrial School & C.F Hyderabad
	10. Special Prison & C.F for Women Hyderabad
	11. District Prison & C.F Shikarpur
	12. District Prison & C.F Jacobabad
	13. District Prison & C.F Nausheroferoze
	14. District Prison & C.F Ghotki.
	15. District Prison & C.F Larkana.
	16. Juvenile & Women Prison & C.F at District Prison Sukkur



- **FINANCIAL PROPOSAL** shall comprise of rates for daily three times per prisoner per day (cooked food) including all Government taxes / charges etc according to daily diet menu, scale and specification including diet during the month of Ramazan and on the special occasions viz. 14th August, 23rd March, Eid-ul-Fitr & Eid-ul-Azha, Eid Milad-un-Nabi, Sindh Cultural Day etc at **Annexure-C**, daily average population of prisoners at **Annexure-D** bid form on the letter head of the firm (specimen provided in bid

document) and bid security in original amounting to Rs.32,00,000/- for the respective prison.

- Total value of rates offered at financial proposal about daily three times (breakfast, mid-day & evening meals) cooked food including Special Diet for all prisoners on the Special Occasions i.e. Eid-ul-Fitr, Eid-ul-Azha, 12th Rabi-ul-Awwal (Eid Millad-Un-Nabi), 23rd March (Pakistan Day) 14th August (Independence Day), Sindh Cultural Day etc will be considered for deciding the total bid value and for calculation of bid & performance security only and comparative statement will also be based on the rates offered at **Annexure-C** only.
- The **“FINANCIAL PROPOSAL”** shall be opened after evaluation of technical proposal of technically qualified bidders only. Date of opening of the financial proposals will be announced later on.
- After the evaluation and approval of the technical proposal, the Procurement Committee-IV shall at a time within the bid validity period, publicly open the Financial Proposals of the technically qualified bids only through SPPRA E-Pads website. The time, date and venue shall be communicated to the bidders in advance. The financial bids if submitted without requisite bid security (earnest money) shall not be entertained though they qualify the evaluation of technical proposals.
- The authorized person signing the bid document must state his full name, C.N.I.C No. and authorized position / designation beneath his signature alongwith authority letter.
- Ambiguous and incorrect answers incorrect filling of bid documents and not readable will render the bid liable to rejection.
- The bidders shall not rely on any interpretations or corrections given by any person except the written addendum and / or corrigendum to documents issued by the competent authority.

3. Bid Security and Bid Performance Security

- The Bidder shall enclose requisite bid security with his / her Financial Proposal in shape of Pay Order / CDR / Demand Draft / Bank Guarantee etc issued by a scheduled / commercial bank in Pakistan, for an amount of Rs.32,00,000/- for respective prison. The bid security shall be in favor of **Inspector General of Prisons Sindh Karachi**. The bid security must be issued from the same account of the bidding company / firm. The security so furnished shall remain valid for a period of 28 days beyond the period of validity of the bid or till it is revalidated / extended for a period mutually agreed upon by the Bidder and the Purchaser. The procuring agency shall get the bid security / performance security verified in the following form / manner.

- a. All bid securities / performance securities of the contracts with estimated cost upto Rs.50 million shall be verified by the issuing authorities.



b. All bid securities / performance securities of contracts with estimated cost above Rs.50 million shall be verified by the head of issuing agency.

- As soon as an award is made, the provisions hereunder, shall become operative.
- Bid security shall be released to the unsuccessful bidders once the contract has been signed with the successful bidder or the validity period has expired.
- The Successful Bidder have to submit a **Contract Performance Security at the rate of 3% of the total value of the contract** in shape of Pay Order / Demand Draft / Bank Guarantee etc by scheduled bank in Pakistan for a period from **01.07.2026 to 30.06.2027**.
- The Performance Security shall be retained by the Inspector General of Sindh Prisons & Corrections Service Karachi till successful completion of the contract period as per Conditions of Contract.
- In case the bidder after acceptance of bid fails / refuses to make agreement for supply of cooked food, the earnest money / bid security will stand forfeited to Government and debarred from participation in prison contracts for three years.
- In case of cancellation of bidding process in terms of Rule 25 of SPPRA rules 2010 (amended upto-date), the bid security shall be returned to the bidders, not later than fifteen (15) days from the date of cancellation notice.
- Bid security shall be forfeited in following circumstances if:
 - a) A bidder requests to withdraw his or her bid after opening but within the bid validity period;
 - b) Successful bidder fails to furnish performance security;
 - c) Successful bidder fails to sign the contract;
 - d) A bidder does not accept the correction of the quoted amount following the correction of arithmetic errors.
- The formula of calculation bid price is as under:

Daily three (03) times cooked food rates per prisoner per day	X	Daily average Population of Prison	X	365 Days	=	Total Offered bid price
---	---	------------------------------------	---	----------	---	-------------------------



4. Acceptance of the Terms

- Submission of the bid against this bid inquiry by the bidder means that the bidder has read and accepted the terms and conditions relating to all the bid documents, and that he / she has thoroughly examined the bid evaluation criteria, diet menu & scale, specifications and particulars in the bid document. Further the bidder shall be deemed to be fully aware of the nature of the supply of cooked food and the purpose for which they are required and shall be bound to accept the contract if placed with him / her.

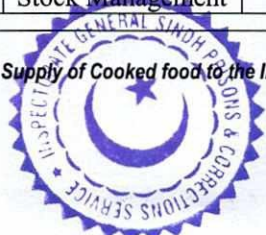
5. Rights of the Procurement Committee.

- The Procurement Committee of Sindh Prisons & Corrections Service reserves the right to reject any or all bids subject to provision of SPPRA Rules 2010 (amended upto-date).
- The procuring agency shall disqualify a supplier, consultant or contractor, whether already pre-qualified or not, if it finds at any time, that the information submitted by him concerning his qualification and professional, technical, financial, legal or managerial competence as supplier, consultant or contractor, is false and materially inaccurate or incomplete; or bidder against whom a final blacklisting / debarment order exists under due process of law or whose previous contract was terminated on account of proven serious breach may be declared non-responsive subject to provision of SPPRA Rules. The blacklisted / debarred contractor shall remain ineligible for participation in future Government procurements for the period determined by the competent authority.

6. Evaluation based on following mandatory requirements.

- The bidders are requested to provide the following mandatory information with supporting original documents, in case of photocopies should be duly attested in order to assess their capability and rank.

S#	Description	Points / Marks	Marks Obtained																														
1.	PERSONAL CAPABILITIES																																
	A) Nature of Company	Max 7																															
	1) Private Limited	07																															
	2) Partnership / AOP	05																															
	3) Sole Proprietor	03																															
	B) Details of Staff	Max 08																															
	<table border="1"> <thead> <tr> <th>S#</th> <th>Minimum staff required</th> <th>Less than 750 persons per day</th> <th>750 to 1500 persons per day</th> <th>More than 1500 persons per day</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>Manager</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>2.</td> <td>Accountant</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>3.</td> <td>Supervisor</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>4.</td> <td>Marketing Staff</td> <td>2</td> <td>3</td> <td>5</td> </tr> <tr> <td>5.</td> <td>Stock Management</td> <td>3</td> <td>4</td> <td>5</td> </tr> </tbody> </table>	S#	Minimum staff required	Less than 750 persons per day	750 to 1500 persons per day	More than 1500 persons per day	1.	Manager	1	1	2	2.	Accountant	1	1	1	3.	Supervisor	1	1	2	4.	Marketing Staff	2	3	5	5.	Stock Management	3	4	5	<p>More than 1500 per persons</p> <p>08 marks</p> <p>750 to 1500 persons</p> <p>05 marks</p>	
S#	Minimum staff required	Less than 750 persons per day	750 to 1500 persons per day	More than 1500 persons per day																													
1.	Manager	1	1	2																													
2.	Accountant	1	1	1																													
3.	Supervisor	1	1	2																													
4.	Marketing Staff	2	3	5																													
5.	Stock Management	3	4	5																													



Handwritten signature or initials in blue ink.

	staff				Less than 750 persons		
6.	Skilled Cooks	5	10	15	03 marks		
7.	Trained Workers	12	30	70			
	Total:	25	50	100			
*The marks obtained shall be subject to the documentary proof of market based salary record of the employee and minimum wages of skilled / un-skilled workers according to labour laws Govt. of Sindh must be attached alongwith their C.N.I.C and ID cards. Skilled cooks / Chefs shall be trained from Sindh Food Authority / PITHM (Pakistan Institute of Tourism and Hotel Management) Govt. of Sindh Karachi.							
			TOTAL	15			
2.	CATERING (COOKED FOOD) EXPERIENCE:						
	03 Years Catering (cooked food) experience						
	A) Experience					Max 10	
	1) More Than 1500 Persons per day					10	
	2) From 750 Persons to 1500 Persons per day					08	
	3) Less Than 750 Persons per day					05	
	B) Experience in Organizations of minimum three years					Max 10	
	1) Local Govt. / Semi Govt. / Govt. Organizations					10	
	2) Private Companies					08	
			TOTAL	20			
3.	EQUIPMENTS CAPABILITIES					Max 12	
	A. COOKING UTENSILS						
	S#	Name of Particulars	Quantity More than 1500 Persons Per Day	Quantity From 750 to 1500 Persons Per Day	Quantity Less than 750 Person Per Day	More than 1500 Person 12 marks	
	1	Ata (dough) kneading machine	1 No.	1 No.	1 No.	From 750 to 1500 Persons 07 marks	
	2	Copper Deg / Cauldron 25 Kg	30 No.	20 No.	10 No.	Less than 750 Person 05 marks	
	3	Copper Deg / Cauldron 20 Kg	25 No.	15 No.	10 No.		
	4	Copper Deg / Cauldron 15 Kg	20 No.	10 No.	5 No.		
	5	Copper Deg / Cauldron 5 Kg	10 No.	5 No.	5 No.		
	6	Steel Tray for Vegetable Cutting / Chopping (Large)	20 No.	5 No.	3 No.		
	7	Steel Tray for Vegetable Cutting / Chopping (Small)	10 No.	5 No.	3 No.		
	8	Wooden Tray for Onion Cutting (Large)	10 No.	5 No.	3 No.		
	9	Wooden Tray for Onion Cutting (Small)	15 No.	5 No.	3 No.		
	10	Steel tub for meat washing	10 No.	5 No.	3 No.		
	11	Steel tub for rice washing	10 No.	5 No.	3 No.		
	12	Steel tub for washing general items	10 No.	5 No.	3 No.		
	13	Stainless Steel Knife (Large)	10 No.	5 No.	3 No.		
	14	Stainless Steel Knife (Small)	10 No.	5 No.	3 No.		
	15	Aluminum Caps for Deg / Caldron	85 No.	50 No.	30 No.		
	16	Tandoor	10 No.	7 No.	4 No.		
	17	Burner	10 No.	7 No.	4 No.		
	18	Knife	50 No.	25 No.	15 No.		
	19	Sauce Pans	25 No.	15 No.	10 No.		



20	Fry Pans	25 No.	15 No.	10 No.		
21	Deep Freezer	10 No.	5 No.	2 No.		
22	Rolling Pin / Rolling Boar	50 No.	25 No.	10 No.		
23	Knife Sharpener	10 No.	5 No.	3 No.		
24	Hamam Dasta	5 No.	3 No.	2 No.		
B. SERVING UTENSILS					Max 08	
S#	Name of Particulars	Quantity More than 1500 Persons Per Day	Quantity From 750 to 1500 Persons Per Day	Quantity Less than 750 Person Per Day		
1	Ladle for Rice Pan Shape (Large) Kafgeer	20 No.	10 No.	5 No	More than 1500 Person 8 marks	
2	Ladle for Rice Pan Shape (Small) Kafgeer	20 No.	10 No.	5 No	From 750 to 1500 Persons 5 marks	
3	Ladle for Curry Bowl Shape (Large) Kafgeer	15 No.	10 No.	5 No	Less than 750 Person 3 marks	
4	Ladle for Curry Bowl Shape (Small) Kafgeer	10 No.	5 No.	3 No		
5	Hot Pot for Roti	100 No.	50 No.	15 No.		
6	Dowl with Cover	50 No.	25 No.	10 No.		
7	Rice Bowls	500 No.	300 No.	200 No.		
TOTAL					20	
4.	FINANCIAL DATA					
A) Average annual turnover i.e. Bank Statement of last 03 Years (1st July 2023 to 30th April 2026)					Max 12	
District Prison & C.F Nausheroferoze						
More than 45 Million					12	
Above 35 – 45 Million					10	
Below 35 million					0	
B) Average annual Income Tax deduction of last 03 Years (1st July 2022 to 30th June 2025)					Max 13	
District Prison & C.F Nausheroferoze						
More than 2.45 Million					13	
Above 1.45 – 2.45 Million					10	
Above 01– 1.45 Million					08	
Below 01 million					0	
TOTAL					25	
5.	Performance Evaluation					Max 20
i.	Satisfactory performance in last 03 years					20
If Warning issued (deduction of 05 marks from 20 marks)						
If any penalty / fine imposed (deduction of 10 marks from 20 marks)						
Total Marks					100	

The bidder(s) shall submit valid documentary proof of above-mentioned criteria, if bidder(s) fails to submit the said requisite documents on the date & time of submission of bid document, they shall be disqualified for opening their financial proposal as well as if any document found fake the bid shall also be rejected.

Note: Total marks are **100**, passing marks are **70**, if not obtained, bidder(s) shall be disqualified for opening financial bid. Furthermore, while analyzing the technical qualifications of a bidder, past performance will also be taken into account for those, who are either current contractors of the Sindh Prisons & Corrections Service or have been affiliated in the past.

In case the performance has remained unsatisfactory, the bidder shall automatically stand disqualified.

Furthermore, it is pertinent to note that “**Award of multiple contracts to a single bidder shall be subject to demonstrated financial, technical, logistical and operational capacity of the bidder to execute multiple contracts simultaneously to the satisfaction of the Procurement Committee**”.

7. **Contacting the Purchaser**

Any effort by a Bidder to influence the Inspector General of Sindh Prisons & Corrections Service Karachi / Procurement Committee in the decisions in respect of bid evaluation, or contract award will result in the rejection of the bidder's bid.

8. **Errors in the Bids**

- Any arithmetic error if found during evaluation of bids shall be rectified on the following basis.
 - i. If there is discrepancy between the unit price and the total price that is obtained by multiplying the unit price and quantity, the **unit price** shall prevail and the Procurement Committee shall correct the total price.
 - ii. If there is a discrepancy between the words and figures, the **amount in words** shall prevail.
 - iii. If there is any discrepancy between the total bid price entered in the Articles of Agreement and the total shown in the schedule of price, the amount stated in the Articles of Agreement shall be corrected by the Procurement Committee in accordance with the **corrected Scheduled of Prices**.
- If the bidder does not accept the corrected amount of bid, his / her bid will be rejected and the bid security submitted with the bid shall be forfeited to the Government.

9. **Scope of the Contract**

The Scope of the Contract shall be the supply, delivery of the Cooked Food at the consignee's end, in accordance with the terms & conditions mentioned in Bid Document with effect from **01.07.2026 to 30.06.2027**.

10. **Definition of Terms**

In writing these conditions of Contract, Specifications and inmates' population, the following words shall have the meanings hereby indicated, unless there is something in the subject matter or Contract inconsistent with such conditions.

- i) **The Inspector General of Prisons Sindh** mean the Inspector General of Sindh Prisons & Corrections Service Karachi (Procuring Agency), including his successor



[Handwritten signature]

in office and assignees, empowered to act in all matters pertaining to the Sindh Prisons & Corrections Service.

- ii) **The Procurement Committee** shall mean the Procurement Committee-IV of Sindh Prisons & Corrections Service.
- iii) **The Contractor or Supplier** means the bidder whose bid has been accepted by the Procurement Committee and shall include the bidder's executors, administrators, successors and permitted assignees.
- iv) **The Contract** mean the agreement signed by the Contractor with the Purchaser i.e. Inspector General of Sindh Prisons & Corrections Service Karachi for the Supply of Cooked Food as stated under the Scope of the Contract above.
- v) **The Contract Price** mean, the sum mentioned in or calculated in accordance with the provisions of the contract, which is to be paid to the Contractor for satisfactory execution of the Contract in accordance with these Conditions of Contact.
- vi) **The Specifications** mean the specifications annexed to or issued herewith.
- vii) **Month** mean the Calendar month.
- viii) **Writing** includes any manuscript, type written, printed or other statement reproduced in any visible form and whether under seal or under hand.
- ix) **M.O** means Medical Officer of the prison.

11. Contract Documents

The terms **Contract Document** mean the following documents which shall be deemed to form an integral part of the Contract:

- a) Articles of Agreement;
- b) Instructions to Bidders and General Terms & Condition of Contract;
- c) Special Terms & Conditions of Contract alongwith regulations.
- d) Contractor's Proposal / Offer including the relevant correspondences prior to signing of the agreement with all Annexure duly filled in;
- e) The Specifications of the Cooked food, special diets etc. and
- f) Inmates' population.
- g) Integrity Pact.

In the event of any conflict between the above mentioned documents, the present Articles of Agreement and Special Conditions of Contract shall prevail.

12. Signing of the Contract.

Within **07 days** of the issue of the letter of acceptance / supply or working order, the successful bidder(s) will be required to sign an agreement with the Inspector General of Sindh Prisons & Corrections Service Karachi for the supply of cooked food in prison(s) as will be communicated to him / her (them) in the letter of acceptance / supply order.



13. Contract Agreement.

The Contract Agreement executed between purchaser and bidder shall be treated as integral part of the bid document.

14. Non-assignment

The Contractor shall not have the right to assign or transfer the benefit and obligations of the Contract thereof.

15. Withholding Tax, Sales Tax and other Taxes

The Government Taxes shall be deducted at the rate prescribed under the tax laws of Pakistan from all payments for services rendered by any Contractor who signed a contract with the Sindh Prisons & Corrections Service. The Contractor will be responsible for all taxes on transaction and / or income, which may be levied by Provincial / Federal Government. If Contractor is exempted from any specific tax(s), then he / she will provide the relevant documents with the proposal.

16. E-Stamp Duty

E-Stamp duty for contract documents shall be borne by Contractor / bidder at the time of signing of contract at the rate of **Rupees 0.35%** of the contract value.

17. Payments Due from the Contractor

All costs, ascertained damages or expenses for which under the Contract that Contractor is liable to the Sindh Prisons & Corrections Service may be deducted by the Department from the money due or may become due to the Contractor under the Contract or may be recovered by action of law or other wise from the Contractor.

18. Force Majeure

- a. For the purpose of this contract. "Force Majeure" means an event which is beyond the reasonable control of a party and which makes a party's performance of its obligations under the Contract impossible or so impractical as to be considered impossible under the circumstances, and includes, but is as not limited to, war, riots, civil disorder, earthquake, fire, explosion, storm flood or other adverse weather conditions, strikes, lockouts or other industrial actions (except where such strikes, lockouts or other industrial actions) are within the power of the party invoking Force Majeure to prevent, confiscation or any other action by government agencies.
- b. Force Majeure shall not include (i) any event which is caused by the negligence or intentional action of a Party or such Parties or agents or employees, nor (ii) any event which a diligent Party could reasonably have been expected to both (a) take into account at the time of the conclusion of this Contract and (b) avoid to overcome in the carrying out of its obligations hereunder.
- c. Force Majeure shall not include insufficiency of funds or failure to make any payment required hereunder.



SPECIAL TERMS & CONDITIONS OF CONTRACT - ARTICLES OF AGREEMENT

(PART-I)

Government of Sindh Home Department Karachi vide letter No.HD/SO(PRS-I)/11-44/2010(Pt-II) dated 19.04.2021 has accorded approval to the regulations regarding daily three times cooked food to the prison inmates notified vide Inspectorate General of Prisons Sindh Karachi notification No.SB-1/10982/11009/2021 dated 20.04.2021. Contents of the said regulations are as under or any modification in the diet menu with the approval from competent authority within the approved rates.

Regulation 01. Diet Scale. There shall be a fixed diet scale of cooked food to be provided in respect of all prisoners. Cooked food shall be procured through prescribed procurement process with such terms and conditions as may be framed by the procurement committee. Procurement committee shall assess the minimum diet rates before procurement process in view of market condition.

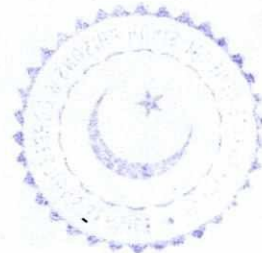
Regulation 02. Prisoners to receive diet according to scale. Every prisoner shall be entitled to receive diet at the appointed meal time according to prescribed scale unless he is permitted to receive from private source. No prisoner shall at any time, consume or possess any article of food or drink not provided for or supplied to him.

Regulation 03. Medical Officer may change prison diet.

(a) In case if any inmate for which the medical officer considers that the prescribed diet is unsuitable or insufficient for reasons of health, he may recommend in a writing a special diet or extra articles of diet for such prisoner for any specified period.

(b) Special diet shall be recommended within the prescribed diet rate.

(c) Extra article of diet shall require sanction of Deputy Inspector General under intimation to Inspector General subject to condition that amount shall not exceed fifty percent cost of the total approved diet rate.



Regulation 04. Fortnightly prescribed diet menu & scale. Diet menu & its scale shall be prescribed for all categories of prisoners as under:

1st week diet menu

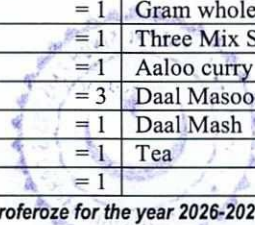
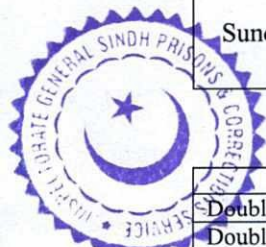
DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Monday	Double Roti (three slices medium size) Anda Ghotala and Tea	Chicken Aaloo Qeema with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea
Tuesday	Aaloo Bhujia with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Karhi Pakora with two Roti and Tea
Wednesday	Anda Ghotala with one oily Roti and Tea	Chicken Haleem with two Roti	Daal Moong & Masoor with boiled Rice and Tea
Thursday	Double Roti (three slices medium size) with Margarine and Tea	Anda Chola (White / Black) Curry with two Roti	Chicken curry with (Loki or Tinda) two Roti and Milk Sawayian or Kheer and Tea
Friday	Aaloo Bhujia with one oily Roti and Tea	Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti	Gram Whole curry with two Roti and Tea
Saturday	Aaloo Paratha and Tea	Aaloo with "Matar or Gram Whole (white / black)" with two Roti	Three Mix Seasonal Vegetables with two Roti and tea
Sunday	Double Roti (three slices medium size) and Tea	Chola Pulao or Aaloo Pulao or Matar Pulao with Raita	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea

2nd week diet menu

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Monday	Aaloo Bhujia with one oily Roti and Tea	Chicken Aaloo curry with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea
Tuesday	One Egg Per Prisoner in shape of scrambled egg (Anda Ghotala) Khagina /egg curry with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Gram Whole (white / black) curry with two Roti and Tea
Wednesday	Aaloo Bhujia with one oily Roti and Tea	Chicken with Aaloo curry or chicken with seasonal vegetable curry with two Roti	Aaloo Curry with two Roti and Tea
Thursday	Chola "Gram Whole" (white / black) curry with one oily Roti and Tea	Beef (without Bone) with Aaloo curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea
Friday	Suji Halwa with oily Roti and Tea	Chicken Aaloo curry with two Roti	Daal Masoor with two Roti and Tea
Saturday	Chola "Gram Whole" (white / black) with one oily Roti and Tea	Lobia (Beans White) curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea
Sunday	One Egg Per Prisoner in shape of scrambled egg(Anda Ghotala) Khagina/egg curry with one oily Roti and Tea	Beef Biryani	Daal Mash with two Roti and Tea

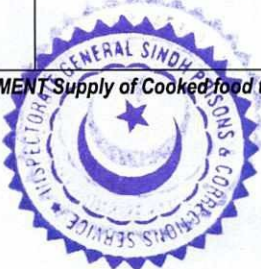
Fortnightly turns of Morning, Mid-day & Evening meals

MORNING	MID-DAY	EVENING
Double Roti with Anda Ghotala = 1	Chicken Aaloo Qeema = 1	Mix Daal (Masoor & Moong) = 3
Double Roti with Margarine = 1	Three Mix Seasonal vegetables = 2	Karhi Pakora = 1
Double Roti with tea = 1	Chicken Haleem = 1	Daal Moong & Masoor with Rice = 1
Aaloo Bhujia = 4	Anda Chola = 1	Chicken curry with loki / tinda = 1
Aaloo Paratha = 1	Beef / chicken Nihari = 1	Gram whole curry = 2
Anda Ghotala / Egg curry = 3	Aaloo Matar = 1	Three Mix Seasonal vegetables = 3
Chola "Gram whole" = 2	Chola / Aaloo Pulao = 1	Aaloo curry = 1
Tea = 14	Chicken Aaloo = 3	Daal Masoor = 1
	Beef with Aaloo curry = 1	Daal Mash = 1
	Lobia curry = 1	Tea = 14
	Beef Biryani = 1	



PRISONERS DAILY DIET MENU WITH SCALE OF "1ST WEEK" FOR THE YEAR 2026-2027

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL	
Monday	Double Roti (three slices medium size) Anda ghotala and Tea		Chicken Aaloo Oeema with two Roti	
	Double Roti slices	70gm to 80gm	Wheat Flour	225 gm
	Egg	01 No.	Chicken	100 gm
	Oil for anda	07 ml	Potato	50 gm
	Salt	02 gm	Oil	15 ml
	Red Chillies	01 gm	Salt	02 gm
	Onion	25 gm	Red Chillies	01 gm
	Tomato	20 gm	Onion	25 gm
	Green chillies	01 gm	Tomato	20 gm
	Packed Milk	60 ml	Turmeric	02 gm
	Sugar	20 gm	Garlic	03 gm
	Tea Leaves	02 gm	Ginger	04 gm
			Coriander	01 gm
			Condiments	01 gm
		Green Chili	02 gm	
			Wheat Flour	225 gm
			Mix Daal	50 gm
			Oil	15 ml
			Salt	02 gm
			Red Chillies	01 gm
			Onion	15 gm
			Turmeric	02 gm
			Garlic	03 gm
			Ginger	04 gm
			Coriander	01 gm
			Condiments	01 gm
			Green Chili	02 gm
			Leaves of Palak / seasonal vegetable	10 gm
			Packed Milk	60 ml
			Sugar	20 gm
			Tea Leaves	02 gm
Tuesday	Aaloo Bhujia with one oily Roti and Tea		Three Mix Seasonal Vegetables with two Roti	
	Wheat Flour	125 gm	Wheat Flour	225 gm
	Oil for Roti	04 ml	Mix Seasonal Vegetables	150 gm
	Potato	50 gm	Oil	15 ml
	Oil for potato	07 ml	Salt	02 gm
	Salt	02 gm	Red Chillies	01 gm
	Tomato	20 gm	Onion	25 gm
	Red Chillies	01 gm	Tomato	20 gm
	Zeera	01 gm	Turmeric	02 gm
	Green Chillies	01 gm	Garlic	03 gm
	Turmeric	01 gm	Ginger	04 gm
	Packed Milk	60 ml	Coriander	01 gm
	Sugar	20 gm	Condiments	01 gm
	Tea Leaves	02 gm	Green Chili	02 gm
			Wheat Flour	225 gm
			Baisan	100 gm
			Curd	50 gm
			Oil	18 ml
			Salt	02 gm
			Red Chillies	01 gm
			Onion	25 gm
			Turmeric	02 gm
			Garlic	03 gm
			Ginger	04 gm
			Zeera	½ gm
			Coriander	01 gm
			Condiments	01 gm
			Green Chili	02 gm
			Packed Milk	60 ml
			Sugar	20 gm
			Tea Leaves	02 gm
Wednesday	Anda Ghotala with one oily Roti and Tea		Chicken Haleem with two Roti	
	Wheat Flour	125 gm	Wheat Flour	225 gm
	Oil for Roti	04 ml	Chicken	50 gm
	Egg	01 No	Three Mix Daal, Jau, Wheat daliya (equal quantity)	100 gm (20 gm each)
	Oil for anda	07 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chillies	01 gm	Red Chillies	01 gm
	Onion	25 gm	Onion	30 gm
	Tomato	20 gm	Tomato	20 gm
	Green Chillies	01 gm	Turmeric	02 gm
	Packed Milk	60 ml	Garlic	03 gm
	Sugar	20 gm	Ginger	05 gm
	Tea Leaves	02 gm	Coriander	01 gm
			Condiments	01 gm
		Green Chili	02 gm	
			Mix Daal (Moong & Masoor)	50 gm
			Boiled Rice	200 gm
			Oil	12 ml
			Salt	02 gm
			Red Chillies	01 gm
			Onion	15 gm
			Turmeric	02 gm
			Garlic	03 gm
			Ginger	04 gm
			Coriander	01 gm
			Condiments	01 gm
			Green Chili	02 gm
			Packed Milk	60 ml
			Sugar	20 gm
			Tea Leaves	02 gm



Handwritten initials and signatures in blue ink, including a large '4' and a signature that appears to be 'A.S.'.

Handwritten number '4' in blue ink.

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																										
Thursday	Double Roti (three slices medium size) with Margarine and Tea <table border="1"> <tr><td>Double Roti slices</td><td>70gm to 80gm</td></tr> <tr><td>Margarine</td><td>25 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Double Roti slices	70gm to 80gm	Margarine	25 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	Anda Chola (white / black) Curry with two Roti <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Anda</td><td>01 No.</td></tr> <tr><td>Gram Whole</td><td>40 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chilies</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Anda	01 No.	Gram Whole	40 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chilies	02 gm	Chicken Curry with (Loki or Tinda) two Roti and Milk Sawaiyan or Kheer and Tea <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Loki or Tinda</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Sawaiyan</td><td>58 gm</td></tr> <tr><td>Milk for Sawaiyan / Kheer</td><td>125 ml</td></tr> <tr><td>Rice for Kheer</td><td>50 gm</td></tr> <tr><td>Sugar for Sawaiyan</td><td>58 gm</td></tr> <tr><td>Sugar for Kheer</td><td>30 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Loki or Tinda	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Sawaiyan	58 gm	Milk for Sawaiyan / Kheer	125 ml	Rice for Kheer	50 gm	Sugar for Sawaiyan	58 gm	Sugar for Kheer	30 gm	Packed Milk	60 ml	Sugar	20 gm	Tea leaves	02 gm								
		Double Roti slices	70gm to 80gm																																																																																										
		Margarine	25 gm																																																																																										
		Packed Milk	60 ml																																																																																										
		Sugar	20 gm																																																																																										
		Tea Leaves	02 gm																																																																																										
		Wheat Flour	225 gm																																																																																										
		Anda	01 No.																																																																																										
		Gram Whole	40 gm																																																																																										
		Oil	15 ml																																																																																										
		Salt	02 gm																																																																																										
		Red Chilies	01 gm																																																																																										
		Onion	25 gm																																																																																										
		Tomato	20 gm																																																																																										
Turmeric	02 gm																																																																																												
Garlic	03 gm																																																																																												
Ginger	04 gm																																																																																												
Coriander	01 gm																																																																																												
Condiments	01 gm																																																																																												
Green Chilies	02 gm																																																																																												
Wheat Flour	225 gm																																																																																												
Chicken	100 gm																																																																																												
Loki or Tinda	50 gm																																																																																												
Oil	15 ml																																																																																												
Salt	02 gm																																																																																												
Red Chilies	01 gm																																																																																												
Onion	25 gm																																																																																												
Tomato	20 gm																																																																																												
Turmeric	02 gm																																																																																												
Garlic	03 gm																																																																																												
Ginger	04 gm																																																																																												
Coriander	01 gm																																																																																												
Condiments	01 gm																																																																																												
Green Chili	02 gm																																																																																												
Sawaiyan	58 gm																																																																																												
Milk for Sawaiyan / Kheer	125 ml																																																																																												
Rice for Kheer	50 gm																																																																																												
Sugar for Sawaiyan	58 gm																																																																																												
Sugar for Kheer	30 gm																																																																																												
Packed Milk	60 ml																																																																																												
Sugar	20 gm																																																																																												
Tea leaves	02 gm																																																																																												
Friday	Aaloo Bhujia with one oily Roti and Tea <table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil for potato</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Zeera</td><td>01 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Potato	50 gm	Oil for potato	07 ml	Salt	02 gm	Tomato	20 gm	Red Chilies	01 gm	Zeera	01 gm	Green Chillies	01 gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Beef / Chicken</td><td>100 gm</td></tr> <tr><td>Wheat flour for Nihari</td><td>06 gm</td></tr> <tr><td>Baisan for Nihari</td><td>04 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>03 gm</td></tr> <tr><td>Sounth (Dry ginger powder form)</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chilies</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Beef / Chicken	100 gm	Wheat flour for Nihari	06 gm	Baisan for Nihari	04 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	03 gm	Sounth (Dry ginger powder form)	01 gm	Coriander	01 gm	Condiments	01 gm	Green Chilies	02 gm	Gram Whole (white / black) curry with two Roti and Tea <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Gram Whole</td><td>60 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chilies</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Gram Whole	60 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chilies	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
		Wheat Flour	125 gm																																																																																										
		Oil for Roti	04 ml																																																																																										
		Potato	50 gm																																																																																										
		Oil for potato	07 ml																																																																																										
		Salt	02 gm																																																																																										
		Tomato	20 gm																																																																																										
		Red Chilies	01 gm																																																																																										
		Zeera	01 gm																																																																																										
		Green Chillies	01 gm																																																																																										
		Turmeric	01 gm																																																																																										
		Packed Milk	60 ml																																																																																										
		Sugar	20 gm																																																																																										
		Tea Leaves	02 gm																																																																																										
Wheat Flour	225 gm																																																																																												
Beef / Chicken	100 gm																																																																																												
Wheat flour for Nihari	06 gm																																																																																												
Baisan for Nihari	04 gm																																																																																												
Oil	15 ml																																																																																												
Salt	02 gm																																																																																												
Red Chilies	01 gm																																																																																												
Onion	25 gm																																																																																												
Tomato	20 gm																																																																																												
Turmeric	02 gm																																																																																												
Garlic	03 gm																																																																																												
Ginger	03 gm																																																																																												
Sounth (Dry ginger powder form)	01 gm																																																																																												
Coriander	01 gm																																																																																												
Condiments	01 gm																																																																																												
Green Chilies	02 gm																																																																																												
Wheat Flour	225 gm																																																																																												
Gram Whole	60 gm																																																																																												
Oil	15 ml																																																																																												
Salt	02 gm																																																																																												
Red Chilies	01 gm																																																																																												
Onion	25 gm																																																																																												
Tomato	20 gm																																																																																												
Turmeric	02 gm																																																																																												
Garlic	03 gm																																																																																												
Ginger	04 gm																																																																																												
Coriander	01 gm																																																																																												
Condiments	01 gm																																																																																												
Green Chilies	02 gm																																																																																												
Packed Milk	60 ml																																																																																												
Sugar	20 gm																																																																																												
Tea Leaves	02 gm																																																																																												

Handwritten signature and initials.



Saturday	<u>Aaloo Paratha and Tea</u>		<u>Aaloo with "Matar or Gram Whole (white / black)" with two Roti</u>		<u>Three Mix Seasonal Vegetables with two Roti and Tea</u>	
	Wheat Flour	125 gm	Wheat Flour	225 gm	Wheat Flour	225 gm
	Oil for Paratha	11 ml	Matar / Gram whole	30 gm	Mix Seasonal Vegetables	150 gm
	Potato	30 gm	Potato	50 gm	Oil	15 ml
	Salt	02 gm	Oil	15 ml	Salt	02 gm
	Red Chilies	01 gm	Salt	02 gm	Red Chilies	01 gm
	Zeera	01 gm	Red Chilies	01 gm	Onion	25 gm
	Coriander	01 gm	Onion	25 gm	Tomato	20 gm
	Turmeric	01 gm	Tomato	20 gm	Turmeric	02 gm
	Green Chilies	01 gm	Turmeric	02 gm	Garlic	03 gm
	Packed Milk	60 ml	Garlic	03 gm	Ginger	04 gm
	Sugar	20 gm	Ginger	04 gm	Coriander	01 gm
	Tea Leaves	02 gm	Coriander	01 gm	Condiments	01 gm
Sunday	<u>Double Roti (three slices medium size) and Tea</u>		<u>Chola Pulao or Aaloo Pulao or Matar Pulao with Raita</u>		<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>	
	Double Roti slices	70 gm to 80 gm	Gram Whole (white)	25 gm	Wheat Flour	225 gm
	Packed Milk	60 ml	Matar	25 gm	Mix Daal	50 gm
	Sugar	20 gm	Potato	50 gm	Oil	15 ml
	Tea Leaves	02 gm	Rice	200 gm	Salt	02 gm
			Oil	15 ml	Red Chilies	01 gm
			Salt	02 gm	Onion	15 gm
			Red Chilies	01 gm	Turmeric	02 gm
			Onion	25 gm	Leaves of Palak / seasonal vegetable	10 gm
			Tomato	20 gm	Garlic	03 gm
			Turmeric	02 gm	Ginger	04 gm
			Garlic	03 gm	Coriander	01 gm
			Ginger	04 gm	Condiment	01 gm
		Coriander	01 gm	Green Chili	02 gm	
		Condiments	01 gm	Packed Milk	60 ml	
		Green Chilies	02 gm	Sugar	20 gm	
		Curd for Raita	25 gm	Tea Leaves	02 gm	
		Zeera for Raita	½ (half) gm			

4 G



DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL	
Saturday	Chola "Gram Whole" (white / white) curry with one oily Roti and Tea	Lobia (Beans White) currv with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea	
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Oil for Roti	04 ml	Lobia	50 gm
	Gram Whole	50 gm	Oil	15 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chillies	01 gm
	Red Chillies	01 gm	Onion	15 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Green Chillies	01 gm	Garlic	03 gm
	Packed Milk	60 ml	Ginger	04 gm
	Sugar	20 gm	Coriander	01 gm
	Tea Leaves	02 gm	Condiments	01 gm
			Green Chili	02 gm
Sunday	One Egg Per Prisoner in shape of scrambled egg (Anda Ghotala) Khagina / egg curry with oily Roti and Tea	Beef Biryani	Daal Mash with two Roti and Tea	
	Wheat Flour	125 gm	Beef	100 gm
	Oil for Roti	04 ml	Rice	200 gm
	Egg	01 No.	Oil	15 ml
	Oil for anda	07 ml	Salt	02 gm
	Salt	02 gm	Red Chillies	01 gm
	Red Chillies	01 gm	Onion	25 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Green Chillies	01 gm	Garlic	03 gm
	Packed Milk	60 ml	Ginger	04 gm
	Sugar	20 gm	Coriander	01 gm
	Tea Leaves	02 gm	Condiments	01 gm
			Green Chili	02 gm
			Wheat Flour	225 gm
			Daal Mash	50 gm
			Oil for Daal	15 ml
			Salt	02 gm
			Red Chillies	01 gm
			Onion	15 gm
			Green Chillies	10 gm
			Turmeric	02 gm
			Garlic	03 gm
			Ginger	04 gm
			Coriander	01 gm
			Condiments	01 gm
			Green Chili	02 gm
			Packed Milk	60 ml
			Sugar	20 gm
			Tea Leaves	02 gm

Note:

- i. **In breakfast:** weight of oily roti = 160gm to 168gm, weight of Aaloo Paratha = 210gm to 220gm.
- ii. **In midday & evening:** weight of Roti = 290gm to 300gm
- iii. Mix Vegetable includes: at-least three seasonal vegetables.
- iv. Condiments include: Bari Elayichi, Dar Cheeni, Loung, Kali Mirch etc
- v. Items i.e. Salt, Red Chillies, Turmeric, Garlic, Ginger, Coriander, condiments may be used according to requisite ratio and taste on the advice of Medical Officer of the prison.
- vi. If some prisoners do not like to have tea, the officer incharge is authorized to issue them some suitable substitute provided the cost does not exceed that of the scale of tea, milk and sugar.

4

[Handwritten signature]



FORTNIGHTLY DIET MENU DURING THE MONTH OF RAMAZAN

1st week diet menu in the month of Ramazan

Days	WEEKLY DIET MENU "SEHRI" DURING THE MONTH OF RAMZAN	WEEKLY DIET MENU "AFTARI" DURING THE MONTH OF RAMZAN										
Monday	Chicken Aaloo Qeema with two Roti and tea	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea										
Tuesday	Three Mix Seasonal Vegetables with two Roti and tea	Karhi Pakora with two Roti and Tea										
Wednesday	Chicken Aaloo curry with two Roti and tea	Daal Moong with boiled Rice and Tea										
Thursday	Anda Chola (White / black) Curry with two Roti and tea	Chicken curry with (Loki or Tinda) two Roti and Milk Sawaiyan or Kheer and Tea										
Friday	Beef (without bone) curry for Muslims / Chicken curry for Non-Muslims with two Roti and tea	Gram Whole (white / black) curry with two Roti and Tea										
Saturday	Aaloo with "Matar or Gram Whole (white / black)" with two Roti and tea	Chicken Qorma with two Roti and Tea										
Sunday	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea	Beef Pulao with Raita and Tea										
		Following items to be served daily in Aftari during the month of Ramazan <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sharbat</td> <td style="text-align: center;">25 ml</td> </tr> <tr> <td>Sugar</td> <td style="text-align: center;">25 grams</td> </tr> <tr> <td>Ice (to be issued on summer season)</td> <td style="text-align: center;">250 grams</td> </tr> <tr> <td>Dates (Khajoor)</td> <td style="text-align: center;">25 grams net weight (in plastic packing)</td> </tr> <tr> <td>Mix Fruit Chat (at least 03 Seasonal fruits)</td> <td style="text-align: center;">100 grams (in plastic packing)</td> </tr> </table>	Sharbat	25 ml	Sugar	25 grams	Ice (to be issued on summer season)	250 grams	Dates (Khajoor)	25 grams net weight (in plastic packing)	Mix Fruit Chat (at least 03 Seasonal fruits)	100 grams (in plastic packing)
Sharbat	25 ml											
Sugar	25 grams											
Ice (to be issued on summer season)	250 grams											
Dates (Khajoor)	25 grams net weight (in plastic packing)											
Mix Fruit Chat (at least 03 Seasonal fruits)	100 grams (in plastic packing)											

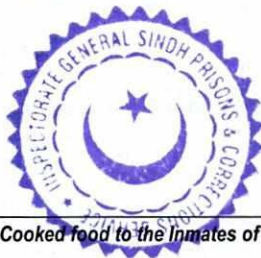
DIET MENU WITH SCALE OF "1ST WEEK" DURING THE MONTH OF RAMAZAN

DAY	SEHRI	AFTARI																																																																		
Monday	<u>Chicken Aaloo Qeema with two Roti and Tea</u> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Wheat Flour</td><td style="text-align: center;">225 gm</td></tr> <tr><td>Chicken</td><td style="text-align: center;">100 gm</td></tr> <tr><td>Potato</td><td style="text-align: center;">50 gm</td></tr> <tr><td>Oil</td><td style="text-align: center;">15 ml</td></tr> <tr><td>Salt</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Red Chilies</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Onion</td><td style="text-align: center;">25 gm</td></tr> <tr><td>Tomato</td><td style="text-align: center;">20 gm</td></tr> <tr><td>Turmeric</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Garlic</td><td style="text-align: center;">03 gm</td></tr> <tr><td>Ginger</td><td style="text-align: center;">04 gm</td></tr> <tr><td>Coriander</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Condiments</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Green Chili</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Packed Milk</td><td style="text-align: center;">60 ml</td></tr> <tr><td>Sugar</td><td style="text-align: center;">20 gm</td></tr> <tr><td>Tea Leaves</td><td style="text-align: center;">02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Wheat Flour</td><td style="text-align: center;">225 gm</td></tr> <tr><td>Mix Daal</td><td style="text-align: center;">50 gm</td></tr> <tr><td>Oil</td><td style="text-align: center;">15 ml</td></tr> <tr><td>Salt</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Red Chilies</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Onion</td><td style="text-align: center;">15 gm</td></tr> <tr><td>Turmeric</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Garlic</td><td style="text-align: center;">03 gm</td></tr> <tr><td>Ginger</td><td style="text-align: center;">04 gm</td></tr> <tr><td>Coriander</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Condiments</td><td style="text-align: center;">01 gm</td></tr> <tr><td>Green Chili</td><td style="text-align: center;">02 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td style="text-align: center;">10 gm</td></tr> <tr><td>Packed Milk</td><td style="text-align: center;">60 ml</td></tr> <tr><td>Sugar</td><td style="text-align: center;">20 gm</td></tr> <tr><td>Tea Leaves</td><td style="text-align: center;">02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Leaves of Palak / seasonal vegetable	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Wheat Flour	225 gm																																																																			
Chicken	100 gm																																																																			
Potato	50 gm																																																																			
Oil	15 ml																																																																			
Salt	02 gm																																																																			
Red Chilies	01 gm																																																																			
Onion	25 gm																																																																			
Tomato	20 gm																																																																			
Turmeric	02 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			
Wheat Flour	225 gm																																																																			
Mix Daal	50 gm																																																																			
Oil	15 ml																																																																			
Salt	02 gm																																																																			
Red Chilies	01 gm																																																																			
Onion	15 gm																																																																			
Turmeric	02 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Leaves of Palak / seasonal vegetable	10 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			



Handwritten signatures and initials in blue ink.

DAY	SEHRI	AFTARI		
Tuesday	Three Mix Seasonal Vegetables with two Roti and Tea	Karhi Pakora with two Roti and Tea		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Mix Seasonal Vegetables	150 gm	Baisan	100 gm
	Oil	15 ml	Curd	50 gm
	Salt	02 gm	Oil	18 ml
	Red Chilies	01 gm	Salt	02 gm
	Onion	25 gm	Red Chilies	01 gm
	Tomato	20 gm	Onion	25 gm
	Turmeric	02 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Zeera	½ gm
	Condiments	01 gm	Coriander	01 gm
	Green Chili	02 gm	Condiments	01 gm
	Packed Milk	60 ml	Green Chili	02 gm
	Sugar	20 gm	Packed Milk	60 ml
	Tea Leaves	02 gm	Sugar	20 gm
		Tea Leaves	02 gm	
Wednesday	Chicken Aaloo curry with two Roti and Tea	Daal Moong & Masoor with boiled Rice and Tea		
	Wheat Flour	225 gm	Mix Daal (Moong & Masoor)	50 gm
	Chicken	100 gm	Boiled Rice	200 gm
	Potato	50 gm	Oil	12 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chilies	01 gm
	Red Chilies	01 gm	Onion	15 gm
	Onion	25 gm	Turmeric	02 gm
	Tomato	20 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Coriander	01 gm
	Coriander	01 gm	Condiments	01 gm
	Turmeric	02 gm	Green Chili	02 gm
	Condiments	01 gm	Packed Milk	60 ml
	Green Chili	02 gm	Sugar	20 gm
	Packed Milk	60 ml	Tea Leaves	02 gm
	Sugar	20 gm		
Tea Leaves	02 gm			
Thursday	Anda Chola Curry with two Roti and Tea	Chicken Curry with (Loki or Tinda) with two Roti and Milk Sawaiyan or Kheer and Tea		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Anda	01 No.	Chicken	100 gm
	Gram Whole (white / black)	40 gm	Loki or Tinda	50 gm
	Oil	15 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	25 gm	Onion	25 gm
	Tomato	20 gm	Tomato	20 gm
	Turmeric	02 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiments	01 gm	Condiments	01 gm
	Green Chilies	02 gm	Green Chili	02 gm
			Sawaiyan	58 gm
			Milk for Sawaiyan / Kheer	125 ml
		Rice for Kheer	50 gm	
		Sugar for Sawaiyan	58 gm	
		Sugar for Kheer	30 gm	
		Packed Milk	60 ml	
		Sugar	20 gm	
		Tea leaves	02 gm	



DAY	SEHRI	AFTARI		
Friday	<u>Beef (without Bone) with Aaloo curry with two Roti and Tea</u>	<u>Gram Whole (white / black) curry with two Roti and Tea</u>		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Beef	100 gm	Gram Whole	60 gm
	Potato	50 gm	Oil	15 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chilies	01 gm
	Red Chilies	01 gm	Onion	25 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Coriander	01 gm
	Coriander	01 gm	Condiments	01 gm
	Condiments	01 gm	Green Chilies	02 gm
	Green Chili	02 gm	Packed Milk	60 ml
	Packed Milk	60 ml	Sugar	20 gm
	Sugar	20 gm	Tea Leaves	02 gm
Tea Leaves	02 gm			
Saturday	<u>Aaloo with "Matar or Gram Whole (white / black)" with two Roti and Tea</u>	<u>Chicken Qorma with two Roti and Tea</u>		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Matar / Gram whole	30 gm	Chicken	100 gm
	Potato	50 gm	Oil	15 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chilies	01 gm
	Red Chilies	01 gm	Onion	25 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Coriander	01 gm
	Coriander	01 gm	Condiments	01 gm
	Condiments	01 gm	Green Chili	02 gm
	Green Chilies	02 gm	Packed Milk	60 ml
	Packed Milk	60 ml	Sugar	20 gm
	Sugar	20 gm	Tea Leaves	02 gm
Tea Leaves	02 gm			
Sunday	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>	<u>Beef Pulao with Raita and Tea</u>		
	Wheat Flour	225 gm	Beef	100 gm
	Mix Daal	50 gm	Rice	200 gm
	Oil	15 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	15 gm	Onion	25 gm
	Turmeric	02 gm	Tomato	20 gm
	Leaves of Palak / seasonal vegetable	10 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiment	01 gm	Condiments	01 gm
	Green Chili	02 gm	Green Chilies	02 gm
	Packed Milk	60 ml	Curd for Raita	25 gm
	Sugar	20 gm	Zeera for Raita	½ (half) gm
	Tea Leaves	02 gm	Packed Milk	60 ml
		Sugar	20 gm	
		Tea Leaves	02 gm	



Handwritten signature or initials in blue ink.

2nd week diet menu in the month of Ramazan

Days	WEEKLY DIET MENU "SEHRI" DURING THE MONTH OF RAMZAN	WEEKLY DIET MENU "AFTARI" DURING THE MONTH OF RAMZAN
Monday	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea	Chicken Aaloo curry with two Roti and Tea
Tuesday	Gram whole (white / black) with two Roti and Tea	Three Mixed Seasonal Vegetable with two Roti and Tea
Wednesday	Aaloo curry with two Roti and Tea	Chicken with Aaloo curry or Chicken with seasonal vegetable curry with two Roti and Tea
Thursday	Three Mixed Seasonal Vegetable with two Roti and Tea	Beef (without Bone) with Aaloo curry with two Roti and Tea
Friday	Dal Masoor with two Roti and Tea	Chicken Aaloo curry with two Roti and Tea
Saturday	Three Mixed Seasonal Vegetable with two Roti and Tea	Lobia (beans white) with two Roti and Tea
Sunday	Dal Mash with two Roti and Tea	Beef Biryani and Tea
		Following items to be served daily in Aftari during the month of Ramzan
		Sharbat 25 ml
		Sugar 25 grams
		Ice (to be issued on summer season) 250 grams
		Dates (Khajoor) 25 grams net weight (in plastic packing)
		Mix Fruit Chat (at least 03 Seasonal fruits) 100 grams (in plastic packing)

DIET MENU WITH SCALE OF "2ND WEEK" DURING THE MONTH OF RAMAZAN

DAY	SEHRI	AFTARI																																																																		
Monday	<p>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</p> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Daal</td><td>50 gm</td></tr> <tr><td>Oil for Daal</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil for Daal	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Leaves of Palak / seasonal vegetable	10 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<p>Chicken Aaloo curry with two Roti and Tea</p> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Wheat Flour	225 gm																																																																			
Mix Daal	50 gm																																																																			
Oil for Daal	15 ml																																																																			
Salt	02 gm																																																																			
Red Chilies	01 gm																																																																			
Onion	15 gm																																																																			
Leaves of Palak / seasonal vegetable	10 gm																																																																			
Turmeric	02 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			
Wheat Flour	225 gm																																																																			
Chicken	100 gm																																																																			
Potato	50 gm																																																																			
Oil	15 ml																																																																			
Salt	02 gm																																																																			
Red Chilies	01 gm																																																																			
Onion	25 gm																																																																			
Tomato	20 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Turmeric	02 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			

Handwritten signatures and initials in blue ink.



Tuesday	<u>Gram Whole (white / black) curry with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Gram Whole</td><td>60 gm</td></tr> <tr><td>Oil for Chola</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Gram Whole	60 gm	Oil for Chola	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Three Mix Seasonal Vegetables with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>150 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Mix Seasonal Vegetables	150 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm		
	Wheat Flour	225 gm																																																																				
Gram Whole	60 gm																																																																					
Oil for Chola	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Turmeric	02 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					
Wheat Flour	225 gm																																																																					
Mix Seasonal Vegetables	150 gm																																																																					
Oil	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Turmeric	02 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					
Wednesday	<u>Aaloo Curry with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Potato</td><td>100 gm</td></tr> <tr><td>Oil for Potato</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Potato	100 gm	Oil for Potato	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Chicken Aaloo curry or Chicken with seasonal vegetable curry with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato / seasonal vegetable</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato / seasonal vegetable	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
	Wheat Flour	225 gm																																																																				
Potato	100 gm																																																																					
Oil for Potato	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Turmeric	02 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					
Wheat Flour	225 gm																																																																					
Chicken	100 gm																																																																					
Potato / seasonal vegetable	50 gm																																																																					
Oil	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Turmeric	02 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					
Thursday	<u>Three Mix Seasonal Vegetable with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Vegetables</td><td>150 gm</td></tr> <tr><td>Oil for Vegetables</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Vegetables	150 gm	Oil for Vegetables	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Beef (without Bone) with Aaloo curry with two Roti and Tea</u>	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Beef</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chilies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	225 gm	Beef	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
	Wheat Flour	225 gm																																																																				
Vegetables	150 gm																																																																					
Oil for Vegetables	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Turmeric	02 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					
Wheat Flour	225 gm																																																																					
Beef	100 gm																																																																					
Potato	50 gm																																																																					
Oil	15 ml																																																																					
Salt	02 gm																																																																					
Red Chilies	01 gm																																																																					
Onion	25 gm																																																																					
Tomato	20 gm																																																																					
Turmeric	02 gm																																																																					
Garlic	03 gm																																																																					
Ginger	04 gm																																																																					
Coriander	01 gm																																																																					
Condiments	01 gm																																																																					
Green Chili	02 gm																																																																					
Packed Milk	60 ml																																																																					
Sugar	20 gm																																																																					
Tea Leaves	02 gm																																																																					



Friday	<u>Daal Masoor with two Roti and Tea</u>		<u>Chicken Aaloo curry with two Roti and Tea</u>	
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Daal Masoor	50 gm	Chicken	100 gm
	Oil for Daal	15 ml	Potato	50 gm
	Salt	02 gm	Oil	15 ml
	Red Chilies	01 gm	Salt	02 gm
	Onion	15 gm	Red Chilies	01 gm
	Green Chilies	10 gm	Onion	25 gm
	Turmeric	02 gm	Tomato	20 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiments	01 gm	Turmeric	02 gm
	Green Chili	02 gm	Condiments	01 gm
	Packed Milk	60 ml	Green Chili	02 gm
	Sugar	20 gm	Packed Milk	60 ml
	Tea Leaves	02 gm	Sugar	20 gm
		Tea Leaves	02 gm	
Saturday	<u>Three Mix Seasonal Vegetable with two Roti and Tea</u>		<u>Lobia (Beans White) curry with two Roti and Tea</u>	
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Vegetables	150 gm	Lobia	50 gm
	Oil for Vegetables	15 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	25 gm	Onion	15 gm
	Tomato	20 gm	Tomato	20 gm
	Turmeric	02 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiments	01 gm	Condiments	01 gm
	Green Chili	02 gm	Green Chili	02 gm
	Packed Milk	60 ml	Packed Milk	60 ml
	Sugar	20 gm	Sugar	20 gm
	Tea Leaves	02 gm	Tea Leaves	02 gm
Sunday	<u>Daal Mash with two Roti and Tea</u>		<u>Beef Birvani and Tea</u>	
	Wheat Flour	225 gm	Beef	100 gm
	Daal Mash	50 gm	Rice	200 gm
	Oil for Daal	15 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	15 gm	Onion	25 gm
	Green Chilies	10 gm	Tomato	20 gm
	Turmeric	02 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiments	01 gm	Condiments	01 gm
	Green Chili	02 gm	Green Chili	02 gm
	Packed Milk	60 ml	Packed Milk	60 ml
	Sugar	20 gm	Sugar	20 gm
	Tea Leaves	02 gm	Tea Leaves	02 gm



Special Diet for all prisoners on the Special Occasions i.e. Eid-UI-Fitr, Eid-UI-Azha, 12th Rabi-UI-Awwal (Eid Millad-Un-Nabi), 23rd March (Pakistan Day) 14th August (Independence Day), Sindh Cultural Day Etc.

Diet menu

BREAKFAST	MIDDAY MEAL	EVENING MEAL
Aaloo Bhujia with one oily Roti, Tea and Sanwaiyan / Kheer	Chicken Biryani	Chicken Aaloo Curry with two Roti and Tea

Scale of above diet menu

S#	Name of Article	Scale
MORNING MEAL / BREAKFAST		
(Aaloo Bhujia with one oily roti, tea and Sanwaiyan / kheer)		
1	Wheat Floor	125 gms
2	Oil for roti	04 ml
3	Potato for Bhujia	50 gm
4	Oil for potato	07 ml
5	Salt	02 mg
6	Tomato	20 gm
7	Red Chillies	01 gm
8	Green Chillies	01 gm
9	Turmeric	01 gm
10	Zeera	02 gm
11	Packed Milk	60 ml
12	Tea Leaves	02 gm
13	Sugar	20 gm
Sweet Dish (Sawayiyan / Kheer)		
Sawayiyan may be issued on both the Eids i.e Eid-ul-Fitar and Eid-ul-Azha as well as Kheer to be issued on 12 TH RABI-UL-AWWAL (EID MILLAD-UN-NABI S.A.W.W), 23 RD MARCH (PAKISTAN DAY) & 14 TH AUGUST (INDEPENDENCE DAY) Sindh Cultural Day etc		
14	Sawayiyan / Kheer	58 gms
15	Sugar for Sawayiyan	58 gms
16	Sugar for Kheer	30 gm
17	Milk for Sawayiyan / Kheer	125 ml
18	Rice for Kheer	50 gms
MID-DAY MEAL (Chicken Biryani)		
1	Chicken	100 gm
2	Rice for Biryani (Baspati)	200 gm
3	Cooking Oil	15 ml
4	Tomato	20 gm
5	Onion	25 gm
6	Garlic	03 gm
7	Ginger	04 gm
8	Coriander	01 gm
9	Turmeric	02 gm
10	Red chilli	01 gm
11	Green Chillies	02 gm
12	Condiments	01 gm
13	Iodized salt	02 gm



EVENING MEAL (Chicken Aaloo curry with two roti and Tea)		
1	Chicken	100 gm
2	Potato	50 gm
3	Wheat Flour	225 gm
4	Cooking Oil	15 ml
5	Onion	25 gm
6	Tomato	20 gm
7	Garlic	03 gm
8	Ginger	04 gm
9	Coriander	01 gm
10	Turmeric	02 gm
11	Red chilli	01 gm
12	Green Chillies	02 gm
13	Condiments	01 gm
14	Iodized salt	02 gm
15	Tea Leaves	02 gm
16	Packed Milk	60 ml
17	Sugar	20 gm

Daily Extra Diet for Nursing & Pregnant Women Prisoners

Nursing mothers (women prisoners)

S#	Name of Articles	Scale
1.	Milk	500 ml
2.	Sugar	50 grams

Pregnant Women prisoners

S#	Name of Articles	Scale
1.	Milk	500 ml
2.	Sugar	50 grams
3.	Seasonal Fruit	250 grams
4.	One boiled egg or One biscuit (ticky pack) or Curd 100 gm	-

Note: Diet to be issued on the advice of medical officer of prison for a specific period, if medical officer recommend alternate diet so same may be issued and cost of the same should not exceed 50% of the total cost of daily three times routine diet.

A

[Handwritten signature]



Daily Special Diet & Scale for Children under 12 months

Description / Specification		
S#	Name of Article	Scale
1	Milk	500 ml
2	Sugar	50 gm
3	Banana	250 gm
	Egg (boiled)	01 No.
	Potato (boiled)	50 gm
4	Daliya	125 gm
	Sugar for Daliya	20 gm

Note: No extra diet of any kind except milk shall be issued to a child upto the age of 04 months.
Diet to be issued on the advice of medical officer of prison.

Daily Special Diet Scale for Children of the age of 01 year up to the age of 03 years

S#	Name of Article	Scale
1.	Milk	500 ml
2.	Sugar	50 gm
3.	Rice (boiled)	100 gm
4.	Slice of bread (double roti) Medium Size	04 No. (70 gm to 80 gm)
5.	Egg (boiled)	01 No.
6.	Seasonal Fruit	250 grams
7.	Potato french fries (fresh)	50 gm
8.	Cooking Oil	10 ml
9.	Salt	½ gm (to be issued on the advice of Medical Officer)
10.	Khichri (thinly made)	125 gm
	• Rice	50gm
	• Daal (moong)	50gm
	• Oil for bhagaar	4 ml
	• Salt	Total quantity of the ingredients should not be more than 1 gm (to be issued on the advice of Medical Officer)
	• Ginger	
	• Garlic	
	• Laung	
	• Black pepper (Whole)	
	• White Zeera	



f
G

M
#

Diet Menu for Children from the age of 03 years and upto the age of 06 years

1st week diet menu

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Monday	Double Roti (three slices medium size) Anda Ghotala and Tea	Chicken Aaloo Qeema with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea
Tuesday	Aaloo Bhujia with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Karhi Pakora with two Roti and Tea
Wednesday	Anda Ghotala with one oily Roti and Tea	Chicken Haleem with two Roti	Daal Moong & Masoor with boiled Rice and Tea
Thursday	Double Roti (three slices medium size) with Margarine and Tea	Anda Chola (White / Black) Curry with two Roti	Chicken curry with (Loki or Tinda) two Roti and Milk Sawaiyan or Kheer and Tea
Friday	Aaloo Bhujia with one oily Roti and Tea	Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti	Gram Whole curry with two Roti and Tea
Saturday	Aaloo Paratha and Tea	Aaloo with "Matar or Gram Whole (white / black)" with two Roti	Three Mix Seasonal Vegetables with two Roti and Tea
Sunday	Double Roti (three slices medium size) and Tea	Chola Pulao or Aaloo Pulao or Matar Pulao with Raita	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea

1st week diet menu scale

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																															
Monday	<u>Double Roti (three slices medium size) Anda Scrambled and Tea</u>		<u>Chicken Aaloo Qeema with two Roti</u>																																															
	<table border="1"> <tr><td>Double Roti slice</td><td>70 gm to 80 gm</td></tr> <tr><td>Egg</td><td>01 No.</td></tr> <tr><td>Oil for anda</td><td>04 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>15 gm</td></tr> <tr><td>Tea Leaves</td><td>01 gm</td></tr> </table>		Double Roti slice	70 gm to 80 gm	Egg	01 No.	Oil for anda	04 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Packed Milk	60 ml	Sugar	15 gm	Tea Leaves	01 gm	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Chicken</td><td>50 gm</td></tr> <tr><td>Potato</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>		Wheat Flour	110 gm	Chicken	50 gm	Potato	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm
	Double Roti slice	70 gm to 80 gm																																																
	Egg	01 No.																																																
	Oil for anda	04 ml																																																
	Salt	½ (half) gm																																																
	Red Chilies	½ (half) gm																																																
	Onion	10 gm																																																
	Tomato	10 gm																																																
	Packed Milk	60 ml																																																
	Sugar	15 gm																																																
	Tea Leaves	01 gm																																																
	Wheat Flour	110 gm																																																
	Chicken	50 gm																																																
Potato	25 gm																																																	
Oil	07 ml																																																	
Salt	½ (half) gm																																																	
Red Chilies	½ (half) gm																																																	
Onion	10 gm																																																	
Tomato	10 gm																																																	
Turmeric	01 gm																																																	
Garlic	01 gm																																																	
Ginger	01 gm																																																	
Coriander	01 gm																																																	
Condiments	½ (half) gm																																																	
		<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>																																																
		<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Mix Daal</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>05 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>		Wheat Flour	110 gm	Mix Daal	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Leaves of Palak / seasonal vegetable	05 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm																	
Wheat Flour	110 gm																																																	
Mix Daal	25 gm																																																	
Oil	07 ml																																																	
Salt	½ (half) gm																																																	
Red Chilies	½ (half) gm																																																	
Onion	10 gm																																																	
Turmeric	01 gm																																																	
Garlic	01 gm																																																	
Ginger	01 gm																																																	
Coriander	01 gm																																																	
Condiments	½ (half) gm																																																	
Leaves of Palak / seasonal vegetable	05 gm																																																	
Packed Milk	60 ml																																																	
Sugar	20 gm																																																	
Tea Leaves	02 gm																																																	

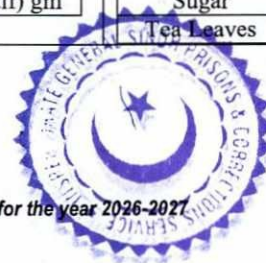


Tuesday	<u>Aaloo Bhujia with one oily Roti and Tea</u>	<table border="1"> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Roti</td><td>02 ml</td></tr> <tr><td>Potato</td><td>25 gm</td></tr> <tr><td>Oil for potato</td><td>04 ml</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Zeera</td><td>½ (half) gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Potato	25 gm	Oil for potato	04 ml	Tomato	10 gm	Salt	½ (half) gm	Red Chilies	½ (half) gm	Zeera	½ (half) gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Three Mix Seasonal Vegetables with two Roti</u>	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>75 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>	Wheat Flour	110 gm	Mix Seasonal Vegetables	75 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<u>Karhi Pakora with two Roti and Tea</u>	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Baisan</td><td>50 gm</td></tr> <tr><td>Curd</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Zeera</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	110 gm	Baisan	50 gm	Curd	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Zeera	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
	Wheat Flour	75 gm																																																																																				
	Oil for Roti	02 ml																																																																																				
	Potato	25 gm																																																																																				
	Oil for potato	04 ml																																																																																				
	Tomato	10 gm																																																																																				
	Salt	½ (half) gm																																																																																				
	Red Chilies	½ (half) gm																																																																																				
	Zeera	½ (half) gm																																																																																				
	Turmeric	01 gm																																																																																				
	Packed Milk	60 ml																																																																																				
	Sugar	20 gm																																																																																				
	Tea Leaves	02 gm																																																																																				
Wheat Flour	110 gm																																																																																					
Mix Seasonal Vegetables	75 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Wheat Flour	110 gm																																																																																					
Baisan	50 gm																																																																																					
Curd	25 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Zeera	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wednesday	<u>Anda Ghotala with one oily Roti and Tea</u>	<table border="1"> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Roti</td><td>02 ml</td></tr> <tr><td>Egg</td><td>01 No.</td></tr> <tr><td>Oil for anda</td><td>04 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Egg	01 No.	Oil for anda	04 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Chicken Haleem with two Roti</u>	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Chicken</td><td>25 gm</td></tr> <tr><td>Three Mix Daal, Jau, Wheat daliya (equal quantity)</td><td>50 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>02 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>	Wheat Flour	110 gm	Chicken	25 gm	Three Mix Daal, Jau, Wheat daliya (equal quantity)	50 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	02 gm	Coriander	01 gm	Condiments	½ (half) gm	<u>Daal Moong & Masoor with boiled Rice and Tea</u>	<table border="1"> <tr><td>Daal Moong & Masoor</td><td>25 gm</td></tr> <tr><td>Boiled Rice</td><td>100 gm</td></tr> <tr><td>Oil</td><td>05 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Daal Moong & Masoor	25 gm	Boiled Rice	100 gm	Oil	05 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm						
	Wheat Flour	75 gm																																																																																				
	Oil for Roti	02 ml																																																																																				
	Egg	01 No.																																																																																				
	Oil for anda	04 ml																																																																																				
	Salt	½ (half) gm																																																																																				
	Red Chilies	½ (half) gm																																																																																				
	Onion	10 gm																																																																																				
	Tomato	10 gm																																																																																				
	Packed Milk	60 ml																																																																																				
	Sugar	20 gm																																																																																				
	Tea Leaves	02 gm																																																																																				
	Wheat Flour	110 gm																																																																																				
Chicken	25 gm																																																																																					
Three Mix Daal, Jau, Wheat daliya (equal quantity)	50 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	02 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Daal Moong & Masoor	25 gm																																																																																					
Boiled Rice	100 gm																																																																																					
Oil	05 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Thursday	<u>Double Roti (three slices medium size) with Margarine and Tea</u>	<table border="1"> <tr><td>Double Roti</td><td>70 gm to 80 gm</td></tr> <tr><td>Margarine</td><td>25 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Double Roti	70 gm to 80 gm	Margarine	25 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Anda Chola (White / Black) Curry with two Roti</u>	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Anda</td><td>01 No.</td></tr> <tr><td>Gram Whole</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>	Wheat Flour	110 gm	Anda	01 No.	Gram Whole	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<u>Chicken Curry with (Loki or Tinda) two Roti and Milk Sawayiyen or Kheer and Tea</u>	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Chicken</td><td>50 gm</td></tr> <tr><td>Loki / Tinda</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>02 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Sawayiyen</td><td>30 gm</td></tr> <tr><td>Milk for Sawayiyen / Kheer</td><td>110 ml</td></tr> <tr><td>Rice for Kheer</td><td>25 gm</td></tr> <tr><td>Sugar for Sawayiyen</td><td>30 gm</td></tr> <tr><td>Sugar for Kheer</td><td>15 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	110 gm	Chicken	50 gm	Loki / Tinda	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	02 gm	Coriander	01 gm	Condiments	½ (half) gm	Sawayiyen	30 gm	Milk for Sawayiyen / Kheer	110 ml	Rice for Kheer	25 gm	Sugar for Sawayiyen	30 gm	Sugar for Kheer	15 gm	Packed Milk	60 ml	Sugar	20 gm	Tea leaves	02 gm		
	Double Roti	70 gm to 80 gm																																																																																				
	Margarine	25 gm																																																																																				
	Packed Milk	60 ml																																																																																				
	Sugar	20 gm																																																																																				
	Tea Leaves	02 gm																																																																																				
	Wheat Flour	110 gm																																																																																				
	Anda	01 No.																																																																																				
	Gram Whole	25 gm																																																																																				
	Oil	07 ml																																																																																				
	Salt	½ (half) gm																																																																																				
	Red Chilies	½ (half) gm																																																																																				
	Onion	10 gm																																																																																				
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Wheat Flour	110 gm																																																																																					
Chicken	50 gm																																																																																					
Loki / Tinda	25 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	02 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Sawayiyen	30 gm																																																																																					
Milk for Sawayiyen / Kheer	110 ml																																																																																					
Rice for Kheer	25 gm																																																																																					
Sugar for Sawayiyen	30 gm																																																																																					
Sugar for Kheer	15 gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea leaves	02 gm																																																																																					



Friday	<u>Aaloo Bhujia with one oily Roti and Tea</u>	<u>Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti</u>	<u>Gram Whole (white / black) curry with two Roti and Tea</u>																																																																																			
	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Roti</td><td>02 ml</td></tr> <tr><td>Potato</td><td>25gm</td></tr> <tr><td>Oil for potato</td><td>04 ml</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Zeera</td><td>½ (half) gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Potato	25gm	Oil for potato	04 ml	Tomato	10 gm	Salt	½ (half) gm	Red Chilies	½ (half) gm	Zeera	½ (half) gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Beef / Chicken</td><td>50 gm</td></tr> <tr><td>Wheat flour for Nihari</td><td>03 gm</td></tr> <tr><td>Baisan for Nihari</td><td>02 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>½ (half) gm</td></tr> <tr><td>Sounth (Dry ginger powder form)</td><td>½ (half) gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </tbody> </table>	Wheat Flour	110 gm	Beef / Chicken	50 gm	Wheat flour for Nihari	03 gm	Baisan for Nihari	02 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	½ (half) gm	Sounth (Dry ginger powder form)	½ (half) gm	Coriander	01 gm	Condiments	½ (half) gm	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Gram Whole</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	110 gm	Gram Whole	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	75 gm																																																																																					
Oil for Roti	02 ml																																																																																					
Potato	25gm																																																																																					
Oil for potato	04 ml																																																																																					
Tomato	10 gm																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Zeera	½ (half) gm																																																																																					
Turmeric	01 gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	110 gm																																																																																					
Beef / Chicken	50 gm																																																																																					
Wheat flour for Nihari	03 gm																																																																																					
Baisan for Nihari	02 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	½ (half) gm																																																																																					
Sounth (Dry ginger powder form)	½ (half) gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Wheat Flour	110 gm																																																																																					
Gram Whole	25 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Saturday	<u>Aaloo Paratha and Tea</u>	<u>Aaloo with "Matar or Gram Whole (white / black)" curry with two Roti</u>	<u>Three Mix Seasonal Vegetables with two Roti and Tea</u>																																																																																			
	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Paratha</td><td>06 ml</td></tr> <tr><td>Potato</td><td>20 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Zeera</td><td>½ (half) gm</td></tr> <tr><td>Coriander</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	75 gm	Oil for Paratha	06 ml	Potato	20 gm	Tomato	10 gm	Salt	½ (half) gm	Red Chilies	½ (half) gm	Zeera	½ (half) gm	Coriander	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Matar or Gram whole</td><td>15 gm</td></tr> <tr><td>Potato</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </tbody> </table>	Wheat Flour	110 gm	Matar or Gram whole	15 gm	Potato	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>75 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	110 gm	Mix Seasonal Vegetables	75 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm					
Wheat Flour	75 gm																																																																																					
Oil for Paratha	06 ml																																																																																					
Potato	20 gm																																																																																					
Tomato	10 gm																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Zeera	½ (half) gm																																																																																					
Coriander	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	110 gm																																																																																					
Matar or Gram whole	15 gm																																																																																					
Potato	25 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Wheat Flour	110 gm																																																																																					
Mix Seasonal Vegetables	75 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sunday	<u>Double Roti (three slices medium size) and Tea</u>	<u>Chola Pulao or Aaloo Pulao or Matar Pulao with Raita</u>	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>																																																																																			
	<table border="1"> <tbody> <tr><td>Double Roti slice</td><td>70 gm to 80 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Double Roti slice	70 gm to 80 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tbody> <tr><td>Gram Whole (white)</td><td>15 gm</td></tr> <tr><td>Potato</td><td>30 gm</td></tr> <tr><td>Matar</td><td>15 gm</td></tr> <tr><td>Rice</td><td>100 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Curd for Raita</td><td>15 gm</td></tr> <tr><td>Zeera for Raita</td><td>½ (half) gm</td></tr> </tbody> </table>	Gram Whole (white)	15 gm	Potato	30 gm	Matar	15 gm	Rice	100 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Curd for Raita	15 gm	Zeera for Raita	½ (half) gm	<table border="1"> <tbody> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Mix Daal</td><td>25 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chilies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>05 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiment</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </tbody> </table>	Wheat Flour	110 gm	Mix Daal	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Leaves of Palak / seasonal vegetable	05 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiment	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm											
Double Roti slice	70 gm to 80 gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Gram Whole (white)	15 gm																																																																																					
Potato	30 gm																																																																																					
Matar	15 gm																																																																																					
Rice	100 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	½ (half) gm																																																																																					
Curd for Raita	15 gm																																																																																					
Zeera for Raita	½ (half) gm																																																																																					
Wheat Flour	110 gm																																																																																					
Mix Daal	25 gm																																																																																					
Oil	07 ml																																																																																					
Salt	½ (half) gm																																																																																					
Red Chilies	½ (half) gm																																																																																					
Onion	10 gm																																																																																					
Tomato	10 gm																																																																																					
Leaves of Palak / seasonal vegetable	05 gm																																																																																					
Turmeric	01 gm																																																																																					
Garlic	01 gm																																																																																					
Ginger	01 gm																																																																																					
Coriander	01 gm																																																																																					
Condiment	½ (half) gm																																																																																					
Packed Milk	60 ml																																																																																					
Sugar	20 gm																																																																																					
Tea Leaves	02 gm																																																																																					

	<table border="1"> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Tea Leaves	02 gm	<table border="1"> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> </table>	Coriander	01 gm	Condiments	½ (half) gm	<table border="1"> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm																																																																		
Tea Leaves	02 gm																																																																																		
Coriander	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Condiments	½ (half) gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Wednesday	<p><u>Aaloo Bhujia with one oily Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>75 gm</td> </tr> <tr> <td>Oil for Roti</td> <td>02 ml</td> </tr> <tr> <td>Potato</td> <td>25gm</td> </tr> <tr> <td>Oil for potato</td> <td>04 ml</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Zeera</td> <td>½ (half) gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Potato	25gm	Oil for potato	04 ml	Tomato	10 gm	Salt	½ (half) gm	Red Chilies	½ (half) gm	Zeera	½ (half) gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<p><u>Chicken with Aaloo curry or Chicken with seasonal vegetable curry with two Roti</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Chicken</td> <td>50gm</td> </tr> <tr> <td>Potato / seasonal vegetable</td> <td>25 gm</td> </tr> <tr> <td>Oil</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> </table>	Wheat Flour	110 gm	Chicken	50gm	Potato / seasonal vegetable	25 gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Turmeric	01 gm	Condiments	½ (half) gm	<p><u>Aaloo Curry with two Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Potato</td> <td>50gm</td> </tr> <tr> <td>Oil for Potato</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	110 gm	Potato	50gm	Oil for Potato	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Wheat Flour	75 gm																																																																																		
Oil for Roti	02 ml																																																																																		
Potato	25gm																																																																																		
Oil for potato	04 ml																																																																																		
Tomato	10 gm																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Zeera	½ (half) gm																																																																																		
Turmeric	01 gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Wheat Flour	110 gm																																																																																		
Chicken	50gm																																																																																		
Potato / seasonal vegetable	25 gm																																																																																		
Oil	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Tomato	10 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Turmeric	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Wheat Flour	110 gm																																																																																		
Potato	50gm																																																																																		
Oil for Potato	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Tomato	10 gm																																																																																		
Turmeric	01 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Thursday	<p><u>Chola "Gram Whole" (white / black) curry with one oily Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>75 gm</td> </tr> <tr> <td>Gram Whole</td> <td>25gm</td> </tr> <tr> <td>Oil</td> <td>04 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>15 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	75 gm	Gram Whole	25gm	Oil	04 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	15 gm	Tomato	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<p><u>Beef (without Bone) with Aaloo curry with two Roti</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Beef</td> <td>50gm</td> </tr> <tr> <td>Potato</td> <td>25gm</td> </tr> <tr> <td>Oil</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> </table>	Wheat Flour	110 gm	Beef	50gm	Potato	25gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<p><u>Three Mix Seasonal Vegetable with two Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Vegetables</td> <td>75 gm</td> </tr> <tr> <td>Oil for Vegetables</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	110 gm	Vegetables	75 gm	Oil for Vegetables	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm				
Wheat Flour	75 gm																																																																																		
Gram Whole	25gm																																																																																		
Oil	04 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	15 gm																																																																																		
Tomato	10 gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Wheat Flour	110 gm																																																																																		
Beef	50gm																																																																																		
Potato	25gm																																																																																		
Oil	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Tomato	10 gm																																																																																		
Turmeric	01 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Wheat Flour	110 gm																																																																																		
Vegetables	75 gm																																																																																		
Oil for Vegetables	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Tomato	10 gm																																																																																		
Turmeric	01 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Friday	<p><u>Suji Halwa with oily Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>75 gm</td> </tr> <tr> <td>Oil for Roti</td> <td>02 ml</td> </tr> <tr> <td>Suji for Halwa</td> <td>25gm</td> </tr> <tr> <td>Sugar for Halwa</td> <td>25gm</td> </tr> <tr> <td>Ghee for Halwa</td> <td>10 gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar for Tea</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Suji for Halwa	25gm	Sugar for Halwa	25gm	Ghee for Halwa	10 gm	Packed Milk	60 ml	Sugar for Tea	20 gm	Tea Leaves	02 gm	<p><u>Chicken Aaloo curry with two Roti</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Chicken</td> <td>50gm</td> </tr> <tr> <td>Potato</td> <td>25gm</td> </tr> <tr> <td>Oil</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Tomato</td> <td>10 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> </table>	Wheat Flour	110 gm	Chicken	50gm	Potato	25gm	Oil	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Turmeric	01 gm	Condiments	½ (half) gm	<p><u>Daal Masoor with two Roti and Tea</u></p> <table border="1"> <tr> <td>Wheat Flour</td> <td>110 gm</td> </tr> <tr> <td>Daal Masoor</td> <td>25gm</td> </tr> <tr> <td>Oil for Daal</td> <td>07 ml</td> </tr> <tr> <td>Salt</td> <td>½ (half) gm</td> </tr> <tr> <td>Red Chilies</td> <td>½ (half) gm</td> </tr> <tr> <td>Onion</td> <td>10 gm</td> </tr> <tr> <td>Turmeric</td> <td>01 gm</td> </tr> <tr> <td>Garlic</td> <td>01 gm</td> </tr> <tr> <td>Ginger</td> <td>01 gm</td> </tr> <tr> <td>Coriander</td> <td>01 gm</td> </tr> <tr> <td>Condiments</td> <td>½ (half) gm</td> </tr> <tr> <td>Packed Milk</td> <td>60 ml</td> </tr> <tr> <td>Sugar</td> <td>20 gm</td> </tr> <tr> <td>Tea Leaves</td> <td>02 gm</td> </tr> </table>	Wheat Flour	110 gm	Daal Masoor	25gm	Oil for Daal	07 ml	Salt	½ (half) gm	Red Chilies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm										
Wheat Flour	75 gm																																																																																		
Oil for Roti	02 ml																																																																																		
Suji for Halwa	25gm																																																																																		
Sugar for Halwa	25gm																																																																																		
Ghee for Halwa	10 gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar for Tea	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		
Wheat Flour	110 gm																																																																																		
Chicken	50gm																																																																																		
Potato	25gm																																																																																		
Oil	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Tomato	10 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Turmeric	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Wheat Flour	110 gm																																																																																		
Daal Masoor	25gm																																																																																		
Oil for Daal	07 ml																																																																																		
Salt	½ (half) gm																																																																																		
Red Chilies	½ (half) gm																																																																																		
Onion	10 gm																																																																																		
Turmeric	01 gm																																																																																		
Garlic	01 gm																																																																																		
Ginger	01 gm																																																																																		
Coriander	01 gm																																																																																		
Condiments	½ (half) gm																																																																																		
Packed Milk	60 ml																																																																																		
Sugar	20 gm																																																																																		
Tea Leaves	02 gm																																																																																		



Saturday	Chola "Gram Whole" (white / black) curry with one oily Roti and Tea	Lobia (Beans White) curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea																																																																											
	<table border="1"> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Roti</td><td>02 ml</td></tr> <tr><td>Gram Whole</td><td>25gm</td></tr> <tr><td>Oil</td><td>04 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Gram Whole	25gm	Oil	04 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	15 gm	Tomato	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Lobia</td><td>25gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>	Wheat Flour	110 gm	Lobia	25gm	Oil	07 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Vegetables</td><td>75 gm</td></tr> <tr><td>Oil for Vegetables</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	110 gm	Vegetables	75 gm	Oil for Vegetables	07 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	75 gm																																																																													
Oil for Roti	02 ml																																																																													
Gram Whole	25gm																																																																													
Oil	04 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	15 gm																																																																													
Tomato	10 gm																																																																													
Packed Milk	60 ml																																																																													
Sugar	20 gm																																																																													
Tea Leaves	02 gm																																																																													
Wheat Flour	110 gm																																																																													
Lobia	25gm																																																																													
Oil	07 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	10 gm																																																																													
Tomato	10 gm																																																																													
Turmeric	01 gm																																																																													
Garlic	01 gm																																																																													
Ginger	01 gm																																																																													
Coriander	01 gm																																																																													
Condiments	½ (half) gm																																																																													
Wheat Flour	110 gm																																																																													
Vegetables	75 gm																																																																													
Oil for Vegetables	07 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	10 gm																																																																													
Tomato	10 gm																																																																													
Turmeric	01 gm																																																																													
Garlic	01 gm																																																																													
Ginger	01 gm																																																																													
Coriander	01 gm																																																																													
Condiments	½ (half) gm																																																																													
Packed Milk	60 ml																																																																													
Sugar	20 gm																																																																													
Tea Leaves	02 gm																																																																													
Sunday	One Egg Per Prisoner in shape of scrambled egg(Anda Ghotala) Khagina / egg curry with oily Roti and Tea	Beef Biryani	Daal Mash with two Roti and Tea																																																																											
	<table border="1"> <tr><td>Wheat Flour</td><td>75 gm</td></tr> <tr><td>Oil for Roti</td><td>02 ml</td></tr> <tr><td>Egg</td><td>01 No.</td></tr> <tr><td>Oil for anda</td><td>04 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	75 gm	Oil for Roti	02 ml	Egg	01 No.	Oil for anda	04 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	15 gm	Tomato	10 gm	Packed Milk	60 ml	Sugar	20gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Beef</td><td>50 gm</td></tr> <tr><td>Rice</td><td>100 gm</td></tr> <tr><td>Oil</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Tomato</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> </table>	Beef	50 gm	Rice	100 gm	Oil	07 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	10 gm	Tomato	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	<table border="1"> <tr><td>Wheat Flour</td><td>110 gm</td></tr> <tr><td>Daal Mash</td><td>25gm</td></tr> <tr><td>Oil for Daal</td><td>07 ml</td></tr> <tr><td>Salt</td><td>½ (half) gm</td></tr> <tr><td>Red Chillies</td><td>½ (half) gm</td></tr> <tr><td>Onion</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Garlic</td><td>01 gm</td></tr> <tr><td>Ginger</td><td>01 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>½ (half) gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	110 gm	Daal Mash	25gm	Oil for Daal	07 ml	Salt	½ (half) gm	Red Chillies	½ (half) gm	Onion	10 gm	Turmeric	01 gm	Garlic	01 gm	Ginger	01 gm	Coriander	01 gm	Condiments	½ (half) gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	
Wheat Flour	75 gm																																																																													
Oil for Roti	02 ml																																																																													
Egg	01 No.																																																																													
Oil for anda	04 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	15 gm																																																																													
Tomato	10 gm																																																																													
Packed Milk	60 ml																																																																													
Sugar	20gm																																																																													
Tea Leaves	02 gm																																																																													
Beef	50 gm																																																																													
Rice	100 gm																																																																													
Oil	07 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	10 gm																																																																													
Tomato	10 gm																																																																													
Turmeric	01 gm																																																																													
Garlic	01 gm																																																																													
Ginger	01 gm																																																																													
Coriander	01 gm																																																																													
Condiments	½ (half) gm																																																																													
Wheat Flour	110 gm																																																																													
Daal Mash	25gm																																																																													
Oil for Daal	07 ml																																																																													
Salt	½ (half) gm																																																																													
Red Chillies	½ (half) gm																																																																													
Onion	10 gm																																																																													
Turmeric	01 gm																																																																													
Garlic	01 gm																																																																													
Ginger	01 gm																																																																													
Coriander	01 gm																																																																													
Condiments	½ (half) gm																																																																													
Packed Milk	60 ml																																																																													
Sugar	20 gm																																																																													
Tea Leaves	02 gm																																																																													

Note:

- In breakfast:** weight of oily roti = 88gm to 98gm, weight of Aaloo Paratha = 120gm to 130gm.
- In midday & evening:** weight of Roti = 125gm to 135gm.
- Mix Vegetable includes: at-least three seasonal vegetables.
- Condiments include: Bari Elayichi, Dar Cheeni, Loung, Kali Mirch etc
- Items i.e. Salt, Red Chillies, Turmeric, Garlic, Ginger, Coriander, condiments may be used according to requisite ratio and taste on the advice of Medical Officer of the prison.
- If some prisoners do not like to have tea, the officer in charge is authorized to issue them some suitable substitute provided the cost does not exceed that of the scale of tea, milk and sugar.

Daily extra diet (in addition to prescribed diet) scale for children from the age of 03 years and upto the age of 06 years.

S#	Name of Article	Scale
1.	Milk	250 ml
2.	Sugar	50 gms
3.	Egg (Boiled)	01 No.

Special Diet for Children from the age of "03 years and upto the age of 06 years" on the Special Occasions i.e. Eid-UI-Fitr, Eid-UI-Azha, 12th Rabi-UI-Awwal (Eid Millad-Un-Nabi), 23rd March (Pakistan Day) 14th August (Independence Day), Sindh Cultural Day Etc.

Diet menu

BREAKFAST	MIDDAY MEAL	EVENING MEAL
Aaloo Bhujia with one oily Roti, Tea and Sanwaiyan / Kheer	Chicken Biryani	Chicken Aaloo Curry with two Roti and Tea

Scale of above diet menu

S#	Name of Article	Scale
Morning meal / breakfast (Aaloo Bhujia with one oily Roti, Tea and Sanwaiyan / Kheer)		
1	Wheat Floor	75 gms
2	Oil for roti	02 ml
3	Potato for Bhujia	25 gm
4	Oil for potato	04 ml
5	Tomato	10 gm
6	Salt	½ gm
7	Red Chillies	½ gm
8	Zeera	½ gm
9	Turmeric	01 gm
10	Packed Milk	60 ml
11	Tea Leaves	02 gm
12	Sugar	20 gm
Sweet Dish (Sawayiyan / Kheer)		
Sawayiyan may be issued on both the Eids i.e Eid-ul-Fitar and Eid-ul-Azha as well as Kheer to be issued on 12 TH RABI-UL-AWWAL (EID MILLAD-UN-NABI S.A.W.W), 23 RD MARCH (PAKISTAN DAY) & 14 TH AUGUST (INDEPENDENCE DAY) Sindh Cultural Day etc		
13	Sawayiyan / Kheer	30 gms
14	Sugar for Sawayiyan	30 gms
15	Sugar for Kheer	15 gm
16	Milk for Sawayiyan / Kheer	110 ml
17	Rice for Kheer	25 gms
Mid-day meal (Chicken Biryani)		
1	Chicken	50 gm
2	Rice for Biryani (Baspati)	100 gm
3	Cooking Oil	07 ml
4	Tomato	10 gm
5	Onion	10 gm
6	Garlic	01 gm
7	Ginger	01 gm
8	Coriander	01 gm
9	Turmeric	01 gm
10	Red chilli	½ gm
11	Condiments	½ gm
12	Iodized salt	½ gm



Evening meal (Chicken Aaloo Curry with two Roti and Tea)		
1	Chicken	50 gm
2	Potato	25 gm
3	Wheat Flour	110 gm
4	Cooking Oil	07 ml
5	Onion	10 gm
6	Tomato	10 gm
7	Garlic	01 gm
8	Ginger	01 gm
9	Coriander	01 gm
10	Turmeric	01 gm
11	Red chilli	½ gm
12	Condiments	½ gm
13	Iodized salt	½ gm
14	Tea Leaves	02 gm
15	Packed Milk	60 ml
16	Sugar	20 gm

Regulation 05. Issue of special diet on special occasion. There shall be special diet on such special days as prescribed under foregoing regulations.

Regulation 06. Meal by any philanthropist. Whenever any philanthropist or philanthropic society offers to provide cooked extra meal or fruits at any occasion to the inmates of prison, it may, at the discretion of the officer in charge, be permitted to issue such food items to prisoners and officer in charge shall record the fact in his order book. No raw ration shall be allowed for this purpose.

Regulation 07. Variable diet. Subject to recommendation of medical officer, it shall be in the discretion of the officer in charge or additional superintendent to allow any other halal diet other than prescribed diet if certain population of prisoners is accustomed to any other diet based on their geographical, religious or medical needs. However, amount incurred in such diet shall not exceed approved cost of prescribed diet.

Regulation 08. Extra diet or special diet to be recorded. Extra diet or special diet, if any, ordered for each prisoner shall be recorded in Register No.50 of Chapter XL of Sindh Prisons & Corrections Service Rules 2019 under initials of medical officer.

Regulation 09. Charge of Cook House. Each cook house shall be under the charge of an Assistant Superintendent or Sub Inspector and such number of junior prison officers as may be authorized by the officer in charge or additional superintendent. Such officers shall be held



responsible for any irregularity detected in connection with preparation of food. This shall not absolve the deputy superintendent from responsibility in connection with the correct weight and quality of ration.

Regulation 10. Scales, Weights and Measures. Properly adjusted scales and standard weights shall be used for weighing supplies in bulk as well as individual ration shall be periodically examined by the officer in charge or additional Superintendent. Pieces of bricks, stones or other unauthorized weights shall not be used as weights. All complaints made by prisoners regarding the quality, quantity or cooking of food on the first opportunity be brought to the notice of the officer in charge or additional Superintendent.

Regulation 11. Medical examination of cook house workers. Contractor's cooks, ancillary staff and prisoners (if any) employed as cooks in prison cook house shall be examined by the medical officer prior to their employment and any worker suffering from any disease shall not be so employed. Workers shall be given medical check up every month and the result noted on the chart will be maintained in cookhouse. Prisoners may be employed in cook house with the sense to provide them an opportunity of getting cooking skills and service of the food to the inmates at respective confinement places.

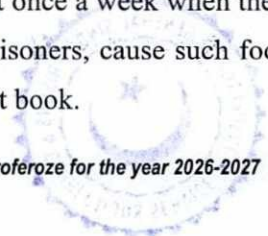
Regulation 12. Supervision of foodstuffs and drinking water supply. It shall be the duty of the officer in charge or additional Superintendent, medical officer and deputy Superintendent at all times to satisfy themselves that;

- (a) Clean and safe drinking water is provided for consumption by prisoners, and that a supply of such water is at all times freely available to every prisoner for drinking purpose;
- (b) Every article issued, or meant for issue for the food of any prisoner is of the prescribed quality and quantity, and is good, wholesome and fit for human consumption;
- (c) Every cooked article of food supplied to any prisoner is properly and cleanly cooked so to be wholesome and palatable;
- (d) Every article of food, whether raw or cooked is subject to proper examination and inspection before it issued for consumption by any prisoner;
- (e) All foodstuffs at any time contained and stored are frequently inspected, and that all articles which are unwholesome or in any respect unfit for human consumption are forthwith rejected and are not issued for the use of prisoners. Proper places for convenient and orderly distribution of food and suitable utensils, etc. for consumption of food are duly provided.
- (f) Hygienic condition is always properly maintained.

Regulation 13. Examination of food by medical officer. The medical officer shall ordinarily examine the food daily and when found to have any defect in quality, make a notice of the fact in his report book, which shall be brought in to the notice of the officer in charge or additional superintendent. He should at uncertain times and at least once a week when the food is cooked and ready for issue and occasionally after distribution to prisoners, cause such food to be weighed or examined in his presence and note the result in his report book.



Handwritten initials and a signature in blue ink.



Regulation 14. Inspection of food. The officer in charge or additional superintendent shall inspect cooked food from time to time while it is being issued to prisoners.

Regulation 15. Additional superintendent or deputy superintendent to check food daily. The additional superintendent or deputy superintendent shall daily inspect all the food prepared for prisoners and satisfy themselves that food is properly cooked.

Regulation 16. Cook house design and structure.

- (a) Spacious cook house shall be designed and constructed in such a way that must ensure hygienic condition.
- (b) Every cook house shall be constructed with double door system to ensure fly proof environment.
- (c) Cooking utensils and appliances shall be kept with proper cleanliness.
- (d) There shall be roti plant in cook house.
- (e) There shall be cold storage facility in cook house.
- (f) There shall be a slaughter house on modern lines at appropriate place to ensure provision of fresh meat at all times.
- (g) Geysers and water coolers shall be provided in cook house.
- (h) Electric fans, air conditioners / coolers, exhaust fans and such other electrical appliances shall be installed in cook house to maintain conducive temperature.

Regulation 17. En-route meal for prisoners. En-route diet shall be provided to those prisoners who are transferred or removed from prison to court, other prison, medical examination or any other purpose required under any law for the time being in force in following manner:

- (a) If journey is a short one and the prisoner will reach prison before the next meal, he shall get his meal from that prison on arrival.
- (b) If distance for journey is beyond 250 km, every prisoner shall get such en-route food on usual meal time before they are taken to prison if they are likely to arrive there too late for a meal. In charge police escort shall receive diet money under proper receipt equivalent to twice the amount of each meal out of three times a day meal of approved diet rate from concerned food contractor through officer in charge of prison. All advances for diet money or for incidental expenses shall be accounted for the official to whom the money is entrusted.

Regulation 18. Liability of contractor on deviation from prescribed terms and conditions.

Senior Prison Officer of the Service may impose such penalty as devised by procurement committee under regulation 01 of this chapter in case if contractor is found to have deviated from any prescribed terms and conditions of the contract.



SPECIAL TERMS & CONDITIONS OF CONTRACT - ARTICLES OF AGREEMENT

(PART-II)

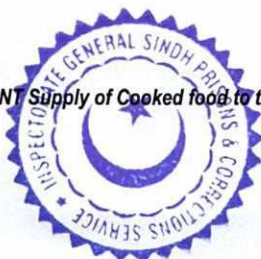
1. In view of prevailing law & order situation, it is the mandatory for the Deputy Inspector General of Prisons of the respective regions and Officer Incharge to seek security clearance of the contractor concerned for supply of cooked food and his employees from the Provincial as well as Federal intelligence agencies within 30 days of award of the contract and such clearance report shall be supplied to Inspector General of Sindh Prisons & Corrections Service Karachi.
2. Contractor's labor / handler shall only be allowed entry / exit through a pre-installed biometric (Iris) machine at appropriate place in prison. Labor / handler shall also be subject to scrutiny of Police / Prison Criminal Record Office invariably for verification purpose.
3. The comparative contract award evaluation of bids for the year 2026-2027 will be based / determined on the basis of offers of (inmates) as mentioned at **annexure-C** including fortnightly diet menu during the month of Ramazan, special days etc.
4. The performance security is to be calculated on daily per prisoner diet offered for whole contract period as per terms & conditions of cooked food agreement for the year 2026-2027.
5. Offers on the basis of evaluation shall be accepted in respect of the qualified bidders as mentioned in Bid Evaluation & Assessment Criteria at Clause No.6 of Instructions to Bidders and General Terms & Conditions of Contract. Rates quoted for cooked food shall neither be abnormally high nor low in comparison to the evaluated cost on the basis of prevailing wholesale market rates. The bid found to be the most advantageous or best evaluated bid shall be accepted as per SPPRA Rule 46(2)(i). It shall be mandatory that the rates quoted by the bidders shall not be less than the rates last awarded for cooked food contract for the year 2025-2026, keeping in view inflationary impact and escalation in market prices during the years 2023-2024, 2024-2025 and 2025-2026, so as to ensure continuity, quality and quantity of cooked food supply.
6. The bidders are required to offer realistic rates as mentioned in condition # 5 above as analyzed & recommended by the Procurement Committee in the last awarded new contract during the fiscal year 2025-2026 in order to ensure transparency. In case financial bids are found to be the same of the bidders with one another, preference will be given to those bidders who secure higher marks in technical evaluation report. Moreover, if bidder's financial bid and technical evaluation report score is found to be the same, preference will



QMS

further be given to those bidders who are having better financial soundness as per bank statement of last three financial years (1st July 2023 to 30th April 2026).

7. If the financial bid of the technically qualified bidder is found seriously unbalanced in relation to the estimated cost per prisoner per day for supply of daily three times cooked food (breakfast, mid-day & evening meals) etc as per diet menu, scale & specification, the Procurement Committee may reject his financial offer on the basis of abnormally low rates.
8. The bidders are restrained to offer non-realistic low rates of preceding year(s) in order to curb malafide & corrupt practices.
9. The rates once decided will neither be revised nor enhanced during the contract period.
- The bid accompanied with Pay Order / Demand Draft / CDR / Bank Guarantee etc of any schedule Bank of Pakistan as bid security amounting to Rs.32,00,000/- in favour of Inspector General of Prisons Sindh Karachi. The bid security must be issued in the name of the bidding company / firm and shall remain deposited until completion of the procurement process in accordance with the rules. The bid without requisite bid security or of lesser amount shall be rejected.
11. The successful bidder shall be required to furnish a Performance Security in the form of a Pay Order / Demand Draft / CDR / Bank Guarantee etc issued by any scheduled bank in Pakistan, in favour of the Inspector General of Prisons, Sindh, Karachi, amounting to 3% of the total annual contract value for the period from 01.07.2026 to 30.06.2027. The Performance Security shall be submitted within seven (07) days from the date of issuance of the Letter of Acceptance, and the bidder shall execute the contract in accordance with the applicable rules. In case of failure to comply, the bid security shall be forfeited to the Government, and the bidder shall be debarred from participating in any future contracts or supplies to the Department within the Province for a period of three (03) years.
12. The Contractor shall provide list of employees with complete details viz name, father's name, address, photocopy of C.N.I.C, cell number, Police verification certificate of concerned employees / persons etc and 02 recent photo to Officer Incharge, who will issue an entry pass, with photo duly signed & stamped to facilitate safe entry & exit.
13. Prison Service Officers / employees whether serving or retired or their relatives are held ineligible to participate as a bidder with due regard to the provision of SPPRA rules dealing with the conflict of interest.
14. The cooked food shall be standardized in terms of weight, quality, hygiene and taste.



15. The approved contractor is responsible for arranging kneading machine in the prison kitchen for kneading Ata from the very first day of the award of the contract to ensure proper hygiene / cleanliness.
16. The supply of cooked food will be for three times a day strictly according to the fortnightly diet menu & scale as per schedule given below with effect from 01.07.2026 to 30.06.2027.
- (i) Break Fast. within 1 ½ hour of after sunrise.
 - (ii) Midday Meal. Between 12:00 noon upto 01:00 p.m.
 - (iii) Evening Meal. Between 4:00 p.m upto 6:00 p.m.

“The timings are changeable under written mutual consensus between Contractor & the Officer Incharge, a copy where of be sent to Inspector General of Sindh Prisons & Corrections Service Karachi and Deputy Inspector General of Prisons of the respective range for information and office record.”

17. The Contractor shall arrange supply of fresh cooked food three times a day (Breakfast, Midday and Evening meals) according to fortnightly diet menu and scale for prisoners, special diet during the month of Ramzan-ul-Mubarak and Special days etc. Fortnightly diet menu for prison inmates at **annx-A**, Specification of dietary articles at **annx-B**, daily diet scale for prisoners, fortnightly diet menu during the month of Ramazan, Special diet for all the prisoners on the special occasions etc at **Annexure-C** are enclosed with the contract for issuance to the prisoners.
18. The daily supply of cooked food will be on the basis of daily opening total of prisoners in the Prison. The Officer Incharge shall issue raw ration slip according to daily opening population of the prisoners as per diet menu and scale and Contractor will prepare food and hand over to the prison administration. Such requisition shall be signed by Officer Incharge or his authorized nominee officer not below the rank of Assistant Superintendent. The Medical Officer will be nominated for the purpose by the Officer Incharge himself, both authorities will furnish a certificate having received the food correctly. The Officer Incharge shall maintain a proper register for this purpose which shall be seen and signed by Officer Incharge & Medical Officer.

19. The Contractor will supply special diet during the month of Ramzan-ul-Mubarak and on the other occasions of special days i.e. Eid-ul-Fitr, Eid-ul-Azha, 12th Rabi-ul-Awwal (Eid Millad-un-Nabi S.A.W.W), 23rd March (Pakistan day), 14th August (Independence day), Sindh Cultural Day etc as well as special diet shall also be served to the Christian prisoners on Christmas and to Hindu and Sikh prisoners on Dusehra and Guru Nanak's birthday respectively as per menu and scale as mentioned in the bid form. Potatoes curry / vegetable instead of beef and chicken shall be issued to vegetarian's prisoners for daily diet as well as on special occasions according to diet, menu and scale.



Handwritten signatures in blue ink, including a large signature and a smaller one below it.

20. During the month of Ramzan, the prisoners observing fast shall be provided cooked food as mentioned in “**Special terms & conditions of contract – articles of agreement (Part-I)**”.
21. The rate has been awarded to the contractor for provision of three time meals per prisoner per day. In case, any philanthropist provides cooked food to the inmates for one, two or three times, the prison authorities shall properly take the same on prison record and the cost of the food supplied by the philanthropist shall be worked out as under:

“Rate of the contractor per prisoner per day, divided by 3 (three times meals) and multiplied by number of prisoners of the day who have been provided donation of cooked food”.

For Example:

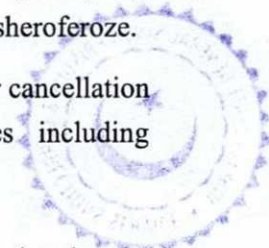
Per day Rate	÷	Three time meals	=	Per time Rate	×	No. of prisoners feeded	=	Total Amount
Rs.390/-	÷	3	=	Rs.130/-	×	150	=	Rs.19,500/-

- 22 (1). The Contractor shall be responsible for arranging pure and good quality item of food. In case of failure or complaints of adulteration in any form (mixing of inferior quality stuff, fake labeled / supplies specially in case of chicken, beef, tea, cooking oil, milk and red chili powder or short supply of any item etc does not pay due care and attention to remove the same and discharge his obligation / responsibilities satisfactorily as per terms and conditions of agreement, Officer Incharge of the concerned prison may take following actions.

- a. Call for an explanation (allowing the contractor a period of 03 days).
- b. Issue a show cause notice (allowing a period of two weeks “14 days”).
- c. In case of reply of show cause notice is found un-satisfactory, issue a final show cause notice (allowing a period of one week “07 days”) followed by an opportunity for a personal hearing (within 07 days), if found guilty then Officer Incharge may impose the following penalties;
 - c(i) Impose a fine ranging from Rs.50,000/- to Rs.5,00,000/- Rupees (Fifty Thousand to Five Lacs) in respect of District Prison & C.F Nausheroferoze.
 - c(ii) Further repetition may render the defaulter Contractor liable for cancellation of contract with forfeiture of all performance securities including blacklisting of defaulter Contractor for a period of 5 years.

The above penalties shall be subject to revision or confirmation by the D.I.G. Prisons of the respective region. The appeals against the orders may be made to Inspector General of Sindh Prisons & Corrections Service Karachi whose decision in the

4
OL
Q



case will be final and not challengeable in any court of law. Violation of any clause of the agreement will entitle fine to Contractor.

iii) D.I.G Prisons of the respective region shall inspect the quality and quantity of the food articles frequently and the Officer Incharge shall ensure the good quality of the food as per terms & conditions of the agreement. In case of any irregularity noticed, the concerned D.I.G Prison shall initiate the disciplinary proceeding against the Officer Incharge / concerned sub ordinate staff according to E&D Rule 1973.

(2) During the surprise visit of Honourable Minister, worthy I.G Prisons Sindh and D.I.G Prisons of the respective region, if any short supply, inferior quality of raw articles / cooked food and irregularity noticed, Officer Incharge of the prison on the directions of Honorable Minister, worthy I.G Prisons Sindh and D.I.G Prisons of the respective region shall impose fine on the spot without disciplinary proceedings as mentioned above.

23. The Contractor shall have no right nor shall claim any kind of compensation for any loss sustained by him during contract period or thereafter. Pendency of criminal cases / NAB cases against any bidder or firm may lead to disqualification of bidder / firm from participating in the process of bidding.
24. If the contractor fails to complete the work within the time set herein, liquidated damages at the rate of 0.5% of the value of contract per day shall be recovered from the contractor subject to the maximum of 10% (ten percent) of the value of contract.
25. The Contractor shall arrange cooking of food as per diet menu, scale and specification mentioned in this bid document, at the main kitchen inside the prison as well as the arrangements & expenses including all kinds of utility bills viz. Gas, Water, Electricity etc. will be borne by the contractor. The Contractor shall arrange Sui Gas connection / meter on his own, if they prefer to use the Sui Gas. Besides this, if Contractor utilizes electricity from the Prison meter, he should arrange sub-meter on his own expenses. However, water charges may be determined on the monthly bills of water and shall be the responsibility of the Officer Incharge to get the rates of the water charges as determined by the concerned authorities and get approval from the Deputy Inspector General of Prisons of respective region and under intimation to the Inspector General of Sindh Prisons & Corrections Service Karachi.
26. The Contractor shall ensure that bread (Roti) should be of Tandoor cooked / backed of standard weight i.e. 225 gram wheat floor, Bread (2 No.) shall be of 290 gm to 300 gm, similarly 125 gm wheat floor of breakfast bread shall be of 160 gm to 168 gm weight. The diameter of bread shall not be less than 305 cm.
27. The un-cooked item of ration shall be subject to verification of weight / quality by the Officer Incharge and Medical officer or their authorized nominee, who shall record



26.

27.

verification report in register maintained for the purpose on daily basis. The meat should in no way be contaminated.

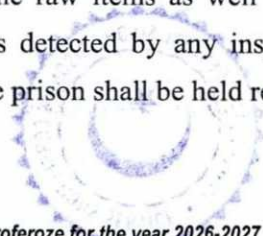
28. In case any of the diet item reported or found below standard or less in quantity by the Officer Incharge or the Medical Officer or their nominee a report assigning reasons shall be recorded and brought to the notice of Contractor which shall remove the deficiency by replacement or making additional supply provided if complaint is found genuine else may refer the matter to the Deputy Inspector General of Prisons of respective region for appropriate action.
29. In the event of any objection on cooked food the Contractor or his nominated representative will be afforded chance to explain or rectify the objection.
30. In the case of any prisoner in which the Medical Officer considers the prescribed diet to be unsuitable or insufficient for reasons of health, he may order in writing a special diet or extra articles of diet for such prisoners, the Contractor shall arrange the same within the approved rate per prisoner per day. The change in the dietary of the prisoners requires the sanction of Inspector General of Sindh Prisons & Corrections Service Karachi.
31. The Contractor irrespective of the cooking venue, shall keep at least 14 days stock of dietary items except perishable items within Prison premises to meet daily requirement for which administration will provide suitable safe space. In case of emergency situation contractor is bound to keep atleast 30 days stock of dietary items except perishable items within Prison premises.
32. The cooked food shall be checked by the Officer Incharge or his nominated representative as well as the concerned Senior Medical Officer or his representative not below the rank of Medical Officer before serving.
33. In case of any objection sample shall be preserved and food may be allowed conditionally to the inmates if not injurious to health to avoid occurrence of any un-pleasant situation on account of non supply or delay.
34. If there is any objection regarding substandard quality of food the same shall be brought to the notice of the Contractor by Officer Incharge or Deputy Superintendent Prison for settlement. If the matter is not settled, then Officer Incharge with the permission of D.I.G Prisons of the respective region, shall sent the sample alongwith detail report to the well reputed lab approved / registered with Sindh Food Authority (SFA).



35. Sindh Food Authority (SFA) can inspect the prison kitchen at any time and impose fine to the contractor according to Sindh Food Authority Act 2016 with the permission of the D.I.G Prisons of the respective region.
36. The D.I.G Prisons of the respective regions, by paying scheduled, un-scheduled / surprise visits shall ensure that inmates are supplied food strictly in accordance with contract terms and conditions.
37. The Officer Incharge of Prison shall exercise sharp check over raw / un-cooked food items as well as cooked food, authenticating the variety, quantity and quality with prescribed standards. Officer Incharge may get the items stored in the ration godown checked from the Sindh Food Authority approved / registered laboratories, if he feels that food items are substandard / fake labeled. Lab test fee shall be borne by the contractor.
38. In case of any deficiency, violation or breach of rules / agreement is noticed regarding the raw / un-cooked items, brand, variety or the cooked food it shall instantly be brought to the notice of the Officer Incharge of prison, the Contractor or his representative if present and an immediate report, suggesting action against the defaulters (Contractor or Prison staff) prima-facie considered responsible, shall be sent to D.I.G.Prisons of the respective regions for necessary approval / action.
39. The Contractor shall cook the food in the dedicated kitchen houses situated inside prison where fly proofing and ventilation arrangements be made and proper hygienic environment shall also be ensured. The maintenance of kitchen and cooking utensils e.g. degs, tandoors, burners, appliances shall be ensured with proper cleanliness, food must be made by professionally Skilled cooks / Chefs shall be trained from Sindh Food Authority / PITHM (Pakistan Institute of Tourism and Hotel Management) Govt. of Sindh Karachi, under proper hygienic condition as well as Officer Incharge shall ensure that fortnightly diet menu, scale & specification shall be hoisted in the kitchen as well as in the prisoner's barracks.
40. The Contractor is bound to hire professionally trained / skilled kitchen workers / handlers from outside as per condition # 39. However, use of unskilled prison labour (convicted prisoners) is allowed who are willing to work. Contractor shall abide with labour laws / minimum wages and all relevant laws covering process of cooking food.
41. The Officer Incharge being Incharge of the prison shall ensure that contract conditions about quality, quantity, variety and brand of the raw items as well as cooked food are abided in letter and spirit. In case any fault is detected by any inspecting authority & proved, the officer(s) concerned of the respective prison shall be held responsible.



Handwritten signatures and initials in blue ink, including a large 'Q' and other illegible marks.



42. In case of emergency situation / natural disaster etc, Officer Incharge of the prison shall get the approval of D.I.G Prisons of the respective region for supply of alternative food brand equivalent to offered (approved) brand by the contractor.
43. The Contractor shall ensure proper cleanliness and hygiene of the premises of kitchen and ration godown and he will also arrange and install a weighing scale in the godown.
44. The Contractor shall submit monthly bill on account of supply of cooked food on printed letter head having entries with regard to the supply order, sales tax registration number, NTN number, proper current postal address and contact numbers etc of the firm alongwith hygiene certificate (Original hygiene certificates must be forwarded by the Officers Incharge of the prisons duly signed by the Medical Officer, Officer Incharge of the prison and countersigned by the D.I.G Prisons of the respective), delivery challan (Delivery challan should be printed on the contractor's official letterhead properly handed over by the contractor or his nominated representative as well as taken over by the concerned nominated junior prison officer and signed the same with the name and designation duly countersigned by the Officers Incharge of the prisons) during the first week of following month to Officer Incharge Prison concerned who after thorough checking and due process duly signed and stamped the bill shall forward the same to D.I.G.Prisons of respective region for further scrutiny and thorough checking. The Deputy Inspector General of Prisons shall forward the bill to Inspector General of Sindh Prisons & Corrections Service Karachi with his recommendations for payment by submission the bill to District Accounts Office Hyderabad from where payment will be made through cross cheque subject to availability of funds under the relevant head of account. Any non-genuineness of the claim / bill if any shall be communicated to the Contractor through Officer Incharge Prison for necessary correction / rectification and re-submission.
45. In case of any objection, the Officer Incharge Prison shall return the bill to the Contractor with written objections if any within 3 days for rectification and re-submission of correct bill.
46. In case of non-availability of funds the Contractor shall continue supplies for at least 2 months period without disruption of supply of cooked food.
47. Income Tax and other taxes if any will be deducted according to the Government Rules.
48. The maintenance of kitchen and provision of cooking utensils / appliances i.e. Degs, Tandoors, Burners shall be responsibility of Contractor.
49. The contractor shall get all the utensils tinned on monthly basis.



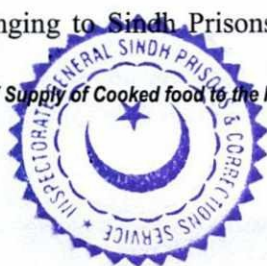
50. False, fabricated and frivolous objection / complaints should be discouraged.
51. The Contractor shall arrange a weighting scale (Hanging & Digital type) in kitchen, for checking of weight of the raw items and Bread by the Prison authority / Medical Officer for the visitors or the committee / member as and when deemed necessary.
52. The Contractor shall observe timings / schedule of delivery of cooked food to prison administration strictly according to the schedule which will be given by Officer Incharge Prison in writing before commencement of contract i.e. 01.07.2026 or case may be. The timing may be changed as and when deemed appropriate by Officer Incharge Prison on 3 days advance notice.
53. The Contractor may appoint an authorized agent / representative / nominee with delegation of authority for management, supply of food items supervise cooking process, settlement of objections / controversies, submission of bills receiving of payment. The arrangement will however not absolve Contractor from his responsibilities and he will be accountable for anomalies arising from time to time. Further in case of death of the contractor, his nominee / authorized agent / representative will continue supply of cooked food.
54. The Contractor shall pay income tax and other taxes of the cost of supplies as per income tax rules at the rate fixed by Government regularly at source from monthly bill by way of deduction / short drawl.
55. The contract shall not be transferable under any circumstances. The Contractor shall not sublet the work in part or full.
56. The rates of cooked food offered by the Contractor are not enhanceable during the whole contract period.
57. In case payment of bill is delayed due to genuine cause, the Contractor shall be under legal obligation to continue food supply in usual manner for 02 months period in same terms & conditions. In case of inability there after shall give 30 days advance notice about his incapability to continue the contract. Under special circumstances i.e. on completion of contract period, Procuring Agency may extend the contract on the same terms & conditions and rates for indefinite period. Contractor shall be bound to supply daily three times cooked food to the prison inmates uninterrupted.
58. In the event of the death of the contractor (except company / partnership firm) during the contract period, the contract may be awarded to the second lowest bidder, provided that the



Handwritten initials 'a' and 'AR' in blue ink.

second lowest bidder is willing to supply the cooked food at the approved rates and terms & conditions of the original contract.

59. The Performance Security furnished by the contractor shall be refunded within ninety (90) days after the expiry of the contract period, subject to the submission of a No Demand Certificate issued by the Officer In-Charge of the Prison.
60. The Contractor / Supplier shall strictly ensure that during performance of the work no child / forced labour as well as sick labour is engaged as well as responsible to regulate his employees / workers strictly in accordance with the labour laws and any other laws or those enforced from time to time by the Government including Geneva convention and proper record of payments be maintained and mechanism of payments to the labour / handler.
61. The contractor shall make payment to the outside labour through cross cheque and payment to the prison labour if hired shall be deposited in the PPC. The minimum monthly wages for unskilled workers employed by the contractor for cooking food shall not be less than prevailing Government monthly wages according to the labour laws of Government of Sindh strictly for the year 2026-2027. The Officer Incharge & Deputy Inspector General of Prisons of range shall ensure maintenance of proper record in this regard.
62. Contractor shall ensure monthly medical checkup of kitchen labour and such record should be maintained properly for verification / checking.
63. The Contractor labour shall wear a proper uniform with cap during duty hours as well as convict labour if hired shall also be provided separate uniform then the outside labour for maintaining their identification which will be provided by the Contractor / Supplier at his cost as per sample duly approved by the Deputy Inspector General of Prisons of the region.
64. It is the responsibility of the contractor to ensure that all food handlers / labourers working for him are trained from training wing of Sindh Food Authority (SFA) / PITHM (Pakistan Institute of Tourism & Hotel Management). Training cost shall be borne by the contractor.
65. All necessary safety items wear and tears shall be supplied by the contractor at his own cost and ensure its use by his workers at work place as well as Contractor shall keep first aid box in kitchen as well as he must install fire extinguisher in the kitchen.
66. None of employees, workers or labourer engaged by the contractor shall be treated as the employee, worker or labourer of Sindh Prisons & Corrections Service.
67. The contractor shall be fully responsible for any kind of accident, fatal or non-fatal while executing the work by himself, his staff or any other person. In all such cases compensation as per rules payable to the claimant shall be contractor's liability and the responsibility for any injury or damage caused while executing or any loss of property, third party whether belonging to Sindh Prisons & Corrections Service or any third person, shall be lie with



them and contractor is also responsible for providing insurance coverage of the employees for any injury, accidental death, according to law of land.

68. After establishment of slaughter house at prison premises, the Officer Incharge Prison shall ensure its prevention from dirt, filth, trash to obtain ultimate cleanliness of the premises as well as provision of adequate water supply and availability of sewerage system and stable electric supply so as to make sure that meat is kept under proper refrigeration before consumed in cook house. Contractor concerned is responsible to take away the dirt, filth, trash from slaughter house / prison premises. Besides, Officer Incharge of the facility to make sure that no prison labour is engaged in slaughter process as well as preparation of meat and all the cutting instruments such as knives, daggers etc are retained in safe custody under proper certification, security and record.
69. The contractor is bound to notify the place of slaughtering beef or chicken (whether at prison premises or outside) as well as time of slaughtering / preparation of meat.
70. On chicken days, contractor shall arrange live chicken and get the same slaughtered in his presence or his authorized agent as well as any prison officer to whom Officer Incharge Prisons authorizes according to condition # 69 above and actual quantity of chicken should be prepared as prescribed in diet, scale & menu which should be without head, neck, claws, liver & lights. Net chicken weight per bird should fall between 1.5 kg to 1.75 kg.
71. On beef days, the Officer Incharge Prison may adopt the existing procedure of purchasing beef without bone from the market and shall nominate prison official to accompany with the contractor or his representative to purchase meat from well reputed shop of the market in his presence just to avoid any illegal act. Contractor concerned shall supply actual quantity of clean beef as per prescribed scale without bone, offal, liver & lights as well as any skinny parts of flesh (chhichras).
72. The Chicken shall be broiler and not layered. The chicken shall be healthy and corpulent and not sick, infirm, old and feeble. The Officer Incharge Prison concerned shall get replace the sick, feeble, old, infirm layered chicken before slaughtering with healthy and corpulent one immediately by the contractor concerned.
73. Contractor shall cooked actual quantity of chicken as prescribed in diet, scale & menu without head, neck, claws, liver & lights and actual quantity of clean beef shall be cooked as per prescribed scale.

4

74. **REDRESSAL OF GRIEVANCES AND SETTLEMENT OF DISPUTES**

- Mechanism for Redressal of Grievances

(1) The procuring agency shall constitute a committee for complaint redressal comprising of odd number of persons with appropriate powers and authorizations to hear the



complaints of bidders that may occur during the procurement proceedings [prior to award of contract.]

(2) The committee shall be headed by head of the procuring agency or an official of the procuring agency, at least one rank senior to the head of the procurement committee and shall include the following;

(a) District Accounts Officer, or his representative, in case of the local governments or provincial line departments at district level, or a representative of the Accountant General, Sindh in case of Government departments at the provincial level;

(b) An independent professional from the relevant field concerning the procurement process in question, to be nominated by the head of procuring agency;

(3) [Any bidder being aggrieved by any act or decision of the procuring agency after the issuance of notice inviting tender may lodge a written complaint;]

(4) The complaint redressal committee upon receiving a complaint from an aggrieved bidder may, if satisfied;

(a) prohibit the procurement committee from acting or deciding in a manner, inconsistent with these rules and regulations;

(b) annul in whole or in part, any unauthorized act or decision of the procurement committee; and

Provided while re-issuing tenders, the procuring agency may change the specifications and other contents of bidding documents, as deemed appropriate.

(bb) [recommend to the Head of Department that the case be declared a mis-procurement if material violation of Act, Rules Regulations, Orders, Instructions or any other law relating to public procurement, has been established; and.]

(c) reverse any decision of the procurement committee or substitute its own decision for such a decision;

Provided that the complaint redressal committee shall not make any decision to award the contract.

(5) The complaint redressal committee shall announce its decision within seven days and intimate the same to the bidder and the Authority within three working days. If the committee fails to arrive at the decision within seven days, the complaint shall stand transferred to the Review Committee which shall dispose of the complaint in accordance with the procedure laid down in rule32,] [if the aggrieved bidder files the review appeal within ten (10) days of such transfer;]

(6) The Procuring Agency shall award the contract after the decision of the complaint redressal committee;

(7) Mere fact of lodging of a complaint shall not warrant suspension of the procurement proceedings;

Provided that in case of failure of the Complaint Redressal Committee to decide the complaint; the procuring agency shall not award the contract, [until the expiry of appeal period or the final adjudication by the Review Committee.]



Handwritten marks including a large number '4' and several illegible signatures or initials.

Handwritten signature or mark.

75. Appeal to the Review Committee

(1) A bidder not satisfied with decision of the procuring agency's complaints redressal committee may lodge an appeal to the Review Committee [within ten (10) days of announcement of the decision] provided that he has not withdrawn the bid security, if any, deposited by him.

(2) The Review Committee shall comprise the following:

- (a) Managing Director;
- (b) Director General Audit Sindh or his nominee not below the rank of BS- 19;
- (c) Two private members represented on the SPPRA Board;
- (d) An independent professional having expertise of relevant field concerning the procurement in question.

(3) The Managing Director shall be the Chairperson of the Review Committee and the private members shall be selected by the SPPRA Board for a period not exceeding two years;

(4) The independent professional shall be nominated by the Managing Director for each reference and paid remuneration for attending the meeting of Review Committee at a rate prescribed by the Authority from time to time;

(5) The bidder shall submit following documents to the Review Committee:-

- (a) a letter stating his wish to appeal to the Review Committee and the nature of complaint;
- (b) a copy of the complaint earlier submitted to the complaint redressal committee of the Department and all supporting documents;
- (c) copy of the decision of procuring Agency / Complaint Redressal Committee [, if any.]

(6) On receipt of appeal, [along with all requisite information & documents] the Chairperson shall convene a meeting of the Review Committee within seven working days;

(7) Unless the Review Committee recommends dismissal of an appeal being frivolous, in which case the bidder may lose the bid security deposited with the procuring agency, the Review Committee may -

- (a) reject the reference, stating its reason [and vacate the bar provided for in the proviso of sub-rule (7) of Rule-31;]
- (b) state the rules or principles that govern the subject matter of the reference;
- (c) point out the infirmities and breach of rules and regulations by the procuring agency;
- (d) annul in whole or in part of a non-compliant act or decision of a procuring agency, other than any act or decision bringing the procurement contract into force;
- (e) if the procuring agency is in breach of its obligations under the Act, Rules or Regulations, order the payment of compensation by the officer(s) responsible for mis-procurement for cost incurred by the bidder on preparation of bid; or
- (f) direct that the procurement proceedings may be terminated, in case the procurement contract has not been signed;
- (g) declare the case to be one of mis-procurement if material violation of Act, Rules, Regulations, Orders, Instructions or any other law relating to public procurement, has been established.



(8) It shall be mandatory for the appellant and the head of procuring agency or his nominee not below the rank of BS-1 9 to appear before the Review Committee as and when called and produce documents, if required.

(9) In case the appellant fails to appear twice despite the service of notice of appearance, the appeal may be decided ex-parte.

(10) The Review Committee shall hear the parties and announce its decision within ten working days of submission of appeal. [However, in case of delay, reasons thereof shall be recorded in writing.]

(11) [The decision of Review Committee shall be final and binding upon the procuring agency. After the decision has been announced, the appeal and the decision thereof shall be hoisted by the Authority on its website.]

76. Arbitration

(1) After coming into force of the procurement contracts, disputes between the parties to the contract shall be settled by arbitration;

(2) The procuring agencies shall provide for a method of arbitration in the procurement contract, not inconsistent with the laws for the time being in force in Pakistan.

77. The contract agreement of supply of cooked food shall expire on 30.06.2027 AD. However given to the available circumstances, the Procurement Committee for supply of cooked food may recommend to extend the contract for a further period upto 01 year with mutual consent of Inspector General of Sindh Prisons & Corrections Service Karachi and contractor concerned of supply of cooked food on the same terms & conditions and rates.

Handwritten initials: A, S, V, Q



Handwritten mark resembling a checkmark or the number 7.

FORM OF BID
(Letter Of Offer)

(Specimen duly typed on letter head of bidder must be attached with Financial Proposals)

Bid Reference No. LS/ _____

Dated _____

Name of Contract: SUPPLY OF COOKED FOOD TO THE INMATES OF DISTRICT PRISON & C.F NAUSHEROZEROZE FOR THE YEAR 2026-2027.

The Inspector General of Sindh Prisons & Corrections Service Karachi,
Pir Illahi Bux Road Muslimabad, Co-operative Housing Society
near Dawood Engineering College, Karachi.

Dear Sir,

1. Having examined the bid documents including instructions to Bidders & General Conditions of Contract, Special Terms & Conditions of Contract, Specifications, Schedule of Prices etc. for the execution of the above-named Contract, we, the undersigned, being a company doing business under the name and address _____
_____ and being duly incorporated under the laws of Pakistan hereby offer to execute and complete such contract and remedy any defects therein in conformity with the requisite Documents for the Total Bid Price of Rs. _____
_____ (in figures and words) or such other sum as may be ascertained in accordance with the said documents.
2. We understand that all the Schedules attached hereto form part of this Bid.
3. As security for due performance of the undertakings and obligations of this Bid, we submit herewith a bid security referred to in clause of the Instructions to Bidders & General Terms & Condition of Contract in the amount of Rs. _____
_____ (in words and figures) drawn in favor of or made payable to Inspector General of Sindh Prisons & Corrections Service Karachi and valid for a period of 28 days beyond the period of validity of this bid.
4. We undertake, if our bid is accepted, to complete the whole of the work comprised in the above-named Contract within the time stated as above of the Instructions to Bidders & General Terms & Conditions of Contract.



5. We agree to abide by this bid for the period of **365 days** beyond the date of acceptance of the Bid, and it shall remain binding upon us and may be accepted at any time before the expiration of this period.
6. Unless and until a formal contract is signed, this bid, together with your acceptance thereof, shall constitute a binding contract between us.
7. We undertake, if our bid is accepted, to execute the contract Performance Security referred to in clause of the Instructions to Bidders & General Terms & Conditions of Contract for due performance of the contract.
8. We understand that you are not bound to accept the lowest or any bid you may receive.
9. We do hereby declare that this bid is made without any collusion, comparison of figures or arrangement with any other person or persons making a bid for the above-named Contract.

Dated this _____ of _____ 2026

Signature _____ in the capacity of _____ Authorized

To sign bid for and on behalf of _____
(Name of Bidder in Block Capitals)

Address _____

Witness

Name:- _____

Address: _____

Occupation: _____


Handwritten initials: A, SW, Q



FORM OF BIDDER INFORMATION

(to be submitted on the bidder's letterhead with the technical proposal)

Name of bidder		
Status of the bidder	Sole Proprietorship	
	Partnership	
	Limited Company	
C.N.I.C #		
Postal address		
Telephone # (Landline # & Cell #)		
Fax No.		
Email address of bidder		
Email address and Landline / Cell # of bank who prepared bid security		
Authorized Person	Owner / Representative	
	Name	
	Designation	
	Signature	
	Contact No.	
GST No. of the bidder		
FBR NTN No. of the bidder		
SRB No. of the bidder		
PSEB Registration No. & Date (if any)		

4




Integrity Pact

(Specimen duly typed on letter head of the firm where applicable)

DECLARATION OF FEES, COMMISSION AND BROKERAGE ETC. PAYABLE BY THE SUPPLIERS / CONTRACTORS / CONSULTANTS.

Contract Number: _____ Dated: _____

Contract Value: _____

Contract Title: _____

[Name of Supplier/Contractor/Consultant] hereby declares that it has not obtained or induced the procurement of any contract, right, interest, privilege or other obligation or benefit from Government of Sindh (GoS) or any administrative subdivision or agency thereof or any other entity owned or controlled by it (GoS) through any corrupt business practice.

Without limiting the generality of the foregoing, [Name of Supplier/Contractor/Consultant] represents and warrants that it has fully declared the brokerage, commission, fees etc. paid or payable to anyone and not given or agreed to give and shall not give or agree to give to anyone within or outside Pakistan either directly or indirectly through any natural or juridical person, including its affiliate, agent, associate, broker, consultant, director, promoter, shareholder, sponsor or subsidiary, any commission, gratification, bribe, finder's fee or kickback, whether described as consultation fee or otherwise, with the object of obtaining or inducing the procurement of a contract, right, interest, privilege or other obligation or benefit, in whatsoever form, from Inspector General of Sindh Prisons & Corrections Service Karachi, except that which has been expressly declared pursuant hereto.

[Name of Supplier/Contractor/Consultant] certifies that it has made and will make full disclosure of all agreements and arrangements with all persons in respect of or related to the transaction with PA and has not taken any action or will not take any action to circumvent the above declaration, representation or warranty.

[Name of Supplier/Contractor/Consultant] accepts full responsibility and strict liability for making any false declaration, not making full disclosure, misrepresenting facts or taking any action likely to defeat the purpose of this declaration, representation and warranty. It agrees that any contract, right, interest, privilege or other obligation or benefit obtained or procured as aforesaid shall, without prejudice to any other right and remedies available to PA under any law, contract or other instrument, be voidable at the option of PA.

Notwithstanding any rights and remedies exercised by PA in this regard, [Name of Supplier/Contractor/Consultant] agrees to indemnify PA for any loss or damage incurred by it on account of its corrupt business practices and further pay compensation to PA in an amount equivalent to ten times the sum of any commission, gratification, bribe, finder's fee or kickback given by [Name of Supplier/Contractor/Consultant] as aforesaid for the purpose of obtaining or inducing the procurement of any contract, right, interest, privilege or other obligation or benefit, in whatsoever form, from PA.

[Inspector General of Sindh Prisons & Corrections
Service Karachi]

[Supplier /Contractor/Consultant]



AFFIDAVIT

(Specimen duly typed on stamp paper of Rs.200/-)

(Original Affidavit of latest date must be submitted at office of the Inspector General of Prisons & Corrections Service Sindh Karachi on or before the last fixed date & time and copy of the same should be uploaded on SPPRA E-Pads website)

I / we, _____ S/o _____
[Name of Supplier / Contractor / Consultant / firm / company] [Fathers Name]

adult _____ R/o _____
[Religion] [Permanent / Postal Address of Supplier / Contractor / Consultant / firm / company]

having C.N.I.C No. _____ do hereby state on solemn affirmation as under:-

1. That I / we _____ Contractor in the name and style of
[Government / Semi Govt. / Private]
M/S _____
[name of Company / Firm]
2. That I / we have never been blacklisted in any Local / Provincial / Federal / Semi Government or by any local / Private Organization nor required in any criminal case before any court of law.
3. That I / we have not been involved in any default or bankruptcy neither engaged in any tax evasion or any government dues default nor involved in any corrupt practices or convicted in any criminal case and neither hold any public office.
4. That I / we have never been involved in any NAB case(s) or engaged in any plea bargain / voluntary return / anticorruption case or criminal case.
5. That I / we will be completely responsible if any of the documents provided by me / us are found fake or any forgery detected at any point of time.
6. That I / we will abide with by all the rules and regulations enforced by Government from time to time with that of Prison Service existing rules & regulations

That whatever is stated above is true and correct to the best of my knowledge and belief.

ATTESTED BY:

DEPONENT

[Handwritten signature]

Notary Public or Oath Commissioner

Name _____

C.N.I.C # _____



FORTNIGHTLY DIET MENU FOR THE PRISONERS FOR THE YEAR 2026-2027**1st week menu**

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Monday	Double Roti (three slices medium size) Anda Ghotala and Tea	Chicken Aaloo Qeema with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonable vegetable) with two Roti and Tea
Tuesday	Aaloo Bhujia with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Karhi Pakora with two Roti and Tea
Wednesday	Anda Ghotala with one oily Roti and Tea	Chicken Haleem with two Roti	Daal Moong & Masoor with boiled Rice and Tea
Thursday	Double Roti (three slices medium size) with Margarine and Tea	Anda Chola (White / Black) Curry with two Roti	Chicken curry with (Loki or Tinda) two Roti and Milk Sawaiyan or Kheer and Tea
Friday	Aaloo Bhujia with one oily Roti and Tea	Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti	Gram Whole curry with two Roti and Tea
Saturday	Aaloo Paratha and Tea	Aaloo with "Matar or Gram Whole (white / black)" with two Roti	Three Mix Seasonal Vegetables with two Roti and tea
Sunday	Double Roti (three slices medium size) and Tea	Chola Pulao or Aaloo Pulao or Matar Pulao with Raita	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea

2nd week menu

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Monday	Aaloo Bhujia with one oily Roti and Tea	Chicken Aaloo curry with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonable vegetable) with two Roti and Tea
Tuesday	One Egg Per Prisoner in shape of scrambled egg (Anda Ghotala) Khagina /egg curry with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Gram Whole (white / black) curry with two Roti and Tea
Wednesday	Aaloo Bhujia with one oily Roti and Tea	Chicken with Aaloo curry or chicken with seasonal vegetable curry with two Roti	Aaloo Curry with two Roti and Tea
Thursday	Chola "Gram Whole" (white / black) curry with one oily Roti and Tea	Beef (without Bone) with Aaloo curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea
Friday	Suji Halwa with oily Roti and Tea	Chicken Aaloo curry with two Roti	Daal Masoor with two Roti and Tea
Saturday	Chola "Gram Whole" (white / black) with one oily Roti and Tea	Lobia (Beans White) curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea
Sunday	One Egg Per Prisoner in shape of scrambled egg(Anda Ghotala) Khagina/egg curry with one oily Roti and Tea	Beef Biryani	Daal Mash with two Roti and Tea

Fortnightly turns of Morning, Mid-day & Evening meals

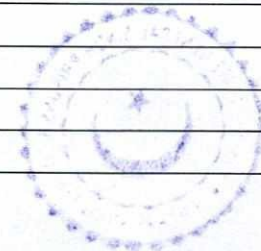
MORNING	MID-DAY	EVENING
Double Roti with Anda Ghotala = 1	Chicken Aaloo Qeema = 1	Mix Daal (Masoor & Moong) = 3
Double Roti with Margarine = 1	Three Mix Seasonal vegetables = 2	Karhi Pakora = 1
Double Roti with tea = 1	Chicken Haleem = 1	Daal Moong & Masoor with Rice = 1
Aaloo Bhujia = 4	Anda Chola = 1	Chicken curry with loki / tinda = 1
Aaloo Paratha = 1	Beef / chicken Nihari = 1	Gram whole curry = 2
Anda Ghotala / Egg curry = 3	Aaloo Matar = 1	Three Mix Seasonal vegetables = 3
Chola "Gram whole" = 2	Chola / Aaloo Pulao = 1	Aaloo curry = 1
Beans = 14	Chicken Aaloo = 3	Daal Masoor = 1
	Beef with Aaloo curry = 1	Daal Mash = 1
	Lobia curry = 1	Tea = 14
	Beef Biryani = 1	



Handwritten signature or initials.

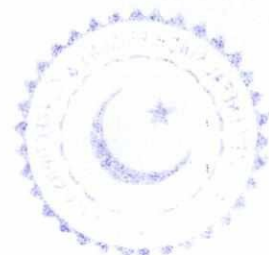
Annexure-B**SPECIFICATION OF DIETARY ARTICLES FOR PREPARATION OF COOKED FOOD FOR PRISON INMATES FOR THE YEAR 2026-2027**

S#	Name of article	Specification Required	Specification Offered
1.	Wheat Floor	Chakki ata 2½ number "fortified Atta") good quality from any registered floor mill	
2.	Cooking Oil	Tullo, Dalda, Habib or equivalent (Registered product) of 5 Litre or above (fortified)	
3.	Tea leaves	Tapal Danedar, Lipton Yellow Label, Brooke Bond Supreme or equivalent Registered product) in 1 kg packing.	
4.	Milk	Packed Milk UHT 3.5% fat (1 litre Packing) Pasteurized long life Nestle, Olper, Haleeb or equivalent (Registered product)	
5.	Sugar	White good quality	
6.	Suji	Good quality	
7.	Ghee	Tullo, Dalda, Habib or equivalent (Registered product) of 5 Litre or above (fortified)	
8.	Dal Moong, Masoor, Chana, Mash, Lobia (beans) white	Washed, Neat & Clean (local) of good quality	
9.	Gram Whole (white / black)	Neat & Clean fresh good quality	
10.	Rice	Baspati whole Neat & Clean	
11.	Chicken	Broil healthy bird, should not be of ailing bird and watery (no mixing of layer chicken), whole chicken without neck, claws, liver and light etc Net chicken weight per bird should not be less than 1.5 kg and more than 1.75 kg. Pieces to be made in the prison kitchen.	
12.	Beef	Without bone, legs or arms (Dasti Pieces) of healthy animal duly passed by municipality doctor, shall not be less than 2 to 3 years and of ailing / old age animals	
13.	Potatoes	Standard size fresh saltish with good taste	
14.	Hen Egg	Fresh & Standard size (with stamped expiry date which should not be less than 3 days)	
15.	Bread (Double Roti) (three slices medium size)	Fresh & good quality	
16.	Margarine (25gm)	Fresh & good quality (Registered product)	
17.	Mixed Seasonable Vegetable	Fresh, Neat & Clean good quality	
18.	Onion	Fresh & Standard size good quality	
19.	Tomatoes	Fresh & Standard size good quality	
20.	Matar	Fresh & Good Quality	
21.	Loki	Fresh & Good Quality	
22.	Tinda	Fresh & Good Quality	
23.	Palak	Fresh & Good Quality	
24.	Jau (Ata form)	Good quality	
25.	Wheat Daliya	Good quality	
26.	Baisan	Good quality	
27.	Curd	Fresh & Good Quality	
28.	Seasonal fruits (for Pregnant women, children of the age 1 to 3 years)	Fresh & Good Quality	



Handwritten signature or initials in blue ink.

S#	Name of article	Specification Required	Specification Offered
29.	Biscuit (ticky pack) (for pregnant women)	Good quality (Registered product)	
30.	Salt (Iodized)	National, Shan or equivalent (Registered product)	
31.	Red Chilli powder / whole	National, Shan or equivalent (Registered product)	
32.	Turmeric Powder / whole	National, Shan or equivalent (Registered product)	
33.	Garlic	Fresh & Good Quality	
34.	Ginger	Fresh & Good Quality	
35.	Dry ginger powder form (Sounth)	Fresh & Good Quality	
36.	Green chillies	Fresh & Good Quality	
37.	Coriander powder / whole	National, Shan or equivalent (Registered product)	
38.	Zeera	Good quality	
39.	Condiments powder / whole "good quality" (loung, kali mirch, dar chini, bari elayichi etc)	National, Shan or equivalent (if in powder form)	
40.	Sanwayiyan	Standard Quality	
41.	Sharbat	Sharbat Roh Afza, Noras, Jam-e-Shereen or equivalent (Registered product)	
42.	Dates	Neat & Clean in plastic packing good quality	
43.	03 Seasonal Fruits for mix chaat during the month of Ramazan	Fresh & Good Quality	
44.	Ice	Neat ,Clean & Solid good quality	



Annexure-C

FINANCIAL PROPOSAL FORM

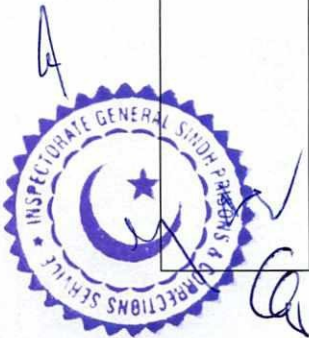
DAILY PRISONERS DIET MENU WITH SCALE OF "1ST WEEK" FOR THE YEAR 2026-2027

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																					
Monday	Double Roti (three slices medium size) Anda ghotala and Tea	Chicken Aaloo Oeema with two Roti	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea																																																																																					
	<table border="1"> <tr><td>Double Roti slices</td><td>70 gm to 80 gm</td></tr> <tr><td>Egg</td><td>01 No.</td></tr> <tr><td>Oil for anda</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Green chillies</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Double Roti slices	70 gm to 80 gm	Egg	01 No.	Oil for anda	07 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Green chillies	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Daal</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Leaves of Palak / seasonal vegetable	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm			
Double Roti slices	70 gm to 80 gm																																																																																							
Egg	01 No.																																																																																							
Oil for anda	07 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Green chillies	01 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Chicken	100 gm																																																																																							
Potato	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Mix Daal	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	15 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Leaves of Palak / seasonal vegetable	10 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Tuesday	Aaloo Bhujia with one oily Roti and Tea	Three Mix Seasonal Vegetables with two Roti	Karhi Pakora with two Roti and Tea																																																																																					
	<table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil for potato</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Zeera</td><td>01 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Potato	50 gm	Oil for potato	07 ml	Salt	02 gm	Tomato	20 gm	Red Chillies	01 gm	Zeera	01 gm	Green Chillies	01 gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>150 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Seasonal Vegetables	150 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Baisan</td><td>100 gm</td></tr> <tr><td>Curd</td><td>50 gm</td></tr> <tr><td>Oil</td><td>18 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Zeera</td><td>½ gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Baisan	100 gm	Curd	50 gm	Oil	18 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Zeera	½ gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	125 gm																																																																																							
Oil for Roti	04 ml																																																																																							
Potato	50 gm																																																																																							
Oil for potato	07 ml																																																																																							
Salt	02 gm																																																																																							
Tomato	20 gm																																																																																							
Red Chillies	01 gm																																																																																							
Zeera	01 gm																																																																																							
Green Chillies	01 gm																																																																																							
Turmeric	01 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Mix Seasonal Vegetables	150 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Baisan	100 gm																																																																																							
Curd	50 gm																																																																																							
Oil	18 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Zeera	½ gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wednesday	Anda Ghotala with one oily Roti and Tea	Chicken Haleem with two Roti	Daal Moong & Masoor with boiled Rice and Tea																																																																																					
	<table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Egg</td><td>01 No</td></tr> <tr><td>Oil for anda</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Egg	01 No	Oil for anda	07 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Green Chillies	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>50 gm</td></tr> <tr><td>Three Mix Daal, Jau, Wheat daliya (equal quantity)</td><td>100 gm (20 gm each)</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>30 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>05 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	50 gm	Three Mix Daal, Jau, Wheat daliya (equal quantity)	100 gm (20 gm each)	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	30 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	05 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Mix Daal (Moong & Masoor)</td><td>50 gm</td></tr> <tr><td>Boiled Rice</td><td>200 gm</td></tr> <tr><td>Oil</td><td>12 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Mix Daal (Moong & Masoor)	50 gm	Boiled Rice	200 gm	Oil	12 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm			
Wheat Flour	125 gm																																																																																							
Oil for Roti	04 ml																																																																																							
Egg	01 No																																																																																							
Oil for anda	07 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Green Chillies	01 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Chicken	50 gm																																																																																							
Three Mix Daal, Jau, Wheat daliya (equal quantity)	100 gm (20 gm each)																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	30 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	05 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Mix Daal (Moong & Masoor)	50 gm																																																																																							
Boiled Rice	200 gm																																																																																							
Oil	12 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	15 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							



Handwritten signature and initials in blue ink.

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL			
Thursday	Double Roti (three slices medium size) with Margarine and Tea	Anda Chola (white / black) Curry with two Roti	Chicken Curry with (Loki or Tinda) two Roti and Milk Sawavivan or Kheer and Tea			
			Wheat Flour	225 gm	Wheat Flour	225 gm
			Anda	01 No.	Chicken	100 gm
			Gram Whole	40 gm	Loki or Tinda	50 gm
			Oil	15 ml	Oil	15 ml
			Salt	02 gm	Salt	02 gm
			Red Chilies	01 gm	Red Chilies	01 gm
			Onion	25 gm	Onion	25 gm
			Tomato	20 gm	Tomato	20 gm
			Turmeric	02 gm	Turmeric	02 gm
			Garlic	03 gm	Garlic	03 gm
			Ginger	04 gm	Ginger	04 gm
			Coriander	01 gm	Coriander	01 gm
Condiments	01 gm	Condiments	01 gm			
Green Chilies	02 gm	Green Chili	02 gm			
			Sawayiyan	58 gm		
			Milk for Sawayiyan / Kheer	125 ml		
			Rice for Kheer	50 gm		
			Sugar for Sawayiyan	58 gm		
			Sugar for Kheer	30 gm		
			Packed Milk	60 ml		
			Sugar	20 gm		
			Tea leaves	02 gm		
Friday	Aaloo Bhujia with one oily Roti and Tea	Beef Nihari for Muslims / Chicken Nihari for Non-Muslims with two Roti	Gram Whole (white / black) curry with two Roti and Tea			
			Wheat Flour	125 gm	Wheat Flour	225 gm
			Oil for Roti	04 ml	Gram Whole	60 gm
			Potato	50 gm	Oil	15 ml
			Oil for potato	07 ml	Salt	02 gm
			Salt	02 gm	Red Chilies	01 gm
			Tomato	20 gm	Onion	25 gm
			Red Chilies	01 gm	Tomato	20 gm
			Zeera	01 gm	Turmeric	02 gm
			Green Chillies	01 gm	Garlic	03 gm
			Turmeric	01 gm	Ginger	04 gm
			Packed Milk	60 ml	Coriander	01 gm
			Sugar	20 gm	Condiments	01 gm
Tea Leaves	02 gm	Green Chilies	02 gm			
			Packed Milk	60 ml		
			Sugar	20 gm		
			Tea Leaves	02 gm		
Saturday	Aaloo Paratha and Tea	Aaloo with "Matar or Gram Whole (white / black)" with two Roti	Three Mix Seasonal Vegetables with two Roti and Tea			
			Wheat Flour	125 gm	Wheat Flour	225 gm
			Oil for Paratha	11 ml	Matar / Gram whole	30 gm
			Potato	30 gm	Potato	50 gm
			Salt	02 gm	Oil	15 ml
			Red Chilies	01 gm	Salt	02 gm
			Zeera	01 gm	Red Chilies	01 gm
			Coriander	01 gm	Onion	25 gm
			Turmeric	01 gm	Tomato	20 gm
			Green Chilies	01 gm	Turmeric	02 gm
			Packed Milk	60 ml	Garlic	03 gm
			Sugar	20 gm	Ginger	04 gm
			Tea Leaves	02 gm	Coriander	01 gm
			Condiments	01 gm		
			Green Chili	02 gm		
			Packed Milk	60 ml		
			Sugar	20 gm		
			Tea Leaves	02 gm		



DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																										
Sunday	<u>Double Roti (three slices medium size) and Tea</u> <table border="1"> <tr><td>Double Roti slices</td><td>70 gm to 80 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Double Roti slices	70 gm to 80 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Chola Pulao or Aaloo Pulao or Matar Pulao with Raita</u> <table border="1"> <tr><td>Gram Whole (white)</td><td>25 gm</td></tr> <tr><td>Matar</td><td>25 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Rice</td><td>200 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chillies</td><td>02 gm</td></tr> <tr><td>Curd for Raita</td><td>25 gm</td></tr> <tr><td>Zeera for Raita</td><td>½ (half) gm</td></tr> </table>	Gram Whole (white)	25 gm	Matar	25 gm	Potato	50 gm	Rice	200 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chillies	02 gm	Curd for Raita	25 gm	Zeera for Raita	½ (half) gm	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Daal</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>10 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiment</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Turmeric	02 gm	Leaves of Palak / seasonal vegetable	10 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiment	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Double Roti slices	70 gm to 80 gm																																																																												
Packed Milk	60 ml																																																																												
Sugar	20 gm																																																																												
Tea Leaves	02 gm																																																																												
Gram Whole (white)	25 gm																																																																												
Matar	25 gm																																																																												
Potato	50 gm																																																																												
Rice	200 gm																																																																												
Oil	15 ml																																																																												
Salt	02 gm																																																																												
Red Chillies	01 gm																																																																												
Onion	25 gm																																																																												
Tomato	20 gm																																																																												
Turmeric	02 gm																																																																												
Garlic	03 gm																																																																												
Ginger	04 gm																																																																												
Coriander	01 gm																																																																												
Condiments	01 gm																																																																												
Green Chillies	02 gm																																																																												
Curd for Raita	25 gm																																																																												
Zeera for Raita	½ (half) gm																																																																												
Wheat Flour	225 gm																																																																												
Mix Daal	50 gm																																																																												
Oil	15 ml																																																																												
Salt	02 gm																																																																												
Red Chillies	01 gm																																																																												
Onion	15 gm																																																																												
Turmeric	02 gm																																																																												
Leaves of Palak / seasonal vegetable	10 gm																																																																												
Garlic	03 gm																																																																												
Ginger	04 gm																																																																												
Coriander	01 gm																																																																												
Condiment	01 gm																																																																												
Green Chili	02 gm																																																																												
Packed Milk	60 ml																																																																												
Sugar	20 gm																																																																												
Tea Leaves	02 gm																																																																												

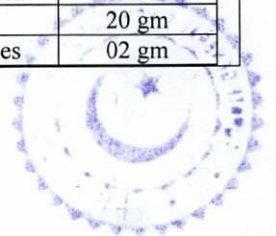
DAILY PRISONERS DIET MENU WITH SCALE OF "2ND WEEK" FOR THE YEAR 2026-2027

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																						
Monday	<u>Aaloo Bhujia with one oily Roti and Tea</u> <table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil for potato</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Zeera</td><td>01 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Potato	50 gm	Oil for potato	07 ml	Salt	02 gm	Tomato	20 gm	Red Chillies	01 gm	Zeera	01 gm	Green Chillies	01 gm	Turmeric	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Chicken Aaloo curry with two Roti</u> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Daal</td><td>50 gm</td></tr> <tr><td>Oil for Daal</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil for Daal	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Leaves of Palak / seasonal vegetable	10 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Wheat Flour	125 gm																																																																																								
Oil for Roti	04 ml																																																																																								
Potato	50 gm																																																																																								
Oil for potato	07 ml																																																																																								
Salt	02 gm																																																																																								
Tomato	20 gm																																																																																								
Red Chillies	01 gm																																																																																								
Zeera	01 gm																																																																																								
Green Chillies	01 gm																																																																																								
Turmeric	01 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar	20 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Wheat Flour	225 gm																																																																																								
Chicken	100 gm																																																																																								
Potato	50 gm																																																																																								
Oil	15 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Onion	25 gm																																																																																								
Tomato	20 gm																																																																																								
Garlic	03 gm																																																																																								
Ginger	04 gm																																																																																								
Coriander	01 gm																																																																																								
Turmeric	02 gm																																																																																								
Condiments	01 gm																																																																																								
Green Chili	02 gm																																																																																								
Wheat Flour	225 gm																																																																																								
Mix Daal	50 gm																																																																																								
Oil for Daal	15 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Onion	15 gm																																																																																								
Leaves of Palak / seasonal vegetable	10 gm																																																																																								
Turmeric	02 gm																																																																																								
Garlic	03 gm																																																																																								
Ginger	04 gm																																																																																								
Coriander	01 gm																																																																																								
Condiments	01 gm																																																																																								
Green Chili	02 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar	20 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Tuesday	<u>One Egg Per Prisoner in shape of scrambled egg (Anda Ghotala) Khagina /egg curry with one oily Roti and Tea</u> <table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Egg</td><td>01 No.</td></tr> <tr><td>Oil for anda</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Egg	01 No.	Oil for anda	07 ml	Salt	02 gm	Red Chillies	01 gm	Tomato	20 gm	Onion	25 gm	Green Chillies	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Three Mix Seasonal Vegetables with two Roti</u> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>150 gm</td></tr> <tr><td>Oil</td><td>15ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Seasonal Vegetables	150 gm	Oil	15ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	<u>Gram Whole (white / black) curry with two Roti and Tea</u> <table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Gram Whole</td><td>60 gm</td></tr> <tr><td>Oil for Chola</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Gram Whole	60 gm	Oil for Chola	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm				
Wheat Flour	125 gm																																																																																								
Oil for Roti	04 ml																																																																																								
Egg	01 No.																																																																																								
Oil for anda	07 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Tomato	20 gm																																																																																								
Onion	25 gm																																																																																								
Green Chillies	01 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar	20 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Wheat Flour	225 gm																																																																																								
Mix Seasonal Vegetables	150 gm																																																																																								
Oil	15ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Onion	25 gm																																																																																								
Tomato	20 gm																																																																																								
Turmeric	02 gm																																																																																								
Garlic	03 gm																																																																																								
Ginger	04 gm																																																																																								
Coriander	01 gm																																																																																								
Condiments	01 gm																																																																																								
Green Chili	02 gm																																																																																								
Wheat Flour	225 gm																																																																																								
Gram Whole	60 gm																																																																																								
Oil for Chola	15 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Onion	25 gm																																																																																								
Tomato	20 gm																																																																																								
Turmeric	02 gm																																																																																								
Garlic	03 gm																																																																																								
Ginger	04 gm																																																																																								
Coriander	01 gm																																																																																								
Condiments	01 gm																																																																																								
Green Chili	02 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar	20 gm																																																																																								
Tea Leaves	02 gm																																																																																								



[Handwritten signatures]

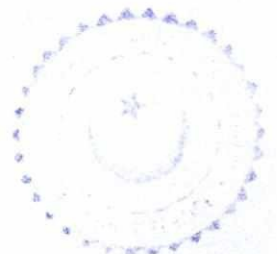
DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																					
Wednesday	<u>Aaloo Bhujia with one oily Roti and Tea</u>	<u>Chicken with Aaloo curry or Chicken with seasonable vegetable curry with two Roti</u>	<u>Aaloo Curry with two Roti and Tea</u>																																																																																					
	<table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil for potato</td><td>07 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Zeera</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>01 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Potato	50 gm	Oil for potato	07 ml	Salt	02 gm	Tomato	20 gm	Red Chillies	01 gm	Zeera	01 gm	Turmeric	01 gm	Green Chillies	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato / seasonal vegetable</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato / seasonal vegetable	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Potato</td><td>100 gm</td></tr> <tr><td>Oil for Potato</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Potato	100 gm	Oil for Potato	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	125 gm																																																																																							
Oil for Roti	04 ml																																																																																							
Potato	50 gm																																																																																							
Oil for potato	07 ml																																																																																							
Salt	02 gm																																																																																							
Tomato	20 gm																																																																																							
Red Chillies	01 gm																																																																																							
Zeera	01 gm																																																																																							
Turmeric	01 gm																																																																																							
Green Chillies	01 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Chicken	100 gm																																																																																							
Potato / seasonal vegetable	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Turmeric	02 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Potato	100 gm																																																																																							
Oil for Potato	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Thursday	<u>Chola "Gram Whole" (white / white) curry with one oily Roti and Tea</u>	<u>Beef (without Bone) with Aaloo curry with two Roti</u>	<u>Three Mix Seasonal Vegetable with two Roti and Tea</u>																																																																																					
	<table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Gram Whole</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Green Chillies</td><td>01 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Gram Whole	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Green Chillies	01 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Beef</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Beef	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Vegetables</td><td>150 gm</td></tr> <tr><td>Oil for Vegetables</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Vegetables	150 gm	Oil for Vegetables	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	
Wheat Flour	125 gm																																																																																							
Oil for Roti	04 ml																																																																																							
Gram Whole	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Green Chillies	01 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Beef	100 gm																																																																																							
Potato	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Vegetables	150 gm																																																																																							
Oil for Vegetables	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Friday	<u>Suji Halwa with oily Roti and Tea</u>	<u>Chicken Aaloo curry with two Roti</u>	<u>Daal Masoor with two Roti and Tea</u>																																																																																					
	<table border="1"> <tr><td>Wheat Flour</td><td>125 gm</td></tr> <tr><td>Oil for Roti</td><td>04 ml</td></tr> <tr><td>Suji for Halwa</td><td>25 gm</td></tr> <tr><td>Sugar for Halwa</td><td>25 gm</td></tr> <tr><td>Ghee for Halwa</td><td>10 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar for Tea</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Oil for Roti	04 ml	Suji for Halwa	25 gm	Sugar for Halwa	25 gm	Ghee for Halwa	10 gm	Packed Milk	60 ml	Sugar for Tea	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Daal Masoor</td><td>50 gm</td></tr> <tr><td>Oil for Daal</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Green Chillies</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Daal Masoor	50 gm	Oil for Daal	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Green Chillies	10 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm									
Wheat Flour	125 gm																																																																																							
Oil for Roti	04 ml																																																																																							
Suji for Halwa	25 gm																																																																																							
Sugar for Halwa	25 gm																																																																																							
Ghee for Halwa	10 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar for Tea	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Chicken	100 gm																																																																																							
Potato	50 gm																																																																																							
Oil	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Turmeric	02 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Wheat Flour	225 gm																																																																																							
Daal Masoor	50 gm																																																																																							
Oil for Daal	15 ml																																																																																							
Salt	02 gm																																																																																							
Red Chillies	01 gm																																																																																							
Onion	15 gm																																																																																							
Green Chillies	10 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Packed Milk	60 ml																																																																																							
Sugar	20 gm																																																																																							
Tea Leaves	02 gm																																																																																							



DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL						
Saturday	Chola "Gram Whole" (white / white) curry with one oily Roti and Tea	Lobia (Beans White) curry with two Roti	Three Mix Seasonal Vegetable with two Roti and Tea						
				Wheat Flour	225 gm	Wheat Flour	225 gm		
				Oil for Roti	04 ml	Lobia	50 gm	Vegetables	150 gm
				Gram Whole	50 gm	Oil	15 ml	Oil for	15 ml
				Oil	15 ml	Salt	02 gm	Vegetables	
				Salt	02 gm	Red Chillies	01 gm	Salt	02 gm
				Red Chillies	01 gm	Onion	15 gm	Red Chillies	01 gm
				Onion	25 gm	Tomato	20 gm	Onion	25 gm
				Tomato	20 gm	Turmeric	02 gm	Tomato	20 gm
				Green Chillies	01 gm	Garlic	03 gm	Turmeric	02 gm
				Packed Milk	60 ml	Ginger	04 gm	Garlic	03 gm
				Sugar	20 gm	Coriander	01 gm	Ginger	04 gm
				Tea Leaves	02 gm	Condiments	01 gm	Coriander	01 gm
						Green Chili	02 gm	Condiments	01 gm
				Green Chili	02 gm				
				Packed Milk	60 ml				
				Sugar	20 gm				
				Tea Leaves	02 gm				
Sunday	One Egg Per Prisoner in shape of scrambled egg (Anda Ghotala) Khagina / egg curry with oily Roti and Tea	Beef Biryani	Daal Mash with two Roti and Tea						
				Wheat Flour	125 gm	Beef	100 gm	Wheat Flour	225 gm
				Oil for Roti	04 ml	Rice	200 gm	Daal Mash	50 gm
				Egg	01 No.	Oil	15 ml	Oil for Daal	15 ml
				Oil for anda	07 ml	Salt	02 gm	Salt	02 gm
				Salt	02 gm	Red Chillies	01 gm	Red Chillies	01 gm
				Red Chillies	01 gm	Onion	25 gm	Onion	15 gm
				Onion	25 gm	Tomato	20 gm	Green Chillies	10 gm
				Tomato	20 gm	Turmeric	02 gm	Turmeric	02 gm
				Green Chillies	01 gm	Garlic	03 gm	Garlic	03 gm
				Packed Milk	60 ml	Ginger	04 gm	Ginger	04 gm
				Sugar	20 gm	Coriander	01 gm	Coriander	01 gm
				Tea Leaves	02 gm	Condiments	01 gm	Condiments	01 gm
						Green Chili	02 gm	Green Chili	02 gm
				Packed Milk	60 ml				
				Sugar	20 gm				
				Tea Leaves	02 gm				

Note:

- In breakfast:** weight of oily roti = 160gm to 168gm, weight of Aaloo Paratha = 210gm to 220gm.
- In midday & evening:** weight of Roti = 290gm to 300gm
- Mix Vegetable includes: at-least three seasonal vegetables.
- Condiments include: Bari Elayichi, Dar Cheeni, Loung, Kali Mirch etc
- Items i.e. Salt, Red Chillies, Turmeric, Garlic, Ginger, Coriander, condiments may be used according to requisite ratio and taste on the advice of Medical Officer of the prison.
- If some prisoners do not like to have tea, the officer incharge is authorized to issue them some suitable substitute provided the cost does not exceed that of the scale of tea, milk and sugar.



FORTNIGHTLY DIET MENU DURING THE MONTH OF RAMAZAN

1st week diet menu in the month of Ramazan

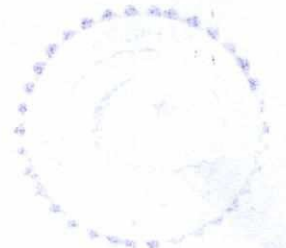
Days	WEEKLY DIET MENU "SEHRI" DURING THE MONTH OF RAMZAN	WEEKLY DIET MENU "AFTARI" DURING THE MONTH OF RAMZAN										
Monday	Chicken Aaloo Qeema with two Roti and tea	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea										
Tuesday	Three Mix Seasonal Vegetables with two Roti and tea	Karhi Pakora with two Roti and Tea										
Wednesday	Chicken Aaloo curry with two Roti and tea	Daal Moong with boiled Rice and Tea										
Thursday	Anda Chola (White / black) Curry with two Roti and tea	Chicken curry with (Loki or Tinda) two Roti and Milk Sawayyan or Kheer and Tea										
Friday	Beef (without bone) curry for Muslims / Chicken curry for Non-Muslims with two Roti and tea	Gram Whole (white / black) curry with two Roti and Tea										
Saturday	Aaloo with "Matar or Gram Whole (white / black)" with two Roti and tea	Chicken Qorma with two Roti and Tea										
Sunday	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea	Beef Pulao with Raita and Tea										
		Following items to be served daily in Aftari during the month of Ramazan <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Sharbat</td> <td style="text-align: right;">25 ml</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">25 grams</td> </tr> <tr> <td>Ice (to be issued on summer season)</td> <td style="text-align: right;">250 grams</td> </tr> <tr> <td>Dates (Khajoor)</td> <td style="text-align: right;">25 grams net weight (in plastic packing)</td> </tr> <tr> <td>Mix Fruit Chat (at least 03 Seasonal fruits)</td> <td style="text-align: right;">100 grams (in plastic packing)</td> </tr> </table>	Sharbat	25 ml	Sugar	25 grams	Ice (to be issued on summer season)	250 grams	Dates (Khajoor)	25 grams net weight (in plastic packing)	Mix Fruit Chat (at least 03 Seasonal fruits)	100 grams (in plastic packing)
Sharbat	25 ml											
Sugar	25 grams											
Ice (to be issued on summer season)	250 grams											
Dates (Khajoor)	25 grams net weight (in plastic packing)											
Mix Fruit Chat (at least 03 Seasonal fruits)	100 grams (in plastic packing)											

DIET MENU WITH SCALE OF "1ST WEEK" DURING THE MONTH OF RAMAZAN

DAY	SEHRI	AFTARI																																																																		
Monday	<u>Chicken Aaloo Qeema with two Roti and Tea</u> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Wheat Flour</td><td style="text-align: right;">225 gm</td></tr> <tr><td>Chicken</td><td style="text-align: right;">100 gm</td></tr> <tr><td>Potato</td><td style="text-align: right;">50 gm</td></tr> <tr><td>Oil</td><td style="text-align: right;">15 ml</td></tr> <tr><td>Salt</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Red Chillies</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Onion</td><td style="text-align: right;">25 gm</td></tr> <tr><td>Tomato</td><td style="text-align: right;">20 gm</td></tr> <tr><td>Turmeric</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Garlic</td><td style="text-align: right;">03 gm</td></tr> <tr><td>Ginger</td><td style="text-align: right;">04 gm</td></tr> <tr><td>Coriander</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Condiments</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Green Chili</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Packed Milk</td><td style="text-align: right;">60 ml</td></tr> <tr><td>Sugar</td><td style="text-align: right;">20 gm</td></tr> <tr><td>Tea Leaves</td><td style="text-align: right;">02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Wheat Flour</td><td style="text-align: right;">225 gm</td></tr> <tr><td>Mix Daal</td><td style="text-align: right;">50 gm</td></tr> <tr><td>Oil</td><td style="text-align: right;">15 ml</td></tr> <tr><td>Salt</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Red Chillies</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Onion</td><td style="text-align: right;">15 gm</td></tr> <tr><td>Turmeric</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Garlic</td><td style="text-align: right;">03 gm</td></tr> <tr><td>Ginger</td><td style="text-align: right;">04 gm</td></tr> <tr><td>Coriander</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Condiments</td><td style="text-align: right;">01 gm</td></tr> <tr><td>Green Chili</td><td style="text-align: right;">02 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td style="text-align: right;">10 gm</td></tr> <tr><td>Packed Milk</td><td style="text-align: right;">60 ml</td></tr> <tr><td>Sugar</td><td style="text-align: right;">20 gm</td></tr> <tr><td>Tea Leaves</td><td style="text-align: right;">02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Leaves of Palak / seasonal vegetable	10 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm
Wheat Flour	225 gm																																																																			
Chicken	100 gm																																																																			
Potato	50 gm																																																																			
Oil	15 ml																																																																			
Salt	02 gm																																																																			
Red Chillies	01 gm																																																																			
Onion	25 gm																																																																			
Tomato	20 gm																																																																			
Turmeric	02 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			
Wheat Flour	225 gm																																																																			
Mix Daal	50 gm																																																																			
Oil	15 ml																																																																			
Salt	02 gm																																																																			
Red Chillies	01 gm																																																																			
Onion	15 gm																																																																			
Turmeric	02 gm																																																																			
Garlic	03 gm																																																																			
Ginger	04 gm																																																																			
Coriander	01 gm																																																																			
Condiments	01 gm																																																																			
Green Chili	02 gm																																																																			
Leaves of Palak / seasonal vegetable	10 gm																																																																			
Packed Milk	60 ml																																																																			
Sugar	20 gm																																																																			
Tea Leaves	02 gm																																																																			



G



DAY	SEHRI	AFTARI	
Tuesday	Three Mix Seasonal Vegetables with two Roti and Tea		
	Wheat Flour	225 gm	
	Mix Seasonal Vegetables	150 gm	
	Oil	15 ml	
	Salt	02 gm	
	Red Chilies	01 gm	
	Onion	25 gm	
	Tomato	20 gm	
	Turmeric	02 gm	
	Garlic	03 gm	
	Ginger	04 gm	
	Coriander	01 gm	
	Condiments	01 gm	
	Green Chili	02 gm	
	Packed Milk	60 ml	
	Sugar	20 gm	
	Tea Leaves	02 gm	
Wednesday	Chicken Aaloo curry with two Roti and Tea		
	Wheat Flour	225 gm	
	Chicken	100 gm	
	Potato	50 gm	
	Oil	15 ml	
	Salt	02 gm	
	Red Chilies	01 gm	
	Onion	25 gm	
	Tomato	20 gm	
	Garlic	03 gm	
	Ginger	04 gm	
	Coriander	01 gm	
	Turmeric	02 gm	
	Condiments	01 gm	
	Green Chili	02 gm	
	Packed Milk	60 ml	
	Sugar	20 gm	
Tea Leaves	02 gm		
Thursday	Anda Chola Curry with two Roti and Tea		
	Wheat Flour	225 gm	
	Anda	01 No.	
	Gram Whole (white / black)	40 gm	
	Oil	15 ml	
	Salt	02 gm	
	Red Chilies	01 gm	
	Onion	25 gm	
	Tomato	20 gm	
	Turmeric	02 gm	
	Garlic	03 gm	
	Ginger	04 gm	
	Coriander	01 gm	
	Condiments	01 gm	
	Green Chilies	02 gm	
	Thursday	Chicken Curry with (Loki or Tinda) with two Roti and Milk Sawaiyan or Kheer and Tea	
		Wheat Flour	225 gm
Chicken		100 gm	
Loki or Tinda		50 gm	
Oil		15 ml	
Salt		02 gm	
Red Chilies		01 gm	
Onion		25 gm	
Tomato		20 gm	
Turmeric		02 gm	
Garlic		03 gm	
Ginger		04 gm	
Coriander		01 gm	
Condiments		01 gm	
Green Chili		02 gm	
Sawaiyan		58 gm	
Milk for Sawaiyan / Kheer		125 ml	
Rice for Kheer	50 gm		
Sugar for Sawaiyan	58 gm		
Sugar for Kheer	30 gm		
Packed Milk	60 ml		
Sugar	20 gm		
Tea leaves	02 gm		

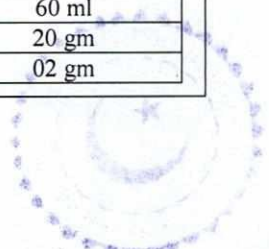


Handwritten signatures and initials in blue ink at the bottom left of the page.

DAY	SEHRI	AFTARI		
Friday	<u>Beef (without Bone) with Aaloo curry with two Roti and Tea</u>	<u>Gram Whole (white / black) curry with two Roti and Tea</u>		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Beef	100 gm	Gram Whole	60 gm
	Potato	50 gm	Oil	15 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chilies	01 gm
	Red Chilies	01 gm	Onion	25 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Coriander	01 gm
	Coriander	01 gm	Condiments	01 gm
	Condiments	01 gm	Green Chilies	02 gm
	Green Chili	02 gm	Packed Milk	60 ml
	Packed Milk	60 ml	Sugar	20 gm
	Sugar	20 gm	Tea Leaves	02 gm
Tea Leaves	02 gm			
Saturday	<u>Aaloo with "Matar or Gram Whole (white / black)" with two Roti and Tea</u>	<u>Chicken Qorma with two Roti and Tea</u>		
	Wheat Flour	225 gm	Wheat Flour	225 gm
	Matar / Gram whole	30 gm	Chicken	100 gm
	Potato	50 gm	Oil	15 ml
	Oil	15 ml	Salt	02 gm
	Salt	02 gm	Red Chilies	01 gm
	Red Chilies	01 gm	Onion	25 gm
	Onion	25 gm	Tomato	20 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Coriander	01 gm
	Coriander	01 gm	Condiments	01 gm
	Condiments	01 gm	Green Chili	02 gm
	Green Chilies	02 gm	Packed Milk	60 ml
	Packed Milk	60 ml	Sugar	20 gm
	Sugar	20 gm	Tea Leaves	02 gm
Tea Leaves	02 gm			
Sunday	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>	<u>Beef Pulao with Raita and Tea</u>		
	Wheat Flour	225 gm	Beef	100 gm
	Mix Daal	50 gm	Rice	200 gm
	Oil	15 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	15 gm	Onion	25 gm
	Turmeric	02 gm	Tomato	20 gm
	Leaves of Palak / seasonal vegetable	10 gm	Turmeric	02 gm
	Garlic	03 gm	Garlic	03 gm
	Ginger	04 gm	Ginger	04 gm
	Coriander	01 gm	Coriander	01 gm
	Condiment	01 gm	Condiments	01 gm
	Green Chili	02 gm	Green Chilies	02 gm
	Packed Milk	60 ml	Curd for Raita	25 gm
	Sugar	20 gm	Zeera for Raita	½ (half) gm
	Tea Leaves	02 gm	Packed Milk	60 ml
		Sugar	20 gm	
		Tea Leaves	02 gm	



Ca



2nd week diet menu in the month of Ramazan

Days	WEEKLY DIET MENU "SEHRI" DURING THE MONTH OF RAMZAN	WEEKLY DIET MENU "AFTARI" DURING THE MONTH OF RAMZAN
Monday	Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / Seasonal vegetable) with two Roti and Tea	Chicken Aaloo curry with two Roti and Tea
Tuesday	Gram whole (white / black) with two Roti and Tea	Three Mixed Seasonal Vegetable with two Roti and Tea
Wednesday	Aaloo curry with two Roti and Tea	Chicken with Aaloo curry or Chicken with seasonal vegetable curry with two Roti and Tea
Thursday	Three Mixed Seasonal Vegetable with two Roti and Tea	Beef (without Bone) with Aaloo curry with two Roti and Tea
Friday	Dal Masoor with two Roti and Tea	Chicken Aaloo curry with two Roti and Tea
Saturday	Three Mixed Seasonal Vegetable with two Roti and Tea	Lobia (beans white) with two Roti and Tea
Sunday	Dal Mash with two Roti and Tea	Beef Biryani and Tea
		Following items to be served daily in Aftari during the month of Ramzan
		Sharbat 25 ml
		Sugar 25 grams
		Ice (to be issued on summer season) 250 grams
		Dates (Khajoor) 25 grams net weight (in plastic packing)
		Mix Fruit Chat (at least 03 Seasonal fruits) 100 grams (in plastic packing)

DIET MENU WITH SCALE OF "2ND WEEK" DURING THE MONTH OF RAMAZAN

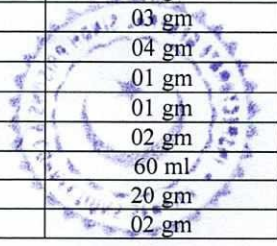
DAY	SEHRI	AFTARI																																																																	
Monday	<u>Mix Daal (Masoor, Moong with Green vegetable leaves of Palak / seasonal vegetable) with two Roti and Tea</u>	<u>Chicken Aaloo curry with two Roti and Tea</u>																																																																	
	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Daal</td><td>50 gm</td></tr> <tr><td>Oil for Daal</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Leaves of Palak / seasonal vegetable</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Daal	50 gm	Oil for Daal	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Leaves of Palak / seasonal vegetable	10 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	225 gm																																																																		
Mix Daal	50 gm																																																																		
Oil for Daal	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	15 gm																																																																		
Leaves of Palak / seasonal vegetable	10 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Wheat Flour	225 gm																																																																		
Chicken	100 gm																																																																		
Potato	50 gm																																																																		
Oil	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Turmeric	02 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Tuesday	<u>Gram Whole (white / black) curry with two Roti and Tea</u>	<u>Three Mix Seasonal Vegetables with two Roti and Tea</u>																																																																	
	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Gram Whole</td><td>60 gm</td></tr> <tr><td>Oil for Chola</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Gram Whole	60 gm	Oil for Chola	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Mix Seasonal Vegetables</td><td>150 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Mix Seasonal Vegetables	150 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	
Wheat Flour	225 gm																																																																		
Gram Whole	60 gm																																																																		
Oil for Chola	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Wheat Flour	225 gm																																																																		
Mix Seasonal Vegetables	150 gm																																																																		
Oil	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		



Ca

M

SH



DAY	SEHRI	AFTARI																																																																	
Wednesday	<u>Aaloo Curry with two Roti and Tea</u>	<u>Chicken Aaloo curry or Chicken with seasonable vegetable curry with two Roti and Tea</u>																																																																	
	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Potato</td><td>100 gm</td></tr> <tr><td>Oil for Potato</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Potato	100 gm	Oil for Potato	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato / seasonal vegetable</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato / seasonal vegetable	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	225 gm																																																																		
Potato	100 gm																																																																		
Oil for Potato	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Wheat Flour	225 gm																																																																		
Chicken	100 gm																																																																		
Potato / seasonal vegetable	50 gm																																																																		
Oil	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Turmeric	02 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Thursday	<u>Three Mix Seasonal Vegetable with two Roti and Tea</u>	<u>Beef (without Bone) with Aaloo curry with two Roti and Tea</u>																																																																	
	<table border="1"> <tr><td>Wheat Flour</td><td>225gm</td></tr> <tr><td>Vegetables</td><td>150 gm</td></tr> <tr><td>Oil for Vegetables</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225gm	Vegetables	150 gm	Oil for Vegetables	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Beef</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Beef	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	225gm																																																																		
Vegetables	150 gm																																																																		
Oil for Vegetables	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Wheat Flour	225 gm																																																																		
Beef	100 gm																																																																		
Potato	50 gm																																																																		
Oil	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Friday	<u>Daal Masoor with two Roti and Tea</u>	<u>Chicken Aaloo curry with two Roti and Tea</u>																																																																	
	<table border="1"> <tr><td>Wheat Flour</td><td>225gm</td></tr> <tr><td>Daal Masoor</td><td>50 gm</td></tr> <tr><td>Oil for Daal</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>15 gm</td></tr> <tr><td>Green Chillies</td><td>10 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225gm	Daal Masoor	50 gm	Oil for Daal	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Green Chillies	10 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves	02 gm	<table border="1"> <tr><td>Wheat Flour</td><td>225 gm</td></tr> <tr><td>Chicken</td><td>100 gm</td></tr> <tr><td>Potato</td><td>50 gm</td></tr> <tr><td>Oil</td><td>15 ml</td></tr> <tr><td>Salt</td><td>02 gm</td></tr> <tr><td>Red Chillies</td><td>01 gm</td></tr> <tr><td>Onion</td><td>25 gm</td></tr> <tr><td>Tomato</td><td>20 gm</td></tr> <tr><td>Garlic</td><td>03 gm</td></tr> <tr><td>Ginger</td><td>04 gm</td></tr> <tr><td>Coriander</td><td>01 gm</td></tr> <tr><td>Turmeric</td><td>02 gm</td></tr> <tr><td>Condiments</td><td>01 gm</td></tr> <tr><td>Green Chili</td><td>02 gm</td></tr> <tr><td>Packed Milk</td><td>60 ml</td></tr> <tr><td>Sugar</td><td>20 gm</td></tr> <tr><td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	225 gm	Chicken	100 gm	Potato	50 gm	Oil	15 ml	Salt	02 gm	Red Chillies	01 gm	Onion	25 gm	Tomato	20 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Turmeric	02 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar	20 gm	Tea Leaves
Wheat Flour	225gm																																																																		
Daal Masoor	50 gm																																																																		
Oil for Daal	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	15 gm																																																																		
Green Chillies	10 gm																																																																		
Turmeric	02 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		
Wheat Flour	225 gm																																																																		
Chicken	100 gm																																																																		
Potato	50 gm																																																																		
Oil	15 ml																																																																		
Salt	02 gm																																																																		
Red Chillies	01 gm																																																																		
Onion	25 gm																																																																		
Tomato	20 gm																																																																		
Garlic	03 gm																																																																		
Ginger	04 gm																																																																		
Coriander	01 gm																																																																		
Turmeric	02 gm																																																																		
Condiments	01 gm																																																																		
Green Chili	02 gm																																																																		
Packed Milk	60 ml																																																																		
Sugar	20 gm																																																																		
Tea Leaves	02 gm																																																																		



DAY	SEHRI	AFTARI
Saturday	Three Mix Seasonal Vegetable with two Roti and Tea	
	Wheat Flour	225 gm
	Vegetables	150 gm
	Oil for Vegetables	15 ml
	Salt	02 gm
	Red Chilies	01 gm
	Onion	25 gm
	Tomato	20 gm
	Turmeric	02 gm
	Garlic	03 gm
	Ginger	04 gm
	Coriander	01 gm
	Condiments	01 gm
	Green Chili	02 gm
	Packed Milk	60 ml
	Sugar	20 gm
	Tea Leaves	02 gm
Sunday	Daal Mash with two Roti and Tea	
	Wheat Flour	225 gm
	Daal Mash	50 gm
	Oil for Daal	15 ml
	Salt	02 gm
	Red Chilies	01 gm
	Onion	15 gm
	Green Chilies	10 gm
	Turmeric	02 gm
	Garlic	03 gm
	Ginger	04 gm
	Coriander	01 gm
	Condiments	01 gm
	Green Chili	02 gm
	Packed Milk	60 ml
	Sugar	20 gm
	Tea Leaves	02 gm
Beef Biryani and Tea		
Beef	100 gm	
Rice	200 gm	
Oil	15 ml	
Salt	02 gm	
Red Chilies	01 gm	
Onion	25 gm	
Tomato	20 gm	
Turmeric	02 gm	
Garlic	03 gm	
Ginger	04 gm	
Coriander	01 gm	
Condiments	01 gm	
Green Chili	02 gm	
Packed Milk	60 ml	
Sugar	20 gm	
Tea Leaves	02 gm	



CA



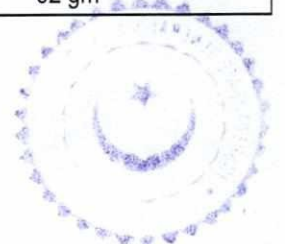
Special Diet for all prisoners on the Special Occasions i.e. Eid-UI-Fitr, Eid-UI-Azha, 12th Rabi-UI-Awwal (Eid Millad-Un-Nabi), 23rd March (Pakistan Day) 14th August (Independence Day), Sindh Cultural Day Etc.

Diet menu

BREAKFAST	MIDDAY MEAL	EVENING MEAL
Aaloo Bhujia with one oily Roti, Tea and Sanwaiyan / Kheer	Chicken Biryani	Chicken Aaloo Curry with two Roti and Tea

Scale of above diet menu

S#	Name of Article	Scale
MORNING MEAL / BREAKFAST (Aaloo Bhujia with one oily roti, tea and Sanwaiyan / kheer)		
1	Wheat Floor	125 gms
2	Oil for roti	04 ml
3	Potato for Bhujia	50 gm
4	Oil for potato	07 ml
5	Salt	02 mg
6	Tomato	20 gm
7	Red Chillies	01 gm
8	Green Chillies	01 gm
9	Turmeric	01 gm
10	Zeera	02 gm
11	Packed Milk	60 ml
12	Tea Leaves	02 gm
13	Sugar	20 gm
Sweet Dish (Sawayian / Kheer)		
Sawayian may be issued on both the Eids i.e Eid-ul-Fitar and Eid-ul-Azha as well as Kheer to be issued on 12 TH RABI-UL-AWWAL (EID MILLAD-UN-NABI S.A.W.W), 23 RD MARCH (PAKISTAN DAY) & 14 TH AUGUST (INDEPENDENCE DAY) Sindh Cultural Day etc		
14	Sawayian / Kheer	58 gms
15	Sugar for Sawayian	58 gms
16	Sugar for Kheer	30 gm
17	Milk for Sawayian / Kheer	125 ml
18	Rice for Kheer	50 gms
MID-DAY MEAL (Chicken Biryani)		
1	Chicken	100 gm
2	Rice for Biryani (Baspati)	200 gm
3	Cooking Oil	15 ml
4	Tomato	20 gm
5	Onion	25 gm
6	Garlic	03 gm
7	Ginger	04 gm
8	Coriander	01 gm
9	Turmeric	02 gm
10	Red chilli	01 gm
11	Green Chillies	02 gm
12	Condiments	01 gm
13	Iodized salt	02 gm



EVENING MEAL (Chicken Aaloo curry with two roti and Tea)		
1	Chicken	100 gm
2	Potato	50 gm
3	Wheat Flour	225 gm
4	Cooking Oil	15 ml
5	Onion	25 gm
6	Tomato	20 gm
7	Garlic	03 gm
8	Ginger	04 gm
9	Coriander	01 gm
10	Turmeric	02 gm
11	Red chilli	01 gm
12	Green Chillies	02 gm
13	Condiments	01 gm
14	Iodized salt	02 gm
15	Tea Leaves	02 gm
16	Packed Milk	60 ml
17	Sugar	20 gm

Rate per prisoner per day of daily three times (breakfast, mid-day & evening meals) cooked food to the prison inmates including cooked food during the month of Ramazan alongwith diet for Sehri & Aftari and special diet for all prisoners on the special occasions i.e. Eid-ul-fitr, Eid-ul-azha, 12th Rabi-ul-Awwal (Eid Millad-un-Nabi), 23rd March (Pakistan day) 14th August (Independence day), Sindh Cultural Day etc.

(Name of Prison) _____ on daily basis at the rate of Rs. _____ (in words _____) per prisoner per day.

TOTAL BID AMOUNT FOR _____ DAYS (w.e.f) _____ to _____: - Rs. _____

(In Words) _____

Bid Security amounting to Rs. _____ (In Words) _____

_____ In Shape of Pay Order /

Demand Draft No. _____ dated _____ of _____ Bank of Pakistan in favour of Inspector General of Prisons Sindh Karachi.

Full Name, Address & Stamp of Firm

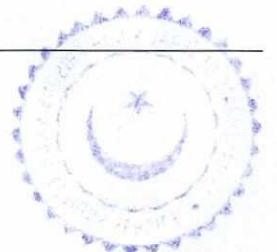
Name of authorized Person

C.N.I.C No. of authorized Person

Signature of Authorized Person



Handwritten signature/initials in blue ink.



**DAILY AVERAGE PRISONERS POPULATION OF DISTRICT PRISON & C.F
NAUSHERO FEROZE FOR THE YEAR 2026-2027**

S#	Name of Prisons	Daily average prisoner's population
1	District Prison & Correctional facility Nausheroferoze	590
Population of the prisoners during the fiscal year 2026-2027 may increased or decreased upto 15%		



Tuesday

May 19, 2026

Zil Haj 2, 1447 A.H.

22 pages
Price Rs. 35.00

INTERNATIONAL
THE NEWS

Karachi Edition

Also published from
Islamabad / Rawalpindi, Lahore and globally
on the World Wide Web at
www.thenews.pk

JANG GROUP OF NEWSPAPERS

 theNewsInternational  thenewspak  thenews_intl

NOTICE / CORRIGENDUM

With reference to the tender for "Supply of Cooked food to the prison inmates for the year 2026-2027" Vide INF/KRY-1850/2026, it is hereby informed to all interested bidders that, in view of the several requests received for extension in the tender opening date due to Eid-ul-Azha holidays. Now the tender opening date is hereby extended in accordance with Rule 22 of the Sindh Public Procurement Regulatory Authority Rules, 2010 (amended up to date).

DESCRIPTION	PREVIOUS SCHEDULE	REVISED SCHEDULE
Tender Uploading Date & Time	02.06.2026 up to 09:30 a.m.	09.06.2026 up to 09:30 a.m.
Tender Opening Date & Time	02.06.2026 up to 10:00 a.m.	09.06.2026 up to 10:00 a.m.

All other terms and conditions of the tender shall remain unchanged.

Sd/-
(MUHAMMAD NASIR KHAN)
D.I.G Prisons Hyderabad Region
(Head of the Procurement Committee IV)



INF-KRY-1850/2026

DAILY EXPRESS

روزنامہ
اکسپریس
کراچی

پاکستان کے 11 شہروں سے یک وقت شائع ہونے والا واحد اخبار
جلد 28 شمارہ 253 | منگل 2 جولائی 1447ھ 19 مئی 2026ء صفحات 12 قیمت 40 روپے

نوٹس / تصحیح

حوالہ INF/KRY/1850/2026 کے تحت برائے سال 2026-2027 قید قیدیوں کیلئے کچی ہوئی خوراک کی فراہمی کیلئے نینڈر، تمام دلچسپی کے حامل بولی دہندگان کو بذریعہ نڈر اطلاع کیا جاتا ہے کہ عید الاضحیٰ کے باعث نینڈر کھلنے کی تاریخ میں توسیع کیلئے کئی درخواستیں موصول ہوئی ہیں، اب نینڈر کھلنے کی تاریخ میں سندھ پبلک پروکیورمنٹ ریگولیشنز (اقتاری روٹر 2010ء) (اب تک ترمیم شدہ) کے رول 22 کی مطابقت میں بذریعہ نڈر توسیع کر دی گئی ہے۔

تفصیل	سابقہ شیڈول	نظر ثانی شدہ شیڈول
نینڈر اپ لوڈ کرنے کی تاریخ اور وقت	02.06.2026 صبح 09:30 بجے تک	09.06.2026 صبح 09:30 بجے تک
نینڈر کھلنے کی تاریخ اور وقت	02.06.2026 صبح 10:00 بجے تک	09.06.2026 صبح 10:00 بجے تک

نینڈر کے تمام دیگر قواعد و ضوابط اپنا فیورٹیل شدہ رہیں گے۔

ورسخط

(محمد ناصر خان)

ڈی آئی جی پریزنس ہائیڈرا آبادریجن

(ہیڈ آف پروکیورمنٹ کمیٹی IV)

INF/KRY/1964/2026

WORK FOR SINDH

www.workforsindh.com

JOB PORTAL BY

INFORMATION DEPARTMENT

ABC Certified

The Largest Circulated Sindhi Daily of Pakistan

ڏکڻي وقت ڪراچي، حيدرآباد ۽ سکر مان شايع ٿيندڙ پهرين سنڌي اخبار

DAILY KAWISH

روزانه

Wednesdays, 20 May, 2026

(جلد 36) اربع 20 مئي 2026 ۽ بمطابق 03 ذوالحج 1447 هـ (شمارو 288) قيمت 40 روپيا

نوٽيس / تصحيح

بحوالي سان ٽينبر "سال 2026-2027 لاءِ جيل جي قيدين جي پڪل ڪاڏي جي فراهمي" پڙهو INF/KRY No. 1850/2026 سمورن دلچسپي رکندڙ واک ڏيندڙن کي هن ذريعي آگاهه ٿو ڪجي ته عيدالاضحي جي موڪلن جي ڪري ٽينبر ڪولن جي تاريخ پر توسيع لاءِ وصول ٿيل مختلف درخواستن جي ڏس ڀر هائي ٽينبر ڪولن جي تاريخ سنڌ پبلڪ پروڪيورمينٽ ريگيوليٽري اٿارٽي رولز 2010 (هيسٽائين ترميم ٿيل) جي رول 22 جي موجب هن ذريعي وڌائي وئي آهي.

تفصيل	اڳوڻو شيڊيول	نظر ثاني ڪيل شيڊيول
ٽينبر ايلوڊ ڪرڻ جي تاريخ ۽ وقت	02-06-2026 صبح 09:30 وڳي	09-06-2026 صبح 09:30 وڳي
ٽينبر ڪولن جي تاريخ ۽ وقت	02-06-2026 صبح 10:00 وڳي	09-06-2026 صبح 10:00 وڳي

ٽينبر جا ٻيا سمورا شرط ۽ ضابطا ساڳيا رهندا.

(محمد ناصر خان)

DIG پرنسز حيدرآباد ريجن
(هيڊ آف ڊي پروڪيورمينٽ ڪميٽي IV)

INF/KRY No. 1964/2026

WORK FOR SINDH JOB PORTAL BY INFORMATION DEPARTMENT

www.workforsindh.com

4 بڈ دستاویزات (جیل وار) ہر حوالے سے مکمل 02.06.2026 بوقت صبح 09:30 بجے تک ایس پی پی آر اے، ای۔ پیڈز ویب سائٹ پر لازماً واپس اپ لوڈ کر دی جائیں۔ بولی دہندہ انسپکٹر جنرل سندھ پریزنس اینڈ سی ایس کراچی سے خریدنے کے ذریعے جیلوں کیلئے پیشکشیں اپ لوڈ کریں گے یا مندرجہ بالا ویب سائٹ سے ڈاؤن لوڈ کریں گے۔ بڈ دستاویزات (ٹیکنیکل پروپوزلز) اسی روز بوقت صبح 10:00 بجے ایس پی پی آر اے، ای۔ پیڈز کے ذریعے موجود رہنے کے خواہاں بولی دہندگان کی موجودگی میں کھولی جائیں گی۔

5 پیشکشوں کے روز کسی عام تعطیل یا ناگزیر وجوہات کی صورت میں، پیشکشیں دیئے گئے وقت اور شیڈول پر آئندہ کام والے دن کھولی جائیں گی۔

6 پیشکش کے ہمراہ انسپکٹر جنرل آف پریزنس سندھ کراچی کے حق میں پاکستان کے کسی شیڈول بینک کے پے آرڈر / ڈیمانڈ ڈرافٹ / بینک گارنٹی / سی ڈی آر وغیرہ کی شکل میں (جیسا کہ ہرنیل کی بڈ دستاویزات میں درج ہے) (زر بیعانہ) بڈ سیکورٹی لازمی شامل ہو۔ بڈ سیکورٹی لازمی بڈنگ کمیٹی / فرم کے نام جاری کردہ ہو۔ اس کی کاپی ایس پی پی آر اے، ای۔ پیڈز ویب سائٹ پر لازمی اپ لوڈ کی جائے اور اصل بڈ سیکورٹی سر ممبر لفافے میں مندرجہ بالا آخری تاریخ پر یا قبل اور مقام پر جمع کرانی ہوگی۔ مطلوبہ بڈ سیکورٹی کے بغیر پیشکشیں زیر غور نہیں لائی جائیں گی اور ایس پی پی آر اے رولز کے مطابق مسترد کر دی جائیں گی۔ بلیک لسٹ کی گئی فرموں کی جانب سے درج کردہ پیشکشیں بھی قبول / زیر غور نہیں لائی جائیں گی۔

7 پیشکشوں کا کھلنا اور جانچ پڑتال کی کارروائی، ایس پی پی آر اے رولز 2010 (اب تک ترمیم شدہ) کی مطابقت میں مطلع کردہ پروکیورمنٹ کمیٹی IV کی جانب سے منعقد کی جائے گی۔

8 تین وقت کے پکے ہوئے کھانے (ناشتہ، دوپہر اور شام کا کھانا) کیلئے درج کردہ تمام نرخ فی قیدی یومیہ بشمول تمام قابل اطلاق ٹیکسز اور ڈیوٹیز ہوں گے اور یہ ٹینگ اور اورور انٹنگ کے بغیر الفاظ اور ہندسوں دونوں میں پاکستانی روپوں میں درج کئے جائیں۔

9 مشروط پیشکشیں / درخواستیں کسی صورت زیر غور نہیں لائی جائیں گی۔

10 بڈ دستاویزات سے متعلق تمام مزید متعلقہ تفصیل یا کسی بھی قسم کی معلومات کسی بھی کام والے دن دوران دفتری اوقات دفتر انسپکٹر جنرل آف سندھ پریزنس اینڈ سی ایس کراچی پیر الہی بخش روڈ مسلم آباد کوآپریٹو ہاؤسنگ سوسائٹی نزد دادا دینچینرنگ کراچی میں وزٹ کرنے کے ذریعے یا فون نمبر 021-99231418 اور فیکس نمبر 99231084 اور ای میل sindhprisons@gmail.com پر حاصل کی جاسکتی ہیں۔

11 انسپکٹر جنرل آف سندھ پریزنس اینڈ سی ایس کراچی، متعلقہ ایس پی پی آر اے رولز 2010 (اب تک ترمیم شدہ) کے مطابق تمام پیشکشوں / پروپوزلز کو قبول یا مسترد کرنے کا حق محفوظ رکھتے ہیں۔

(محمد ناصر خان)

ڈی آئی جی پریزنس حیدرآباد ریجن

(ہیڈ آف دی پروکیورمنٹ کمیٹی - IV)

INF/KRY/1850/2026

انسپکٹوریٹ جنرل سندھ، پریزنس اینڈ کرکیشنز سروس

پیر الہی بخش روڈ مسلم آباد، کراچی

فون نمبر 021-99231418، فیکس نمبر 021-99231084

ای میل: sindhprisons@gmail.com

No.LS/8915/2026 Dated: 12.05.2026

ٹینڈر نوٹس

1 انسپکٹر جنرل آف سندھ پریزنس اینڈ کرکیشنز سروس کراچی، سال 2027-2026 کیلئے مجوزہ ڈائمنٹ مینو اور اسکیل کی مطابقت میں (ناشتہ، دوپہر اور شام کا کھانا) روزانہ کی بنیاد پر سندھ کی جیلوں میں قیدیوں کو "پکی ہوئی خوراک" کی فراہمی کیلئے جیل وار سر ممبر پیشکشیں طلب کرتا ہے۔ پروسس میں، انکم ٹیکس (فعال)، سٹیل ٹیکس (فعال)، سندھ ریونیو بورڈ (ایس آر بی) اور حالیہ سندھ فوڈ اتھارٹی (ایس ایف اے) لائسنس وغیرہ سے لازمی رجسٹرڈ، اپنی پیشکشوں کی پیشکش کرنے کیلئے مجاز افراد / کنٹریکٹرز / فرموں / کمپنیوں / جنرل آرڈر سپلائرز، بولی دہندگان سے ایس پی پی آر اے، ای۔ پاک ایکویزیشن اینڈ ڈسپوزل سسٹم (E-PADS) ویب سائٹ کے ذریعے ایس پی پی آر اے رولز 2010 (اب تک ترمیم شدہ) کے رول نمبر (2) 46 کے مطابق منسلک اسٹیج ٹوائینو پلپ طریقہ کار شامل ہے۔

2 لازمی تفصیلات یعنی قواعد و ضوابط، تکنیکی اور مالیاتی معیار جانچ پڑتال، ڈائمنٹ مینو، اسکیل اور تصریح، پریزنس وغیرہ کی تفصیلات پر مشتمل بڈ دستاویزات 02.06.2026 بوقت صبح 09:00 بجے تک دفتر انسپکٹر جنرل آف سندھ پریزنس اینڈ کرکیشنز سروس کراچی پیر الہی بخش روڈ مسلم آباد کوآپریٹو ہاؤسنگ سوسائٹی کراچی سے حاصل / خریدی جاسکتی ہیں۔ درخواست، قابل میعاد اور حالیہ سی این آئی سی کی کاپی کے ہمراہ ہرنیل کیلئے نقد ناقابل واپسی میں /-1000 Rs کی ٹینڈر فیس کی ادائیگی پر اخبارات میں ٹینڈر نوٹس کی پہلی اشاعت کے بعد کسی بھی کام والے دن دوران دفتری اوقات اپنے درست لیٹر ہیڈ پر جمع کرائی جاسکتی ہے۔

3 بڈ دستاویزات ایس پی پی آر اے، ای۔ پاک ایکویزیشن اینڈ ڈسپوزل سسٹم (ای پی اے ڈی ایس) ویب سائٹ یعنی <https://portalsindh.eprocure.gov.pk/> نیز سندھ پریزنس اور ایس ویب سائٹ یعنی www.spcs.gos.pk پر بھی دستیاب ہیں جو 02.06.2026 صبح 09:00 بجے تک ڈاؤن لوڈ کی جاسکتی ہیں۔ ایسے بولی دہندہ جو بڈ دستاویزات ویب سائٹ سے ڈاؤن لوڈ کریں گے وہ انسپکٹر جنرل آف پریزنس سندھ کراچی کے حق میں فی جیل کیلئے /-1000 Rs ناقابل واپسی کی مالیت کے پے آرڈر کی شکل میں بالا درج کردہ دفتر کو ٹینڈر فیس لازمی جمع کریں۔

Telephone No. 021-99231418 Fax No. 021-99231084
Email: sindhprisons@gmail.com



No. LS/8915/2026
**INSPECTORATE GENERAL SINDH
PRISONS & CORRECTIONS SERVICE**
Pir Illahi Buksh Road, Muslimabad, Karachi.

TENDER NOTICE

- Inspector General of Sindh Prisons & Corrections Service Karachi invites prison-wise sealed bids for supply of "Cooked Food" to the inmates confined in Sindh Prisons on daily basis (break-fast, mid-day & evening meals) in accordance with prescribed diet menu and scale for the year 2026-2027. The process includes single stage two envelopes procedure as per rule No. 46(2) of SPPRA Rules 2010 (amended up to-date) through SPPRA E-Pak Acquisition & Disposal System (E-PADS website) from the authorized Persons / Contractors / Firms / Companies / General Order suppliers, bidders for offering their bids, who must be registered with Income Tax (Active), Sales Tax (Active), Sindh Revenue Board (SRB) and latest Sindh Food Authority (SFA) license etc.
- Bid documents containing necessary details i.e. terms & conditions, technical & financial evaluation criteria, diet menu, scale and specification, details of prisoners etc. can be obtained / purchased from the office of Inspector General of Sindh Prisons & Corrections Service Karachi, Pir Illahi Bux Road, Muslimabad Co-operative Housing Society, Karachi latest by 02.06.2026 till 09:00 a.m. The application can be submitted on their proper letterhead on any working day during office hours after the first publication of tender notice in the newspapers on payment of tender fee Rs. 1000/- in cash "non-refundable" for each prison with valid and attested copy of CNIC.
- Bid documents are also available at SPPRA E-Pak Acquisition & Disposal System (E-PADS) website i.e. <https://portalsindh.eprocure.gov.pk/> as well as at Sindh Prisons & C.S website i.e. www.spcs.gov.pk which can be downloaded up to 02.06.2026 till 09:00 a.m. The bidder who gets the bid documents by downloading from above websites must submit tender fee in shape of pay order amounting to Rs. 1000/- "non-refundable" for each prison in favor of Inspector General of Prisons Sindh Karachi to above mentioned office.
- Bid document (prison-wise) complete in all respect shall be uploaded back up to 02.06.2026 till 09:30 a.m. on SPPRA E-Pads website. Bidder shall upload bids for prisons by purchasing from Inspectorate General Sindh Prisons & C.S Karachi or by downloading from above mentioned websites. Bid documents (technical proposals) shall be opened on the same day at 10:00 a.m. through SPPRA E-Pads website in presence of bidders who intend to be present.
- In case, any public holiday or unavoidable circumstances fall the bids shall be opened on the next working day at the given time and schedule.
- Bid must include bid security (earnest money) (as mentioned in the bid document of each prison) in the shape of pay order / demand draft / bank guarantee / CDR etc. of any scheduled bank of Pakistan in favor of Inspector General of Prisons Sindh Karachi. The bid security must be issued in the name of the bidding company / firm. Copy of the same must be uploaded at SPPRA E-Pads website and original bid security should be submitted in sealed envelope on or before above mentioned timeline & venue. The bids lacking the requisite bid security shall not be entertained and rejected on the spot as per SPPRA Rules. The bids offered by the blacklisted firms shall also not be accepted / entertained.
- The opening of bids and evaluation process shall be conducted by the notified Procurement Committee-IV according to relevant SPPRA Rules 2010 (amended up to-date).
- All the rates quoted for daily three times cooked food (break-fast, mid-day & evening meals) etc. per prisoner per day shall be inclusive of all applicable taxes and duties and shall be quoted clearly in Pak rupees both in figures and words without cutting and overwriting.
- Conditional bids / applications shall not be entertained in any case.
- All further relevant detail about bid documents or any information may be obtained by visiting from the office of Inspector General of Sindh Prisons & Corrections Service Karachi Pir Illahi Bux Road, Muslimabad Co-operative Housing Society near Dawood Engineering College, Karachi on any working day during office hours or on phone No. 021-99231418 and 021-9923108 and Email: sindhprisons@gmail.com
- The Inspector General of Sindh Prisons & Corrections Service Karachi reserves the right to accept or reject all the bids / proposal(s) as per relevant SPPRA Rules 2010 (amended up to-date).

Sd/-
(MUHAMMAD NASIR KHAN)
D.I.G. Prisons Hyderabad Region
(Head of the Procurement Committee-IV)



ABC
Certified

The Largest Circulated Sindhi Daily of Pakistan

DAILY
KAWISH

هڪ ئي وقت ڪراچي، حيدرآباد ۽ سکر مان شايع ٿيندڙ پهرين سنڌي اخبار

Daily Kawish
Hyderabad

ڪاوش

روزانه

Wednesday, 13 May, 2026

(جلد 36) اربع 13 مئي 2026 ۽ بمطابق 25 ذوالقعد 1447 هـ (شمارو 281) قيمت 40 روپيا

انسپيڪٽوريٽ جنرل سنڌ

پرزس اينڊ ڪريڪشنز سروس

پير الاهي بخش روڊ مسلم آباد، ڪراچي

فون: 021-99231418، فیکس: 021-99231084، Email: sindhprisons@gmail.com

No. LS/8915/2026

Dated: 12 May, 2026



ٽينڊر نوٽيس

- انسپيڪٽر جنرل آف سنڌ پرزس اينڊ ڪريڪشنز سروس ڪراچي مجاز شخصن/ليڪيڊارن/فرمن/ڪميٽين/جنرل آرڊر سيلائوز، واڪ ڏيندڙن جيڪي انڪم ٽيڪس (ايڪٽو)، سيلز ٽيڪس (ايڪٽو)، تازو پروفیشنل ٽيڪس تازو سنڌ فوڊ اٿارٽي (SFA) لائسنس ۽ سنڌ روينيو بورڊ (SRB) وغيره سان لازمي طور رجسٽرڊ هجن، تن کان ايس پي پي آر اي رولز-2010 (هيسٽائين ترميم ٿيل) معرفت ايس پي پي آر اي-اي-پاڪ ايڪيوزيشن اينڊ ڊسپوزل سسٽم (E-PADS جي ويب سائيٽ) جي رول نمبر (2) 46 مطابق مالي سال 2026-2027 لاءِ سنڪل اسٽيج ٽو اينڊيليس پروسجر مطابق مقرر ڊائٽ، مينو ۽ اسڪيل مطابق (روزاني بنياد تي سنڌ جي جيل ۾ ناشتو، مڊ ڊي اينڊ ايوننگ ميس) (چيل-واٽيز) جي فراهمي لاءِ مهربند واڪ گهرائي ٿو.
- واڪ دستاويز جنهن ۾ ضروري تفصيل، شرط ۽ ضابطا، چنڊچاڻ معيار، ڊائٽ مينو، اسڪيل ۽ اسپيسيفڪيشن، قيدين جا تفصيل وغيره تي مشتمل واڪ ڪاغذ انسپيڪٽر جنرل آف سنڌ پرزس اينڊ ڪريڪشنز سروس، ڪراچي پير الاهي بخش روڊ مسلم آباد ڪراچي ۾ هائوسنگ سوسائٽي، ڪراچي مان 02.06.2026 صبح 09:00 وڳي تائين ٽينڊر نوٽيس جي اخبارن ۾ پهرين اشاعت کانپوءِ لپيٽر هيڊ تي درخواست امانت ڏيڻي ۽ ٽينڊر في هر هڪ جيل لاءِ 1000 روپيا روڪ ۾ ناقابل واپسي جي ادائگي ڪرڻ تي ساڻ ڪارگر ۽ تصديق ٿيل سي اين آءِ سي جي ڪاپي سميت ڪنهن به ڪم واري ڏينهن تي آفيس وقت دوران حاصل ڪري سگهجن ٿا.
- واڪ ڪاغذ ايس پي پي آر اي-اي-پاڪ ايڪيوزيشن اينڊ ڊسپوزل سسٽم (E-PADS) جي ويب سائيٽ، <https://portalsindh.eprocure.gov.pk> ۽ سنڌ پرزس اينڊ ڪريڪشنز سروس جي ويب سائيٽ يعني: www.spcs.gos.pk تي دستياب آهن جيڪي 02.06.2026 صبح 09:00 وڳي تائين دائون لوڊ ڪري سگهجن ٿا. واڪ ڏيندڙ جيڪي ويب سائيٽ تان دائون لوڊنگ ذريعي ڪاغذ حاصل ڪندا آهن ڪي هر هڪ جيل لاءِ ٽينڊر في 1000 روپيا ناقابل واپسي ٿي آرڊر جي صورت ۾ انسپيڪٽر جنرل آف پرزس سنڌ ڪراچي جي حق ۾ لازمي شامل ڪرڻي پوندي.
- واڪ ڪاغذ 02.06.2026 تي صبح 09:30 وڳي تائين (هر لحاظ کان مڪمل ٿيل) ايس پي پي آر اي E-PADS جي ويب سائيٽ تي ايلوڊ ڪري سگهجن ٿا. واڪ ڏيندڙ انسپيڪٽر جنرل سنڌ پرزس اينڊ ڪريڪشنز سروس وٽان خريداري سان پرزس لاءِ واڪ ايلوڊ ڪندا يا مٿي ڄاڻايل ويب سائيٽ تان دائون لوڊ ڪندا. واڪ دستاويز (ٽيڪنيڪل پروفيزلز) ساڳئي ڏينهن صبح 10:00 وڳي ايس پي پي آر اي E-PADS جي ويب سائيٽ تي موجود ڪي، جي خواهشمند واڪ ڏيندڙن جي روبرو کوليا ويندا.
- واڪن جي کولڻ واري ڏينهن تي ڪنهن سبب جي ڪري عام موڪل جو اعلان ٿيڻ جي صورت ۾ اهي ورنڊو ڪم ڪار واري ڏينهن تي ڏنل وقت ۽ هنڌ تي وصول ڪيا ۽ کوليا ويندا.
- واڪ سان گڏ لازمي طور واڪ سيڪيورٽي (سوٽي ريفر) (هر هڪ پرزن جي واڪ دستاويزن ۾ ڄاڻايل) پي آرڊر/ڊمانڊ ڊرافٽ/بينڪ گارنٽي/CDR وغيره جي صورت ڪنهن به شيڊيول بينڪ آف پاڪستان وٽان جاري ٿيل بحق انسپيڪٽر جنرل آف پرزس سنڌ ڪراچي شامل هوندو. واڪ سيڪيورٽي واڪ ڏيندڙ ڪمپني/فرم جي نالي تي جاري ٿيل هئڻ گهرجي. واڪ سيڪيورٽي جي ڪاپي ايس پي پي آر اي E-PADS جي ويب سائيٽ تي ايلوڊ ڪرڻ گهرجي ۽ اصل ڪاپي واڪ سيڪيورٽي جي مهربند لافاني ۾ مٿي ڄاڻايل وقت ۽ هنڌ تي پيش ڪرڻ گهرجي. جن واڪن سان گهريل واڪ سيڪيورٽي شامل نه هوندي تن تي غور نه ڪيو ويندو ۽ اهي رد ڪيا ويندا. بليڪ لسٽيڊ فرمن پاران آڇيل واڪ قبول نه ڪيا/انهن تي غور نه ڪيو ويندو.
- واڪن جو کولڻ ۽ چنڊچاڻ عمل SPPRA رولز 2010 (اڄ تائين ترميم ٿيل) تحت نامزد ڪيل پروفيسور مينٽ ڪميٽي IV پاران منعقد ڪيا ويندا.
- سمورا رينٽ روزانو تي وقت ماني (ناشتو، مڊ ڊي ۽ ايوننگ ميس) لاءِ آڇيل اڳهن ۾ لازمي طور انڪم ٽيڪس ۽ ٻيا مقرر ٿيل ٽيڪس شامل هئڻ گهرجن ۽ اهي پاڪستاني رينن ۾ واضح طور تي ڪٽنگ ۽ اوور رائٽنگ کانسواءِ انگن ۽ اکرن ٻنهي ۾ ڄاڻايا ويندا.
- شرطي واک/درخواستن تي ڪنهن به صورت ۾ غور نه ڪيو ويندو.
- ڪا به وڌيڪ معلومات، جيڪڏهن ضرورت هجي، انسپيڪٽر جنرل آف سنڌ پرزس اينڊ ڪريڪشنز سروس ڪراچي، پير الاهي بخش روڊ مسلم آباد ڪراچي ۾ هائوسنگ سوسائٽي ويجهو ڊائوڊ انجنيئرنگ ڪاليج ڪراچي جي آفيس مان ڪنهن به ڪم ڪار واري ڏينهن تي آفيس وقت دوران يا فون نمبر 021-99231418 ۽ فیکس نمبر 9923108 ۽ اي ميل: sindhprisons@gmail.com تان حاصل ڪري سگهجي ٿي.
- انسپيڪٽر جنرل آف سنڌ پرزس اينڊ ڪريڪشنز سروس، ڪراچي واسطيدار ايس پي پي آر اي رولز 2010 (هيسٽائين ترميم ٿيل) تحت ڪوڊ يا سمورا واڪ/پروفيزرز قبول يا رد ڪرڻ جو پورو حق محفوظ رکي ٿو.

(محمد ناصر خان)

DIG پرزس حيدرآباد ريڄن

(هيڊ آف پروفيسور مينٽ ڪميٽي - IV)

WORK FOR SINDH
www.workforsindh.com

JOB PORTAL BY
INFORMATION DEPARTMENT

INF/KRY.No.1850/2026