

SINDH PRISONS & CORRECTIONS SERVICE



BID DOCUMENT

**FOR SUPPLY OF COOKED FOOD
(THREE TIMES BREAKFAST, MIDDAY & EVENING) TO TRAINEES
FROM (BPS-05 TO BPS-15) & (BPS-16 & ABOVE)
OF SINDH PRISONS STAFF TRAINING INSTITUTE HYDERABAD
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 and initials in blue ink.

INDEX

S#	CONTENTS	Page No.
TECHNICAL PROPOSAL		
1	Important Note	3
2	Instructions to bidders and General terms & conditions of contract	4 to 13
3	Special terms & condition of contract alongwith regulation – Articles of agreement	14 to 27
4	Form of bid	28 to 29
5	Form of bidder information	30
6	Integrity Pact	31
7	Affidavit	32
8	Weekly diet menu for the trainees	Annex “A”
9	Specification of dietary articles	Annex “B”
FINANCIAL PROPOSAL		
10	Financial Proposal Form Of Daily Diet with scale for trainees, special diet during the month of Ramzan and on special days etc	Annex “C”
11	No. of Daily average Trainees	Annex “D”

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. Only bid security in shape of pay order/call deposit in favor of Principal Sindh Prisons Staff Training Institute Hyderabad is to be submitted in original on or before the last date & time for electronics bid submission which should be uploaded on SPPRA E-PADS website as well as original of the same should be deposited in sealed envelope to Principal Sindh Prisons Staff Training Institute Hyderabad near CIA Centre Phuleli Canal Road Hyderabad the bid security must be issued in the name of the bidding company / firm.
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 at each page of the bid document, bid document supply of cooked food submitted by any bidder or his authorized representative without his seal & signature on each and every page shall disqualify him.

2. Submission of Bid

- The bid shall comprise according to Single Stage Two Envelope Procedure as per Rule No .46(2) of SPPRA Rules 2010 (amended upto-date). The bidders are requested to upload their technical and financial proposals at **SPPRA E-Pak Acquisition & Disposal System (EPADS)** upto **21-09-2026 at 12:00 noon** or before stipulated period and the bid shall be opened on the same day at **12:30 p.m through above E-Pads website**. In case of undesirable circumstances or submission / opening date & time or if Government declares holiday the tender shall be submitted and opened on the next working day at the same time & venue in presence of proprietor of the firm or his authorized representative who may like to attend the above office. Bids will not be accepted after deadline. Bidder shall submit one bid document on aforementioned SPPRA E-Pads website by purchasing from Principal / SSP Sindh Prisons Staff Training Institute Hyderabad or by downloading from Sindh Prisons and SPPRA E-Pads websites.
- 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 **Note: (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).
 - Copy of bid security amount to Rs.400,000/- (Rupees Four lacs) in shape of pay order / demand draft (Original bid security attached with financial proposal). Email / contact # of bank, which 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 # 10) with seal & signature of bank manager of last three years (1st July 2023 to 30th June 2026).
- Income Tax deduction (as mentioned in financial data at Page # 10) of last three years (1st July 2023 to 30th June 2026).
- Personal Capabilities
- Undertaking (Affidavit on Rs.500/- 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 / anti-corruption case / any criminal case or blacklisted in any organization for participating in bidding. (Specimen of Affidavit attached at Page # 32)

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 as well as 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, Principal / SSP Sindh Prisons Staff Training Institute Hyderabad shall get the approval of D.I.G Prisons & C.S Hyderabad 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 confirm to the specified requirements and criteria.
- During the technical evaluation, no amendment in the technical proposal shall be permitted. During bid evaluation, Procurement Committee is at its discretion can asks for a bidder for a clarification of the bid. The request for clarification and the response shall be in writing and no change in the price and substance of the bid shall be sought.
- 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 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 and their financial proposals shall be returned unopened to the respective bidder(s).
- **FINANCIAL PROPOSAL** shall comprise of rates for daily three times per trainees per day (cooked food) including all Government taxes / charges according to daily diet menu, scale and specification including diet during the month of Ramzan, daily average population of trainees at **Annexure-C** of bid form on the letter head of the firm (specimen provided in bid document) and bid security in original bid for the respective Institute.

- The “**FINANCIAL PROPOSAL**” shall be retained without being opened and will later be opened after evaluation of technical proposal. Date of opening of the financial proposals will be announced later on.
- After the evaluation and approval of the technical proposal, the Procurement Committee 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.
- The erasing or alterations, over writing and cutting, if any, in the bid shall be authenticated by the authorized person with his / her full signature, if Procurement Committee allowed.
- Ambiguous and incorrect answers incorrect filling of bid documents 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.

2. Bid Security and Bid Performance Security

i. Bid Security

- The Bidder shall enclose requisite bid security in shape of Pay Order / Call Deposit / Demand Draft / Bank Guarantee issued by a scheduled / commercial bank doing business in Pakistan, for an amount of **Rs.400,000/- (Four lacs only)** for respective Institute as per rate offered by him / her. The bid security shall be in favor of Principal Sindh Prisons Staff Training Institute Hyderabad. The bid security must be issued in the name 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.
- The bid security shall be released to the unsuccessful bidders within seven days, once the contract has been signed with the successful bidder or the validity period has expired.

- 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.
- 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 its 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.
 - e) a bidder has been found blacklisted by any agency of Federal or Provincial Government.

ii. Performance Security

- The Successful Bidder shall have to submit the **Performance Security of 3% of the total value** of the contract in shape of Pay Order / Demand Draft / Call Deposit / Bank Guarantee for a period from **01-10-2026 to 30-06-2027**.
- The Performance Security shall be retained by Principal Sindh Prisons Staff Training Institute Hyderabad till the successful completion of the contract period as per Conditions of Contract. The performance security will be discharged by the Procuring agency and returned to the Supplier not later than thirty (30) days following the date of completion of the Supplier's performance obligations under the Contract, including any warranty obligations.

4. Acceptance of the Terms

Submission of a bid against this Bid Inquiry shall constitute an acknowledgement and acceptance by the bidder of all the terms and conditions contained in the bidding documents. The bidder shall be deemed to have carefully examined and fully understood the bid evaluation criteria, diet menu and scale, specifications, requirements, and all other particulars set forth in the bidding documents. The bidder shall further be deemed to have satisfied himself/herself regarding the nature and scope of the supply of cooked food and the purpose for which the same is required. Accordingly, the bidder shall be bound by all such terms and conditions and, if awarded the contract, shall be obliged to accept and execute the contract in accordance with the bidding documents and the terms thereof.

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 SPPR Rule 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 supplier concerning his qualification and professional, technical, financial, legal or managerial competence as supplier, consultant or contractor, is false and materially inaccurate or incomplete..

6. Bid Evaluation & Assessment Criteria for the bidder supply of cooked food to the trainees of Sindh Prisons Staff Training Institute Hyderabad for the year 2026-2027.

- Evaluation based on following mandatory requirements.
- The bidders are requested to provide the following 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	06																																																								
	3) Sole Proprietor	04																																																								
	B) Details of Staff	Max 18																																																								
	<table><tr><th>S#</th><th>Minimum staff required</th><th>Less than 200 persons per day</th><th>200 to 500 persons per day</th><th>More than 500 persons per day</th><th></th></tr><tr><td>1.</td><td>Manager</td><td>1</td><td>1</td><td>2</td><td rowspan="3">More than 500 per persons 18 marks</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></td><td>4.</td><td>Marketing Staff</td><td>2</td><td>3</td><td>5</td><td rowspan="2">200 to 500 persons 14 marks</td></tr><tr><td></td><td>5.</td><td>Stock Management staff</td><td>3</td><td>4</td><td>5</td></tr><tr><td></td><td>6.</td><td>Skilled Cooks</td><td>5</td><td>10</td><td>15</td><td rowspan="2">Less than 200 persons 13 marks</td></tr><tr><td></td><td>7.</td><td>Trained Workers</td><td>12</td><td>30</td><td>70</td></tr><tr><td></td><td></td><td>Total:</td><td>25</td><td>50</td><td>100</td><td></td></tr></table>	S#	Minimum staff required	Less than 200 persons per day	200 to 500 persons per day	More than 500 persons per day		1.	Manager	1	1	2	More than 500 per persons 18 marks	2.	Accountant	1	1	1	3.	Supervisor	1	1	2		4.	Marketing Staff	2	3	5	200 to 500 persons 14 marks		5.	Stock Management staff	3	4	5		6.	Skilled Cooks	5	10	15	Less than 200 persons 13 marks		7.	Trained Workers	12	30	70			Total:	25	50	100			
S#	Minimum staff required	Less than 200 persons per day	200 to 500 persons per day	More than 500 persons per day																																																						
1.	Manager	1	1	2	More than 500 per persons 18 marks																																																					
2.	Accountant	1	1	1																																																						
3.	Supervisor	1	1	2																																																						
	4.	Marketing Staff	2	3	5	200 to 500 persons 14 marks																																																				
	5.	Stock Management staff	3	4	5																																																					
	6.	Skilled Cooks	5	10	15	Less than 200 persons 13 marks																																																				
	7.	Trained Workers	12	30	70																																																					
		Total:	25	50	100																																																					
	TOTAL	25																																																								
2	CATERING (COOKED FOOD) EXPERIENCE: 03 Years Catering (cooked food) experience																																																									
	A) Experience	Max 13																																																								
	1) More Than 500 Persons per day	13																																																								
	2) From 200 Persons to 500 Persons per day	10																																																								
	3) Less Than 200 Persons per day	09																																																								
	B) Experience in Organizations of minimum three years	Max 12																																																								
	1) Local Govt. / Semi Govt. / Govt. Organizations	12																																																								
	2) Private Companies	09																																																								

	TOTAL	25	
--	--------------	-----------	--

3	EQUIPMENTS CAPABILITIES	Max 18																																																																																																																														
	A. COOKING UTENSILS	More than 500 Person 18 marks																																																																																																																														
		From 200 to 500 Persons 14 marks																																																																																																																														
		Less than 200 Person 13 marks																																																																																																																														
	<table><tr><th>S#</th><th>Name of Particulars</th><th>Quantity More than 500 Persons Per Day</th><th>Quantity From 200 to 500 Persons Per Day</th><th>Quantity Less than 200 Person Per Day</th></tr><tr><td>1</td><td>Ata (dough) kneading machine</td><td>1 No.</td><td>1 No.</td><td>1 No.</td></tr><tr><td>2</td><td>Copper Deg / Cauldron 25 Kg</td><td>30 No.</td><td>20 No.</td><td>10 No.</td></tr><tr><td>3</td><td>Copper Deg / Cauldron 20 Kg</td><td>25 No.</td><td>15 No.</td><td>10 No.</td></tr><tr><td>4</td><td>Copper Deg / Cauldron 15 Kg</td><td>20 No.</td><td>10 No.</td><td>5 No.</td></tr><tr><td>5</td><td>Copper Deg / Cauldron 5 Kg</td><td>10 No.</td><td>5 No.</td><td>5 No.</td></tr><tr><td>6</td><td>Steel Tray for Vegetable Cutting / Chopping (Large)</td><td>20 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>7</td><td>Steel Tray for Vegetable Cutting / Chopping (Small)</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>8</td><td>Wooden Tray for Onion Cutting (Large)</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>9</td><td>Wooden Tray for Onion Cutting (Small)</td><td>15 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>10</td><td>Steel tub for meat washing</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>11</td><td>Steel tub for rice washing</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>12</td><td>Steel tub for washing general items</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>13</td><td>Stainless Steel Knife (Large)</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>14</td><td>Stainless Steel Knife (Small)</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>15</td><td>Aluminum Caps for Deg / Caldron</td><td>85 No.</td><td>50 No.</td><td>30 No.</td></tr><tr><td>16</td><td>Tandoor</td><td>10 No.</td><td>7 No.</td><td>4 No.</td></tr><tr><td>17</td><td>Burner</td><td>10 No.</td><td>7 No.</td><td>4 No.</td></tr><tr><td>18</td><td>Knife</td><td>50 No.</td><td>25 No.</td><td>15 No.</td></tr><tr><td>19</td><td>Sauce Pans</td><td>25 No.</td><td>15 No.</td><td>10 No.</td></tr><tr><td>20</td><td>Fry Pans</td><td>25 No.</td><td>15 No.</td><td>10 No.</td></tr><tr><td>21</td><td>Deep Freezer</td><td>10 No.</td><td>5 No.</td><td>2 No.</td></tr><tr><td>22</td><td>Rolling Pin / Rolling Boar</td><td>50 No.</td><td>25 No.</td><td>10 No.</td></tr><tr><td>23</td><td>Knife Sharpener</td><td>10 No.</td><td>5 No.</td><td>3 No.</td></tr><tr><td>24</td><td>Imam Dasta</td><td>5 No.</td><td>3 No.</td><td>2 No.</td></tr></table>	S#	Name of Particulars	Quantity More than 500 Persons Per Day	Quantity From 200 to 500 Persons Per Day	Quantity Less than 200 Person Per Day	1	Ata (dough) kneading machine	1 No.	1 No.	1 No.	2	Copper Deg / Cauldron 25 Kg	30 No.	20 No.	10 No.	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	Imam Dasta	5 No.	3 No.	2 No.		
S#	Name of Particulars	Quantity More than 500 Persons Per Day	Quantity From 200 to 500 Persons Per Day	Quantity Less than 200 Person Per Day																																																																																																																												
1	Ata (dough) kneading machine	1 No.	1 No.	1 No.																																																																																																																												
2	Copper Deg / Cauldron 25 Kg	30 No.	20 No.	10 No.																																																																																																																												
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	Imam Dasta	5 No.	3 No.	2 No.																																																																																																																												
	B. SERVING UTENSILS																																																																																																																															
	<table><tr><th>S#</th><th>Name of Particulars</th><th>Quantity More than 500 Persons Per Day</th><th>Quantity From 200 to 500 Persons Per Day</th><th>Quantity Less than 200 Person Per Day</th></tr><tr><td>1</td><td>Ladle for Rice Pan Shape (Large) Kafgeer</td><td>20 No.</td><td>10 No.</td><td>5 No</td></tr><tr><td>2</td><td>Ladle for Rice Pan Shape (Small) Kafgeer</td><td>20 No.</td><td>10 No.</td><td>5 No</td></tr><tr><td>3</td><td>Ladle for Curry Bowl Shape (Large) Kafgeer</td><td>15 No.</td><td>10 No.</td><td>5 No</td></tr></table>	S#	Name of Particulars	Quantity More than 500 Persons Per Day	Quantity From 200 to 500 Persons Per Day	Quantity Less than 200 Person Per Day	1	Ladle for Rice Pan Shape (Large) Kafgeer	20 No.	10 No.	5 No	2	Ladle for Rice Pan Shape (Small) Kafgeer	20 No.	10 No.	5 No	3	Ladle for Curry Bowl Shape (Large) Kafgeer	15 No.	10 No.	5 No	Max 7																																																																																																										
S#	Name of Particulars	Quantity More than 500 Persons Per Day	Quantity From 200 to 500 Persons Per Day	Quantity Less than 200 Person Per Day																																																																																																																												
1	Ladle for Rice Pan Shape (Large) Kafgeer	20 No.	10 No.	5 No																																																																																																																												
2	Ladle for Rice Pan Shape (Small) Kafgeer	20 No.	10 No.	5 No																																																																																																																												
3	Ladle for Curry Bowl Shape (Large) Kafgeer	15 No.	10 No.	5 No																																																																																																																												
		More than 500 Person 7 marks																																																																																																																														
		From 200 to 500 Persons																																																																																																																														

	4	Ladle for Curry Bowl Shape (Small) Kafgeer	10 No.	5 No.	3 No	<u>6 marks</u> <u>Less than 200 Person</u> <u>4 marks</u>	
	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.		
	<u>UTENSILS ADDED BY COMMITTEE</u>						
	1.	Steel plates	200 Nos				
	2.	Steel spoons	200 Nos				
	3.	Steel Jugs	10 Nos				
	4.	Steel glass	40 Nos				
	5.	Cups for tea standard size	200 Nos				
	6.	Dinner set for officers good quality	2 Nos				
	<u>TOTAL</u>					<u>25</u>	
4	FINANCIAL DATA						
	A) Average annual turnover i.e. Bank Statement of last 03 Years (1st July 2023 to 30th June 2026)					<u>Max 12</u>	
	Sindh Prisons Staff Training Institute Hyderabad.						
	More than 20 Million					<u>12</u>	
	Above 10-20 Million					<u>10</u>	
	Below 10 million					<u>0</u>	
	B) Average annual Income Tax deduction of last 03 Years (1st July 2023 to 30th June 2026)					<u>Max 13</u>	
	Sindh Prisons Staff Training Institute Hyderabad.						
	Above 5 lacs					<u>13</u>	
	From 2.5 lacs to 5 lacs					<u>10</u>	
	Below 2.5 lac					<u>08</u>	
	<u>TOTAL</u>					<u>25</u>	

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 and their financial proposal returned to them unopened as well as if any document found fake the bid shall also be rejected.

Note: Total marks are **100**, passing marks are **70**, for qualification **obtaining 17 MARKS in each category i.e. Sr. No.1 & 3 (Personal Capabilities & Equipments Capabilities) as well as 18 MARKS in Sr. No.2 & 4 (Catering Experience & Financial data)** are essential for a bidder, if not obtained bidder(s) shall be disqualified for opening financial bid and their financial bids will be returned to them unopened. 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.

7. **Contacting the Purchaser**

Any effort by a Bidder to influence the 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 as per SPPRA Rule 37(5)d.

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 01-10-2026 to 30-06-2027.

10. Definition of Terms

In writing these conditions of Contract, Specifications and trainee 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) **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** (Procuring Agency), including his successor 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 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. **Principal / Senior Superintendent Sindh Prisons Staff Training Institute**

Hyderabad 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 Contract.
- 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 Institute.

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) Trainee's 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 **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** for the supply of cooked food to trainees and will be communicated to him / her (them) in the letter of acceptance / supply order. In case the contractor accept the letter of acceptance and come to sign the agreement on the same date than supply order will be issued on the same date. The date for start of supplying the cooked food to the trainees will be communicated in the supply / work order.

13. **Contract Agreement.**

The Contract Agreement executed between purchaser and bidder shall be treated as integral part of the Bid Document but in case of conflict between Contract Agreement and Bid Document the Articles of Agreement shall prevail.

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 Contractor is hereby informed that 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 **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad**. 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 Staff Training Institute Hyderabad 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" under Rule # 40 which states that "The conditions of contract shall stipulate that failure on the part of the parties to perform their obligations under the contract will not be considered a default if such failure is the result of an event of force majeure as defined in the conditions of contract."
"Force Majeure" refers to any event that is beyond a party's control and makes it impossible, or nearly impossible, for that party to carry out its obligations under the contract. Such events include, but are not limited to, **war, riots, civil unrest, earthquakes, fires, explosions, storms, floods, or other severe weather conditions**, as well as **strikes, lockouts, or other labor disputes** (except when these could have been prevented by the party claiming Force Majeure). It also includes **confiscation or any other actions taken by government authorities**.
- 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)

The Administrative Committee of Sindh Prisons Staff Training Institute Hyderabad in its meeting held on 04-07-2023 at Prisons Inspectorate Karachi, approved the diet menu for daily three times cooked food to the trainees (BS-5 to BS-15) and (BS-16 & above) on daily basis at Sindh Prisons Staff Training Institute Hyderabad vide minutes of meeting circulated vide Inspectorate General of Prisons Sindh Karachi No. EB-1/-18029/33 dated 07-07.2023.

SPECIAL TERMS & CONDITIONS OF CONTRACT - ARTICLES OF AGREEMENT

(Part-II)

1. In view of prevailing law & order situation, it is the mandatory for the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad 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.
2. Contractor's labor / food handler shall only be allowed entry / exit through a pre-installed bio-metric (Iris) machine at appropriate place in Institute. Labor / food 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 (trainees) as mentioned including weekly diet menu.
4. The bid security and performance security are to be calculated on daily per trainee 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 will 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 & condition 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 whole sale market rates. The bid found to be the most advantageous bid or best evaluated bid shall be accepted as per SPPRA Rule # 46(2)(i).
6. The bidders are required to offer realistic rates 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 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 June 2026).

7. If the financial bid of the technically qualified bidder is found seriously unbalanced in relation to the estimated cost per trainee 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 or abnormally high 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.
10. The bid shall be separate and accompanied with Pay Order / Demand Draft of any schedule Bank of Pakistan as bid security amounting to **Rs.400,000/-** (Rupees four lacs only) in favour of **Principal Sindh Prisons Staff Training Institute Hyderabad**. 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 deposit performance security in shape of Pay Order / Demand Draft of any scheduled Bank of Pakistan in favour of **Principal Sindh Prisons Staff Training Institute Hyderabad** at the rate of **Rupees 3%** which will be countable from **01-10-2026 to 30-06-2027** of the contract value at approved rates within 7 days of the issue of acceptance letter and execute proper contract as per rules, failing which the bid security will be forfeited to Government.
12. The Contractor shall provide list of employees with complete details viz name, father name, address, photocopy of C.N.I.C, phone number etc and 2 recent photo to **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** 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 supply of cooked food will be for three times a day strictly according to the weekly diet menu & scale as per schedule given below with effect from **01-10-2026 to 30-06-2027**.

- (i) Break Fast. within 1 ½ hour of after sunrise.
- (ii) Midday Meal. Between 1:00 p.m upto 02:00 p.m.
- (iii) Evening Meal. Between 7:00 p.m upto 8:00 p.m.

"The timings are changeable under written mutual consensus between Contractor & the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad,

17. The Contractor shall arrange supply of fresh cooked food three times a day (Breakfast, Midday and Evening meals) according to weekly diet menu and scale for trainees, special diet during the month of Ramzan-ul-Mubarak, specification of dietary articles at **annexure-A**, daily diet scale for trainees, weekly diet menu during the month of Ramazan, Special diet for all the trainees are enclosed with the contract for issuance to the trainees.
18. The daily supply of cooked food will be on the basis of daily total of trainees at the Institute. **The Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall issue raw ration slip according to daily trainees as per diet menu and scale and Contractor will prepare food and hand over to the Institute. Such requisition shall be signed by **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** or his authorized nominee officer not below the rank of Assistant Superintendent.
19. (1) The Party No.2 shall be responsible for supplying wholesome, hygienic and good quality food strictly in accordance with the approved diet menu, specifications and terms of this Agreement. In case any complaint regarding adulteration, inferior quality, fake or substandard food items, short supply or any other breach of the contractual obligations is received or detected, the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall record the deficiency and may initiate the following action.
 - (a) Issue a written explanation notice allowing the contractor three (03) days to submit his reply.
 - (b) If the explanation is found unsatisfactory, issue a Show Cause Notice allowing fourteen (14) days to explain why action should not be taken.
 - (c) If the reply to the Show Cause Notice is not satisfactory, issue a Final Show Cause Notice allowing seven (07) days, followed by an opportunity of personal hearing.
 - (d) Upon completion of the above proceedings and after recording the reasons in writing, the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** may impose contractual penalties ranging from **Rs.50,000/- to Rs.100,000/- (Rupees Fifty Thousand to One Lac)**.

Any contractor aggrieved by the imposition of such penalty may prefer an appeal to the **Deputy Inspector General of Prisons of the respective Region** within **seven (07) days** from the date of communication of the penalty order. The decision of the Deputy Inspector General of Prisons on such appeal shall be final and binding.

- (e) In case of repetition, the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** may recommend to the Inspector General SP & CS through DIG Prisons Hyderabad Region the termination of the contract, forfeiture of performance security, and initiation of blacklisting proceedings in accordance with **Rule 35 of the Sindh Public Procurement Rules, 2010** and the **SPPRA Regulations for Blacklisting of Bidders, Contractors, Suppliers and Consultants, 2023**. Any blacklisting shall only be ordered by the Competent Authority i.e Inspector General Sindh Prisons after following the procedure prescribed under the said Rules and Regulations.
- (2) D.I.G Prisons of the respective region shall inspect the quality and quantity of the food articles frequently and the Principal/ SSP SPSTI shall ensure the good quality of the food as per terms & conditions of the agreement. In case of any irregularity noticed, the D.I.G Prison Hyderabad Region shall initiate the disciplinary proceeding against the Principal/ SSP SPSTI / concerned sub ordinate staff according to E&D Rule 1973.
- (3) During the surprise visit of worthy I.G Prisons Sindh and D.I.G Prisons Hyderabad region, if any short supply, inferior quality of raw articles / cooked food and irregularity noticed, the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** on the directions of worthy I.G Prisons Sindh and D.I.G Prisons Hyderabad region shall impose fine on the spot without disciplinary proceedings as mentioned above.
20. 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.
21. 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.
22. The Contractor shall arrange cooking of food as per diet menu, scale and specification mentioned in this bid document, at the main kitchen inside at the Institute 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 Institute 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 Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad to get the rates of the water charges as determined by the concerned authorities and get approval from the D.I.G Prisons & Corrections Service Hyderabad Region and under intimation to the Inspector General of Sindh Prisons & Corrections Service Karachi.

23. The un-cooked item of ration shall be subject to verification of weight / quality by the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** and Medical officer or their authorized nominee, who shall record verification report in register maintained for the purpose on daily basis. The meat should in no way be contaminated.
24. In case any of the diet item reported or found below standard or less in quantity by the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad 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 D.I.G Prisons & Corrections Service Hyderabad Region for appropriate action.
25. 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.
26. In the case of any trainee 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 trainees, the Contractor shall arrange the same within the approved rate per trainee per day. The change in the dietary of the trainees requires the sanction of Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad.
27. The Contractor irrespective of the cooking venue, shall keep at least 14 days stock of dietary items except perishable items within institute 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 institute premises.
28. The cooked food shall be checked by the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad or his nominated representative as well as the concerned Senior Medical Officer or his representative not below the rank of Medical Officer before serving.

29. In case of any objection sample shall be preserved and food may be allowed conditionally to the trainees if not injurious to health to avoid occurrence of any un-pleasant situation on account of non supply or delay.
30. If there is any objection regarding substandard quality of food the same shall be brought to the notice of the Contractor by Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad for settlement. If the matter is not settled, then with the permission of D.I.G Prisons & Corrections Service Hyderabad Region shall sent the sample alongwith detail report to the well reputed lab approved / registered with Sindh Food Authority (SFA).
31. Sindh Food Authority (SFA) can inspect the 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 & Corrections Service Hyderabad Region.
32. The Inspector General Sindh Prisons & Corrections Service or his representative by paying scheduled, un-scheduled / surprise visits shall ensure that trainees are supplied with cooked food strictly in accordance with contract terms and conditions.
33. The **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall exercise sharp check over raw / un-cooked food items as well as cooked food, authenticating the variety, quantity and quality with prescribed standards. The **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** 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.
34. 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 Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad, the Contractor or his representative if present and an immediate report, suggesting action against the defaulters (Contractor or Staff) prima-facie considered responsible, shall be sent to Inspector General Sindh Prisons & Corrections Service for necessary approval / action.
35. The Contractor shall cook the food in the dedicated kitchen 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 / trained Chefs under proper hygienic condition as well as **Principal / Senior**

- Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall ensure that fortnightly diet menu, scale & specification shall be hoisted in the kitchen as well as in the trainee's barracks.
36. The Contractor is bound to hire professionally trained / skilled kitchen workers / handlers from outside. Contractor shall abide with labour laws / minimum wages and all relevant laws covering process of cooking food.
37. The **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** being Incharge of the Institute 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 shall be held responsible.
38. In case of emergency situation / natural disaster etc, the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad shall get the approval of D.I.G Prisons & Corrections Service Hyderabad Region for supply of alternative food brand equivalent to offered (approved) brand by the contractor.
39. 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.
40. 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 during the first week of following month to the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad who after thorough checking and due process duly signed and stamped the bill and submit 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 the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad for necessary correction / rectification and re-submission.
41. In case of any objection, the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall return the bill to the Contractor with written objections if any within 3 days for rectification and re-submission of correct bill.
42. In case of non-availability of funds the Contractor shall continue supplies for at least 4 months period without disruption of supply of cooked food to trainees.

43. Income Tax and other taxes if any will be deducted according to the Government Rules.
44. The maintenance of kitchen and provision of cooking utensils / appliances i.e. Degs, Tandoors, Burners shall be responsibility of Contractor.
45. The contractor shall get all the utensils tinned on monthly basis.
46. False, fabricated and frivolous objection / complaints should be discouraged.
47. The Contractor shall arrange a weighting scale (Hanging & Digital type) in kitchen, for checking of weight of the raw items and bread by the authority / Medical Officer for the visitors or the committee / member as and when deemed necessary.
48. The Contractor shall observe timings / schedule of delivery of cooked food to the Institute strictly according to the schedule which will be given by the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** in writing before commencement of contract i.e 01-10-2026 or case may be. The timing may be changed as and when deemed appropriate by **the Principal / Senior Superintendent SPSTI Hyderabad** on 3 days advance notice.
49. 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 or Procuring Committee shall decide the matter as to how continue the supplies at Training Institute.
50. 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.
51. The contract shall not be transferable under any circumstances. The Contractor shall not sublet the work in part or full.
52. The rates of cooked food offered by the Contractor are not enhanceable during the whole contract period.
53. 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 04 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 trainees uninterruptedly.

54. 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 second lowest bidder is willing to supply the cooked food at the approved rates and terms & conditions of the original contract.
55. The performance security pledged by Contractor will be refunded to him within 30 days of expiry of contract period subject to receipt of No Demand / No Dues Certificate from the Principal / Senior Superintendent SPSTI Hyderabad.
56. 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.
57. The contractor shall make payment to the outside labour through cross cheque. 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 Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad** shall ensure maintain of proper record in this regard.
58. Contractor shall ensure monthly medical checkup of kitchen labour and such record should be maintained properly for verification / checking.
59. The Contractor labour shall wear a proper uniform with cap during working hours will be provided by the Contractor / Supplier at his cost as per sample duly approved by the **Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad**.
60. 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). Training fee shall bear by the contractor.
61. 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.
62. None of employees, workers or labourer engaged by the contractor shall be treated as the employee, worker or labourer of Sindh Prisons & Corrections Service.

63. 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.
64. 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 Principal / Senior Superintendent authorizes 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.
65. On beef days, the Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad 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).
66. The Chicken shall be broiler and not layered. The chicken shall be healthy and corpulent and not sick, infirm, old and feeble. The Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad shall get replace the sick, feeble, old, infirm layered chicken before slaughtering with healthy and corpulent one immediately by the contractor concerned.
67. 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.

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

• Mechanism for Redressal of Grievances

(1) The Administrative Department 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 the Inspector General Sindh Prison & C.S Karachi, at least one rank senior to the head of the procurement committee and shall include the following;

(a) Accountant General Sindh Karachi, 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 Inspector General Sindh Prison & C.S Karachi.

(3) [Any bidder being aggrieved by any act or decision of the procurement committee 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 rule 32,] [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.]

69. 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-19 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.]

70. 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.

- 71.** The contract agreement of supply of cooked food shall expire on 30.06.2022 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 Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad and contractor concerned for supply of cooked food on the same terms & conditions and rates.

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 TRAINEES (BPS-05 TO BPS-15) & (BPS-16 & Above) FOR THE YEAR 2026-2027.

The Principal / SSP

Sindh Prisons Staff Training Institute

Near CIA Centre, Phuleli Canal Road Hyderabad.

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 Principal / Senior Superintendent Sindh Prisons Staff training Institute Hyderabad 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 **273 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: _____

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)		

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 Principal / Senior Superintendent Sindh Prisons Staff Training Institute Hyderabad 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.

[Principal / SSP Sindh Prisons Staff Training Hyderabad]

[Supplier /Contractor/Consultant]

AFFIDAVIT

(Specimen duly typed on stamp paper of Rs.500/- must be attached with Technical Proposal)

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

Notary Public or Oath Commissioner

Name _____

C.N.I.C # _____

WEEKLY DIET MENU FOR TRAINEES (BS-5 TO BS-15)**YEAR 2026-27**

DAY	BREAKFAST	MID-DAY MEAL	EVENING MEAL
Monday	Two Paratha Chola "Gram Whole" & Tea	Chicken Aaloo curry with Three Roti	Mix Daals with Three Roti and Tea
Tuesday	Two Paratha with Aaloo Bhujia and Tea	Mix seasonal vegetables with Three Roti	Egg with Chola "Gram Whole" white curry with Three roti and Tea
Wednesday	Two Paratha with Egg & Tea	Chicken Aaloo curry with Three Roti	Chola Pulao or Aaloo Pulao or Matar Pulao and Tea
Thursday	Two Paratha Chola "Gram Whole" & Tea	Anda Grabi with Three Roti	Mix seasonal vegetables with Three Roti, Sawayiyan or Kheer and Tea
Friday	Two Paratha with Aaloo Bhujia and Tea	Chicken Briyani	Mix Daals with Three Roti and Tea
Saturday	Two Paratha with Egg & Tea	Mix seasonal vegetables with Three Roti	Egg with Chola "Gram Whole" white curry with Three roti and Tea
Sunday	Two Paratha with Aaloo Bhujia and Tea	Boiled Rice with mix Daals	Anda Grabi with Three Roti and Tea

7

12

22

23

WEEKLY DIET MENU FOR TRAINEES (BS-16 & ABOVE)
THE YEAR 2026-27

DAY	BREAK-FAST	MID-DAY MEAL	EVENING MEAL
Monday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Chicken Qorma, Mix Vegetable Chapati, Salad seasonal fruit	Mix Daals Chapati, Kheer Mix Tea
Tuesday	Paratha or Bread Slices Fried/Boiled Egg Tea	Egg with Chola curry mix vegetables chapatti salad seasonal fruit	Mix vegetable chapatti Sawayan Tea
Wednesday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Muttan Corma mix vegetable Chapati salad seasonal fruit	Egg curry Chapatti Kheer Mix Tea
Thursday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Fish mix Dalls chapatti salad seasonal fruit	Boiled Rice mix Dalls Sawayan Tea
Friday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Chicken Briyani Raita Salad seasonal fruit	Mix vegetables Chapatti Kheer Mix Tea
Saturday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Egg with Chola Curry mix vegetables chapatti salad seasonal fruit	Mix Daals Chapatti Sawayan Tea
Sunday	One Paratha or Bread Slices One Fried/Boiled Egg Tea	Beef Briyani Raita Salad seasonal fruit	Mix vegetables Chapatti Kheer Mix Tea
		Following items to be served daily at 11.00 am during Recess: Tea with one Club Sandwich or Tea with one Samosa or Tea with one Biscuit Pack (100 gm) on rotation basis.	

FOR THE MONTH OF RAMDAN**DIET MENU FOR TRAINEES (BS-5 TO BS-15)**
THE YEAR 2026-2027

DAYS	SEHRI MEAL	AFTARI MEAL	
Monday	Chicken Aaloo curry with three Roti and tea	Mix Seasonal Vegetables with three Roti and tea	
Tuesday	Egg with Chola (White) Curry with three Roti and tea	Boiled Rice with Daal Moong and Tea	
Wednesday	Chicken Aaloo curry with three Roti and tea	Karhi Pakora with three Roti and Tea	
Thursday	Mix Daals (Moong and Masoor) with three Roti and Tea	Egg with Chola (White) Curry with three Roti and tea	
Friday	Chicken Aaloo curry with three Roti and tea	Mix Seasonal Vegetables with three Roti and tea	
Saturday	Egg with Chola (White) Curry with three Roti and tea	Karhi Pakora with three Roti and Tea	
Sunday	Mix Daals (Moong and Masoor) with three Roti and Tea	Beef Pulao with Raita and Tea	
		Following items will be served daily in Aftari throughout Ramadan	
		Sharbat	25 ml
		Sugar	30 gm
		Ice (to be issued in summer season)	250 mg
		Dates (Khajoor)	25 gm net weight
		Mix Fruit Chat (at least 03 fruits)	100 grams

THE MONTH OF RAMZAN
DIET MENU FOR TRAINEES (BS-16 & ABOVE)
THE YEAR 2026-27

DAYS	SEHRI MEAL	AFTARI MEAL	
Monday	Chicken Qorma, Mix Vegetable Chapati, Salad Seasonal Fruit Tea	Mix Daals Chapati, Kheer Mix Tea	
Tuesday	Egg With Chola Curry Mix Vegetables Chapatti Salad Seasonal Fruit Tea	Mix Vegetable Chapatti Sawayan Tea	
Wednesday	Muttan Corma Mix Vegetable Chapati Salad Seasonal Fruit Tea	Egg Curry Chapatti Kheer Mix Tea	
Thursday	Fish Mix Dalls Chapatti Salad Seasonal Fruit Tea	Boiled Rice Mix Dalls Sawayan Tea	
Friday	Chicken Briyani Raita Salad Seasonal Fruit Tea	Mix Vegetables Chapatti Kheer Mix Tea	
Saturday	Egg With Chola Curry Mx Vegetables Chapatti Salad Seasonal Fruit Tea	Mix Daals Chapatti Sawayan Tea	
Sunday	Beef Briyani Raita Salad Seasonal Fruit Tea	Mix Vegetables Chapatti Kheer Mix Tea	
		Following items to be served daily in Aftari during the month of Ramazan	
		Sharbat	25 ml
		Sugar	30 gm
		Ice (to be issued in summer season)	250 mg
		Dates (Khajoor)	25 gm net weight
		Mix Fruit Chat (at least 03 fruits)	100 grams

SPECIFICATION OF DIETARY ARTICLES FOR TRAINEES (BS-5 TO BS-15)
& (BS-16 & ABOVE) FOR THE YEAR 2026-2027

S#	Name of article	Specification Required
1.	Wheat Floor	Good quality from any Registered Floor Mill
2.	Cooking Oil	Tullo, Dalda, Habib or equivalent of 5 Litre or above
3.	Tea leaves	Tapal Danedar, Yellow Label, Broke Bond Supreme or equivalent in standards packing.
4.	Milk	Packed Milk UHT 3.5% fat (1 litre Packing) Pasteurized long life Nestle, Olper, Haleeb or equivalent
5.	Sugar	White good quality
6.	Suji	Good quality
7.	Ghee	Good quality
8.	Dal Moong, Masoor	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.
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.	Mutton	Of healthy animal duly passed by municipality doctor, shall not be less than 1 year or above 5 years years and of ailing / old age animals
14.	Potatoes	Standard size fresh saltish with good taste
15.	Hen Egg	Fresh & Standard size
16.	Mixed Seasonable Vegetable	Fresh, Neat & Clean good quality
17.	Onion	Fresh & Standard size good quality
18.	Tomatoes	Fresh & Standard size good quality
19.	Matar	Fresh & Good Quality
20.	Loki	Fresh & Good Quality
21.	Tinda	Fresh & Good Quality
22.	Palak	Fresh & Good Quality
23.	Salt (Iodized)	National, Shan or equivalent
24.	Red Chilli powder / whole	National, Shan or equivalent
25.	Turmeric Powder / whole	National, Shan or equivalent

26.	Garlic	Fresh & Good Quality
27.	Ginger	Fresh & Good Quality
28.	Green chillies	Fresh & Good Quality
29.	Coriander powder / whole	National, Shan or equivalent
30.	Zecra	Good quality
31.	Condiments powder / whole (loun, kali mirch, dar chini, bari clayichi etc)	National, Shan or equivalent
32.	Sanwayiyan	Standard Quality

ANNEXURE-"C"
FINANCIAL PROPOSAL FORM

DAILY DIET MENU FOR TRAINEES (BS-5 TO BS-15) FOR THE YEAR 2026-2027

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																						
Monday	<u>Two Paratha with Chola “Gram whole” & Tea</u> <table><tr><td>Wheat flour</td><td>200 gm</td></tr><tr><td>Oil for paratha</td><td>20 ml</td></tr><tr><td>Chola white</td><td>50 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>Packed Milk</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat flour	200 gm	Oil for paratha	20 ml	Chola white	50 gm	Oil for chola	15 ml	Salt	02 gm	Red Chillies	01 gm	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<u>Chicken Aaloo curry with three Roti</u> <table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Chicken</td><td>100 gm</td></tr><tr><td>Potato</td><td>70 gm</td></tr><tr><td>Oil</td><td>20 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	300 gm	Chicken	100 gm	Potato	70 gm	Oil	20 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	<u>Mix Daals (Moong & Masoor) with three Roti and Tea</u> <table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Mix Daals</td><td>50 gm</td></tr><tr><td>Oil</td><td>20 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>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>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 for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	300 gm	Mix Daals	50 gm	Oil	20 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm										
Wheat flour	200 gm																																																																																								
Oil for paratha	20 ml																																																																																								
Chola white	50 gm																																																																																								
Oil for chola	15 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar for tea	30 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Wheat Flour	300 gm																																																																																								
Chicken	100 gm																																																																																								
Potato	70 gm																																																																																								
Oil	20 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	300 gm																																																																																								
Mix Daals	50 gm																																																																																								
Oil	20 ml																																																																																								
Salt	02 gm																																																																																								
Red Chillies	01 gm																																																																																								
Onion	15 gm																																																																																								
Tomato	20 gm																																																																																								
Turmeric	02 gm																																																																																								
Garlic	03 gm																																																																																								
Coriander	01 gm																																																																																								
Condiments	01 gm																																																																																								
Green Chili	02 gm																																																																																								
Packed Milk	60 ml																																																																																								
Sugar for tea	30 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Tuesday	<u>Two Paratha with Aaloo Bhujia with and Tea</u> <table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Oil for Paratha</td><td>20 ml</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>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 for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Oil for Paratha	20 ml	Potato	100 gm	Oil for potato	15 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 for tea	30 gm	Tea Leaves	02 gm	<u>Mix Seasonal Vegetables with three Roti</u> <table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Mix Seasonal Vegetables</td><td>150 gm</td></tr><tr><td>Oil</td><td>20 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	300 gm	Mix Seasonal Vegetables	150 gm	Oil	20 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	<u>Egg with Chola “Gram whole” white curry with three Roti and Tea</u> <table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Egg</td><td>01 No.</td></tr><tr><td>Chola</td><td>40 gm</td></tr><tr><td>Oil</td><td>20 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>Packed Milk</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	300 gm	Egg	01 No.	Chola	40 gm	Oil	20 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	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm
Wheat Flour	200 gm																																																																																								
Oil for Paratha	20 ml																																																																																								
Potato	100 gm																																																																																								
Oil for potato	15 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 for tea	30 gm																																																																																								
Tea Leaves	02 gm																																																																																								
Wheat Flour	300 gm																																																																																								
Mix Seasonal Vegetables	150 gm																																																																																								
Oil	20 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	300 gm																																																																																								
Egg	01 No.																																																																																								
Chola	40 gm																																																																																								
Oil	20 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																																																																																								
Packed Milk	60 ml																																																																																								
Sugar for tea	30 gm																																																																																								
Tea Leaves	02 gm																																																																																								

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Wednesday	<u>Two Paratha with Egg & Tea</u>	<u>Chicken Aaloo curry with three Roti</u>	<u>Chola Pulao or Aaloo Pulao or Matar Pulao and Tea</u>
	Wheat flour 200 gm	Wheat Flour 300 gm	Rice 200 gm
	Oil for paratha 20 ml	Chicken 100 gm	Chola 50 gm
	Egg 01 No.	Potato 70 gm	Gram
	Oil for egg 15 ml	Oil 20 ml	Whole (white)
	Salt 02 gm	Salt 02 gm	Matar 25 gm
	Red Chilies 01 gm	Red Chilies 01 gm	Potato 50 gm
	Packed Milk 60 ml	Onion 25 gm	Oil 20 ml
	Sugar for tea 30 gm	Tomato 20 gm	Salt 02 gm
	Tea Leaves 02 gm	Turmeric 02 gm	Red Chilies 01 gm
		Garlic 03 gm	Onion 25 gm
		Ginger 04 gm	Tomato 20 gm
		Coriander 01 gm	Turmeric 02 gm
		Condiments 01 gm	Garlic 03 gm
		Green Chili 02 gm	Ginger 04 gm
			Coriander 01 gm
			Condiments 01 gm
			Green Chilies 02 gm
			Curd for Raita 25 gm
			Zeera for Raita ½ gm
			Packed Milk 60 ml
			Sugar for tea 30 gm
			Tea Leaves 02 gm

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL		
Thursday	<u>Two Paratha with Chola "Gram whole" & Tea</u>	<u>Anda Grabi with three Roti</u>	<u>Mix Seasonal Vegetables with three Roti, Sweet and Tea</u>		
	Wheat flour	200 gm	Wheat Flour	300 gm	
	Oil for paratha	20 ml	Egg	01 No.	
	Chola white	50 gm	Potato	50 gm	
	Oil for chola	15 ml	Oil	20 ml	
	Salt	02 gm	Salt	02 gm	
	Red Chilies	01 gm	Red Chilies	01 gm	
	Packed Milk	60 ml	Onion	25 gm	
	Sugar for tea	30 gm	Tomato	20 gm	
	Tea Leaves	02 gm	Turmeric	02 gm	
			Garlic	03 gm	
			Ginger	04 gm	
			Coriander	01 gm	
			Condiments	01 gm	
			Green Chilies	02 gm	
				Sawayiyan	58 gm
				Milk for Sawayiyan / Kheer	125 ml
			Rice for Kheer	50 gm	
			Sugar for Sawayiyan	60 gm	
			Sugar for Kheer	30 gm	
			Packed Milk	60 ml	
			Sugar for tea	30 gm	
			Tea Leaves	02 gm	

Friday	<u>Two Paratha with Aaloo Bhujia and Tea</u>		<u>Chicken Briyani</u>		<u>Mix Daals (Moong & Masoor) with three Roti and Tea</u>	
	Wheat	200 gm	Rice	200 gm	Wheat Flour	300 gm
	Flour		Chicken	100 gm	Mix Daals	50 gm
	Oil for Paratha	20 ml	Oil	20 ml	Oil	20 ml
	Potato	100 gm	Salt	02 gm	Salt	02 gm
	Oil for potato	15 ml	Red Chilies	01 gm	Onion	15 gm
	Salt	02 gm	Onion	25 gm	Turmeric	02 gm
	Tomato	20 gm	Tomato	20 gm	Garlic	03 gm
	Red Chilies	01 gm	Turmeric	02 gm	Ginger	04 gm
	Zeera	01 gm	Garlic	03 gm	Tomato	20 gm
	Green Chillies	01 gm	Ginger	03 gm	Coriander	01 gm
	Turmeric	01 gm	Coriander	01 gm	Condiments	01 gm
	Packed Milk	60 ml	Condiments	01 gm	Green Chili	02 gm
	Sugar for tea	30 gm	Green Chilies	02 gm	Packed Milk	60 ml
	Tea Leaves	02 gm	Curd for Raita	25 gm	Sugar for tea	30 gm
			Zeera for Raita	½ gm	Tea Leaves	02 gm

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Saturday	<u>Two Paratha with Egg and Tea</u>	<u>Mix Seasonal Vegetables with three Roti</u>	<u>Egg with Chola "Gram whole" white curry with three Roti and Tea</u>
Sunday	<u>Two Paratha with Aaloo Bhujia and Tea</u>	<u>Boiled Rice with mix Daals (Moong & Masoor)</u>	<u>Anda Grabi with Three Roti and Tea</u>

DAILY DIET MENU FOR THE MONTH OF RAMZAN FOR TRAINEES (BS-5 TO BS-15)

DAY	SEHRI MEAL	AFTARI MEAL
Monday	<u>Chicken Aaloo curry with three Roti and tea</u>	<u>Mix Seasonal Vegetables with three Roti and tea</u>
	Wheat Flour 300 gm	Wheat Flour 300 gm
	Chicken 100 gm	Mix vegetables 150 gm
	Potato 70 gm	Oil 20 ml
	Oil 20 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
	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	Sharbat 25 ml
	Packed Milk 60 ml	Sugar for sharbat 30 gm
	Sugar for tea 30 gm	Ice (in summer season) 250 mg
	Tea Leaves 02 gm	Dates (Khajoor) 25 gm net weight
		Mix Fruit Chat (at least 03 fruits) 100 grams
		Packed Milk 60 ml
		Sugar for tea 30 gm
		Tea Leaves 02 gm

DAY	SEHRI MEAL	AFTARI MEAL		
Tuesday	<u>Egg with Chola (White) Curry with three Roti and tea</u>	<u>Boiled Rice with Daal Moong and Tea</u>		
	Wheat Flour	300 gm	Rice	200 gm
	Egg	01 No	Mix daals	35 gm
	Chola whole (white)	40 gm	Oil	20 ml
	Oil	20 ml	Salt	02 gm
	Salt	02 gm	Red Chillies	01 gm
	Red Chillies	01 gm	Onion	15 gm
	Onion	25 gm	Turmeric	02 gm
	Tomato	20 gm	Garlic	03 gm
	Turmeric	02 gm	Ginger	04 gm
	Garlic	03 gm	Coriander	01 gm
	Ginger	04 gm	Condiments	01 gm
	Coriander	01 gm	Green Chili	02 gm
	Condiments	01 gm	Sharbat	25 ml
	Green Chili	02 gm	Sugar for tea	30 gm
	Packed Milk	60 ml	Ice (in summer season)	250 mg
	Sugar for tea	30 gm	Dates (Khajoor)	25 gm net weight
Tea Leaves	02 gm	Mix Fruit Chat (at least 03 fruits)	100 grams	
		Packed Milk	60 ml	
		Sugar for tea	30 gm	
		Tea Leaves	02 gm	

DAY	SEHRI MEAL	AFTARI MEAL		
Wednesday	<u>Chicken Aaloo curry with three Roti and tea</u>	<u>Karhi Pakora with three Roti and tea</u>		
	Wheat Flour	300 gm	Wheat Flour	300 gm
	Chicken	100 gm	Baisan	100 gm
	Potato	70 gm	Curd	50 gm
	Oil	20 ml	Oil	20 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	25 gm	Onion	25 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Zeera	½ 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	Sharbat	25 ml
	Sugar for tea	30 gm	Sugar for sharbat	30 gm
Tea Leaves	02 gm	Ice (in summer season)	250 mg	
		Dates (Khajoor)	25 gm net weight	
		Mix Fruit Chat (at least 03 fruits)	100 grams	
		Packed Milk	60 ml	
		Sugar for tea	30 gm	
		Tea Leaves	02 gm	

DAY	SEHRI MEAL	AFTARI MEAL
Thursday	<u>Mix Daals (Moong and Masoor)</u> <u>with three Roti and Tea</u>	<u>Egg with Chola (White) Curry with</u> <u>three Roti and tea</u>
	Wheat Flour 300 gm	Wheat Flour 300 gm
	Mix Daals 50 gm	Egg 01 No
	Oil 20 ml	Chola 40 gm
	Salt 02 gm	Oil 20 ml
	Red Chilies 01 gm	Salt 02 gm
	Onion 15 gm	Red Chilies 01 gm
	Tomato 20 gm	Onion 25 gm
	Turmeric 02 gm	Tomato 20 gm
	Garlic 03 gm	Turmeric 02 gm
	Ginger 04 gm	Garlic 03 gm
	Coriander 01 gm	Ginger 04 gm
	Condiments 01 gm	Coriander 01 gm
	Green Chili 02 gm	Condiments 01 gm
	Packed Milk 60 ml	Green Chili 02 gm
	Sugar for tea 30 gm	Sharbat 25 ml
	Tea Leaves 02 gm	Sugar for sharbat 30 gm
		Ice (in summer season) 250 mg
		Dates (Khajoor) 25 gm net weight
		Mix Fruit Chat (at least 03 fruits) 100 grams
		Packed Milk 60 ml
		Sugar for tea 30 gm
		Tea Leaves 02 gm

DAY	SEHRI MEAL	AFTARI MEAL																																																																												
Friday	<u>Chicken Aaloo curry with three</u>	<u>Mix Seasonal Vegetables with three</u>																																																																												
	<u>Roti and tea</u>	<u>Roti and tea</u>																																																																												
	<table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Chicken</td><td>100 gm</td></tr><tr><td>Potato</td><td>70 gm</td></tr><tr><td>Oil</td><td>20 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 for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	300 gm	Chicken	100 gm	Potato	70 gm	Oil	20 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 for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>300 gm</td></tr><tr><td>Mix vegetables</td><td>150 gm</td></tr><tr><td>Oil</td><td>20 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>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>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr><tr><td>Packed Milk</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	300 gm	Mix vegetables	150 gm	Oil	20 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm
Wheat Flour	300 gm																																																																													
Chicken	100 gm																																																																													
Potato	70 gm																																																																													
Oil	20 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 for tea	30 gm																																																																													
Tea Leaves	02 gm																																																																													
Wheat Flour	300 gm																																																																													
Mix vegetables	150 gm																																																																													
Oil	20 ml																																																																													
Salt	02 gm																																																																													
Red Chillies	01 gm																																																																													
Onion	15 gm																																																																													
Tomato	20 gm																																																																													
Turmeric	02 gm																																																																													
Garlic	03 gm																																																																													
Ginger	04 gm																																																																													
Coriander	01 gm																																																																													
Condiments	01 gm																																																																													
Green Chili	02 gm																																																																													
Sharbat	25 ml																																																																													
Sugar for sharbat	30 gm																																																																													
Ice (in summer season)	250 mg																																																																													
Dates (Khajoor)	25 gm net weight																																																																													
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																													
Packed Milk	60 ml																																																																													
Sugar for tea	30 gm																																																																													
Tea Leaves	02 gm																																																																													

DAY	SEHRI MEAL	AFTARI MEAL		
Saturday	<u>Egg with Chola (White) Curry with three Roti and tea</u>	<u>Karhi Pakora with three Roti and Tea</u>		
	Wheat Flour	300 gm	Wheat Flour	300 gm
	Egg	01 No	Baisan	100 gm
	Chola	40 gm	Curd	50 gm
	Oil	20 ml	Oil	20 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	25 gm	Onion	25 gm
	Tomato	20 gm	Turmeric	02 gm
	Turmeric	02 gm	Garlic	03 gm
	Garlic	03 gm	Ginger	04 gm
	Ginger	04 gm	Zeera	½ 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	Sharbat	25 ml
Sugar for tea	30 gm	Sugar for sharbat	30 gm	
Tea Leaves	02 gm	Ice (in summer season)	250 mg	
		Dates (Khajoor)	25 gm net weight	
		Mix Fruit Chat (at least 03 fruits)	100 grams	
		Packed Milk	60 ml	
		Sugar tea	30 gm	
		Tea Leaves	02 gm	

DAY	SEHRI MEAL	AFTARI MEAL		
Sunday	<u>Mix Daals (Moong and Masoor) with three Roti and Tea</u>	<u>Beef Pulao with Raita and Tea</u>		
	Wheat Flour	300 gm	Beef	100 gm
	Mix Daals	50 gm	Rice	200 gm
	Oil	20 ml	Oil	15 ml
	Salt	02 gm	Salt	02 gm
	Red Chilies	01 gm	Red Chilies	01 gm
	Onion	15 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	Curd for Raita	25 gm
	Sugar for tea	30 gm	Sharbat	25 ml
Tea Leaves	02 gm	Sugar for sharbat	30 gm	
		Ice (in summer season)	250 mg	
		Dates (Khajoor)	25 gm net weight	
		Mix Fruit Chat (at least 03 fruits)	100 grams	
		Packed Milk	60 ml	
		Sugar for tea	30 gm	
		Tea Leaves	02 gm	

Rate per trainee per day of daily three times (breakfast, mid-day & evening meals) cooked food to the trainees including cooked food during the month of Ramazan along with special diet for Schri & Aftari.

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

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

Bid Security amounting to Rs. 400,000/- (In Words) Rupees Four Lacs

In Shape of Pay Order / Demand Draft No. _____ dated _____ of
_____ Bank of Pakistan in favour of Inspector General of Prisons Sindh Karachi.

BID DOCUMENT Supply of Cooked food to the Trainees of Sindh Prisons Staff Training Institute Hyderabad for the year 2026-2027
Page 18 of 35

Full Name, Address & Stamp of Firm

Name of authorized Person

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

Signature of Authorized Person

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																										
Monday	Paratha or Bread Slices with Fried/Boiled Egg and Tea	Chicken Qorma, Mix Vegetable with Two Chapati, salad & seasonal fruit	Mix Daals (Moong & Masoor) with Two Chapati, Kheer Mix and Tea																																																																																										
	<table border="1"> <tr> <td>Wheat Flour</td><td>125 gm</td></tr> <tr> <td>Bread slices</td><td>70 gm to 80 gm</td></tr> <tr> <td>Gem for bread</td><td>50 gm</td></tr> <tr> <td>Egg fried/boiled</td><td>01 No.</td></tr> <tr> <td>Oil for Paratha</td><td>07 ml</td></tr> <tr> <td>Oil for Egg</td><td>07 ml</td></tr> <tr> <td>Salt</td><td>02 gm</td></tr> <tr> <td>Red Chilies</td><td>01 gm</td></tr> <tr> <td>Packed Milk</td><td>60 ml</td></tr> <tr> <td>Sugar for tea</td><td>30 gm</td></tr> <tr> <td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	125 gm	Bread slices	70 gm to 80 gm	Gem for bread	50 gm	Egg fried/boiled	01 No.	Oil for Paratha	07 ml	Oil for Egg	07 ml	Salt	02 gm	Red Chilies	01 gm	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table border="1"> <tr> <td>Wheat Flour</td><td>200 gm</td></tr> <tr> <td>Chicken</td><td>150 gm</td></tr> <tr> <td>Mix vegetables</td><td>100 gm</td></tr> <tr> <td>Cooking oil</td><td>40 ml</td></tr> <tr> <td>Salt</td><td>04 gm</td></tr> <tr> <td>Red Chilies</td><td>02 gm</td></tr> <tr> <td>Onion</td><td>50 gm</td></tr> <tr> <td>Tomato</td><td>40 gm</td></tr> <tr> <td>Turmeric</td><td>04 gm</td></tr> <tr> <td>Garlic</td><td>06 gm</td></tr> <tr> <td>Ginger</td><td>08 gm</td></tr> <tr> <td>Coriander</td><td>02 gm</td></tr> <tr> <td>Condiments</td><td>02 gm</td></tr> <tr> <td>Green Chili</td><td>04 gm</td></tr> <tr> <td>Salad</td><td>100 gm</td></tr> <tr> <td>Seasonal fruit</td><td>100 gm</td></tr> </table>	Wheat Flour	200 gm	Chicken	150 gm	Mix vegetables	100 gm	Cooking oil	40 ml	Salt	04 gm	Red Chilies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	<table border="1"> <tr> <td>Wheat Flour</td><td>200 gm</td></tr> <tr> <td>Mix Daals</td><td>70 gm</td></tr> <tr> <td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr> <tr> <td>Milk for Kheer</td><td>125 ml</td></tr> <tr> <td>Sugar for Kheer</td><td>60 gm</td></tr> <tr> <td>Packed Milk for tea</td><td>60 ml</td></tr> <tr> <td>Sugar for tea</td><td>30 gm</td></tr> <tr> <td>Tea Leaves</td><td>02 gm</td></tr> </table>	Wheat Flour	200 gm	Mix Daals	70 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm
Wheat Flour	125 gm																																																																																												
Bread slices	70 gm to 80 gm																																																																																												
Gem for bread	50 gm																																																																																												
Egg fried/boiled	01 No.																																																																																												
Oil for Paratha	07 ml																																																																																												
Oil for Egg	07 ml																																																																																												
Salt	02 gm																																																																																												
Red Chilies	01 gm																																																																																												
Packed Milk	60 ml																																																																																												
Sugar for tea	30 gm																																																																																												
Tea Leaves	02 gm																																																																																												
Wheat Flour	200 gm																																																																																												
Chicken	150 gm																																																																																												
Mix vegetables	100 gm																																																																																												
Cooking oil	40 ml																																																																																												
Salt	04 gm																																																																																												
Red Chilies	02 gm																																																																																												
Onion	50 gm																																																																																												
Tomato	40 gm																																																																																												
Turmeric	04 gm																																																																																												
Garlic	06 gm																																																																																												
Ginger	08 gm																																																																																												
Coriander	02 gm																																																																																												
Condiments	02 gm																																																																																												
Green Chili	04 gm																																																																																												
Salad	100 gm																																																																																												
Seasonal fruit	100 gm																																																																																												
Wheat Flour	200 gm																																																																																												
Mix Daals	70 gm																																																																																												
Cooking oil	20 ml																																																																																												
Salt	02 gm																																																																																												
Red Chilies	01 gm																																																																																												
Onion	15 gm																																																																																												
Tomato	20 gm																																																																																												
Turmeric	02 gm																																																																																												
Garlic	03 gm																																																																																												
Coriander	01 gm																																																																																												
Condiments	01 gm																																																																																												
Green Chili	02 gm																																																																																												
Rice for Kheer	50 gm																																																																																												
Milk for Kheer	125 ml																																																																																												
Sugar for Kheer	60 gm																																																																																												
Packed Milk for tea	60 ml																																																																																												
Sugar for tea	30 gm																																																																																												
Tea Leaves	02 gm																																																																																												

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL		
Tuesday	Paratha or Bread Slices with Fried/Boiled Egg and Tea	Egg with Chola (white) curry, mix vegetables, two chapatti, salad & seasonal fruit	Mix vegetable with two chapatti, Sawayan and Tea		
				Wheat Flour	125 gm
				Bread slices	70 gm to 80 gm
				Gem for bread	50 gm
				Egg fried/boiled	01 No.
				Oil for Paratha	07 ml
				Oil for Egg	07 ml
				Salt	02 gm
				Red Chilies	01 gm
				Packed Milk	60 ml
				Sugar for tea	30 gm
				Tea Leaves	02 gm
				Wheat Flour	200 gm
Chola white	70 gm				
Mix vegetables	100 gm				
Cooking oil	40 ml				
Salt	04 gm				
Red Chilies	02 gm				
Onion	50 gm				
Tomato	40 gm				
Turmeric	04 gm				
Garlic	06 gm				
Ginger	08 gm				
Coriander	02 gm				
Condiments	02 gm				
Green Chili	04 gm				
Salad	100 gm				
Seasonal fruit	100 gm				
Wheat Flour	200 gm				
Mix vegetable	150 gm				
Cooking oil	20 ml				
Salt	02 gm				
Red Chilies	01 gm				
Onion	15 gm				
Tomato	20 gm				
Turmeric	02 gm				
Garlic	03 gm				
Coriander	01 gm				
Condiments	01 gm				
Green Chili	02 gm				
Sawayiyan	60 gm				
Milk for Sawayan	125 ml				
Sugar for sawayan	60 gm				
Packed Milk for tea	60 ml				
Sugar for tea	30 gm				
Tea Leaves	02 gm				

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL
Wednesday	Paratha or Bread Slices with Fried/Boiled Egg and Tea	Muttan Corma, mix vegetable, two Chapati, salad & seasonal fruit	Egg curry with two chapatti, Kheer Mix and Tea
	Wheat Flour 125 gm	Wheat Flour 200 gm	Wheat Flour 200 gm
	Bread slices 70 gm to 80 gm	Muttan 150 gm	Egg 01 No
	Gem for bread 50 gm	Mix vegetables 100 gm	Cooking oil 20 ml
	Egg fried/boiled 01 No.	Cooking oil 40 ml	Salt 02 gm
	Oil for Paratha 07 ml	Salt 04 gm	Red Chillies 01 gm
	Oil for Egg 07 ml	Red Chillies 02 gm	Onion 15 gm
	Salt 02 gm	Onion 50 gm	Tomato 20 gm
	Red Chillies 01 gm	Tomato 40 gm	Turmeric 02 gm
	Packed Milk 60 ml	Turmeric 04 gm	Garlic 03 gm
	Sugar for tea 30 gm	Garlic 06 gm	Coriander 01 gm
	Tea Leaves 02 gm	Ginger 08 gm	Condiments 01 gm
		Coriander 02 gm	Green Chili 02 gm
		Condiments 02 gm	Rice for Kheer 50 gm
		Green Chili 04 gm	Milk for Kheer 125 ml
		Salad 100 gm	Sugar for Kheer 60 gm
		Seasonal fruit 100 gm	Packed Milk for tea 60 ml
			Sugar for tea 30 gm
			Tea Leaves 02 gm

DAY	BREAKFAST		MIDDAY MEAL		EVENING MEAL	
Thursday	Paratha or Bread Slices with Fried/Boiled Egg and Tea		Fish, mix Dalls with two chapatti, salad & seasonal fruit		Boiled Rice with mix Dalls, Sawayan and Tea	
	Wheat Flour	125 gm	Wheat Flour	200 gm	Rice	200 gm
		70gm	Fish	150 gm	Mix Dalls	30 gm
	Bread slices	to 80gm	Mix Daals	70 gm	Cooking oil	20 ml
	Gem for bread	50 gm	Cooking oil	40 ml	Salt	02 gm
	Egg fried/boiled	01 No.	Salt	04 gm	Red Chilies	01 gm
	Oil for Paratha	07 ml	Red Chilies	02 gm	Onion	15 gm
	Oil for Egg	07 ml	Onion	50 gm	Tomato	20 gm
	Salt	02 gm	Tomato	40 gm	Turmeric	02 gm
	Red Chilies	01 gm	Turmeric	04 gm	Garlic	03 gm
	Packed Milk	60 ml	Garlic	06 gm	Coriander	01 gm
	Sugar for tea	30 gm	Ginger	08 gm	Condiments	01 gm
	Tea Leaves	02 gm	Coriander	02 gm	Green Chili	02 gm
			Condiments	02 gm	Sawayiyan	60 gm
		Green Chili	04 gm	Milk for Sawayan	125 ml	
		Salad	100 gm	Sugar for sawayan	60 gm	
		Seasonal fruit	100 gm	Packed Milk for tea	60 ml	
				Sugar for tea	30 gm	
				Tea Leaves	02 gm	

DAY	BREAKFAST	MIDDAY MEAL	EVENING MEAL																																																																																											
Friday	Paratha or Bread Slices with Fried/Boiled Egg and Tea	Chicken Briyani with Raita, salad and seasonal fruit	Mix vegetables with two chapatti, Kheer Mix and Tea																																																																																											
	<table><tr><td>Wheat Flour</td><td>125 gm</td></tr><tr><td>Bread slices</td><td>70gm to 80gm</td></tr><tr><td>Gem for bread</td><td>50 gm</td></tr><tr><td>Egg fried/boiled</td><td>01 No.</td></tr><tr><td>Oil for Paratha</td><td>07 ml</td></tr><tr><td>Oil for Egg</td><td>07 ml</td></tr><tr><td>Salt</td><td>02 gm</td></tr><tr><td>Red Chilies</td><td>01 gm</td></tr><tr><td>Packed Milk</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	125 gm	Bread slices	70gm to 80gm	Gem for bread	50 gm	Egg fried/boiled	01 No.	Oil for Paratha	07 ml	Oil for Egg	07 ml	Salt	02 gm	Red Chilies	01 gm	Packed Milk	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Rice</td><td>200 gm</td></tr><tr><td>Chicken</td><td>120 gm</td></tr><tr><td>Cooking oil</td><td>20 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>04 gm</td></tr><tr><td>Condiments</td><td>04 gm</td></tr><tr><td>Green Chili</td><td>02 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Curd for Raita</td><td>25 gm</td></tr><tr><td>Zeera</td><td>½ gm</td></tr></table>	Rice	200 gm	Chicken	120 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	04 gm	Condiments	04 gm	Green Chili	02 gm	Salad	100 gm	Seasonal fruit	100 gm	Curd for Raita	25 gm	Zeera	½ gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix vegetable</td><td>150 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr><tr><td>Milk for Kheer</td><td>125 ml</td></tr><tr><td>Sugar for Kheer</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Mix vegetable	150 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves
Wheat Flour	125 gm																																																																																													
Bread slices	70gm to 80gm																																																																																													
Gem for bread	50 gm																																																																																													
Egg fried/boiled	01 No.																																																																																													
Oil for Paratha	07 ml																																																																																													
Oil for Egg	07 ml																																																																																													
Salt	02 gm																																																																																													
Red Chilies	01 gm																																																																																													
Packed Milk	60 ml																																																																																													
Sugar for tea	30 gm																																																																																													
Tea Leaves	02 gm																																																																																													
Rice	200 gm																																																																																													
Chicken	120 gm																																																																																													
Cooking oil	20 ml																																																																																													
Salt	02 gm																																																																																													
Red Chilies	01 gm																																																																																													
Onion	25 gm																																																																																													
Tomato	20 gm																																																																																													
Turmeric	02 gm																																																																																													
Garlic	03 gm																																																																																													
Ginger	04 gm																																																																																													
Coriander	04 gm																																																																																													
Condiments	04 gm																																																																																													
Green Chili	02 gm																																																																																													
Salad	100 gm																																																																																													
Seasonal fruit	100 gm																																																																																													
Curd for Raita	25 gm																																																																																													
Zeera	½ gm																																																																																													
Wheat Flour	200 gm																																																																																													
Mix vegetable	150 gm																																																																																													
Cooking oil	20 ml																																																																																													
Salt	02 gm																																																																																													
Red Chilies	01 gm																																																																																													
Onion	15 gm																																																																																													
Tomato	20 gm																																																																																													
Turmeric	02 gm																																																																																													
Garlic	03 gm																																																																																													
Coriander	01 gm																																																																																													
Condiments	01 gm																																																																																													
Green Chili	02 gm																																																																																													
Rice for Kheer	50 gm																																																																																													
Milk for Kheer	125 ml																																																																																													
Sugar for Kheer	60 gm																																																																																													
Packed Milk for tea	60 ml																																																																																													
Sugar for tea	30 gm																																																																																													
Tea Leaves	02 gm																																																																																													

DAY	<u>BREAKFAST</u>		<u>MIDDAY MEAL</u>		<u>EVENING MEAL</u>	
Sunday	Paratha or Bread Slices with Fried/Boiled Egg and Tea		Beef Briyani with Raita, salad and seasonal fruit		Mix vegetables with two chapatti, Kheer Mix and Tea	
	Wheat Flour	125 gm	Rice	200 gm	Wheat Flour	200 gm
	Bread slices	70gm to 80gm	Chicken	120 gm	Mix vegetable	150 gm
	Gem for bread	50 gm	Cooking oil	20 ml	Cooking oil	20 ml
	Egg fried/boiled	01 No.	Salt	02 gm	Salt	02 gm
	Oil for Paratha	07 ml	Red Chillies	01 gm	Red Chillies	01 gm
	Oil for Egg	07 ml	Onion	25 gm	Onion	15 gm
	Salt	02 gm	Tomato	20 gm	Tomato	20 gm
	Red Chillies	01 gm	Turmeric	02 gm	Turmeric	02 gm
	Packed Milk	60 ml	Garlic	03 gm	Garlic	03 gm
	Sugar for tea	30 gm	Ginger	04 gm	Coriander	01 gm
	Tea Leaves	02 gm	Coriander	04 gm	Condiments	01 gm
			Condiments	04 gm	Green Chili	02 gm
			Green Chili	02 gm	Rice for Kheer	50 gm
		Salad	100 gm	Milk for Kheer	125 ml	
		Seasonal fruit	100 gm	Sugar for Kheer	60 gm	
		Curd for Raita	25 gm	Packed Milk for tea	60 ml	
		Zeera	½ gm	Sugar for tea	30 gm	
				Tea Leaves	02 gm	

**DAILY DIET MENU FOR THE MONTH OF RAMZAN FOR TRAINEES
(BS-16 & ABOVE)**

DAY	SEHRI	AFTARI																																																																																				
<u>Monday</u>	Chicken Qorma, Mix Vegetable with Two Chapati, salad & seasonal fruit and Tea	Mix Daals (Moong & Masoor) with Two Chapati, Kheer Mix and Tea																																																																																				
	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Chicken</td><td>150 gm</td></tr><tr><td>Mix vegetables</td><td>100 gm</td></tr><tr><td>Cooking oil</td><td>40 ml</td></tr><tr><td>Salt</td><td>04 gm</td></tr><tr><td>Red Chilies</td><td>02 gm</td></tr><tr><td>Onion</td><td>50 gm</td></tr><tr><td>Tomato</td><td>40 gm</td></tr><tr><td>Turmeric</td><td>04 gm</td></tr><tr><td>Garlic</td><td>06 gm</td></tr><tr><td>Ginger</td><td>08 gm</td></tr><tr><td>Coriander</td><td>02 gm</td></tr><tr><td>Condiments</td><td>02 gm</td></tr><tr><td>Green Chili</td><td>04 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Chicken	150 gm	Mix vegetables	100 gm	Cooking oil	40 ml	Salt	04 gm	Red Chilies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix Daals</td><td>70 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr><tr><td>Milk for Kheer</td><td>125 ml</td></tr><tr><td>Sugar for Kheer</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Mix Daals	70 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Wheat Flour	200 gm																																																																																					
Chicken	150 gm																																																																																					
Mix vegetables	100 gm																																																																																					
Cooking oil	40 ml																																																																																					
Salt	04 gm																																																																																					
Red Chilies	02 gm																																																																																					
Onion	50 gm																																																																																					
Tomato	40 gm																																																																																					
Turmeric	04 gm																																																																																					
Garlic	06 gm																																																																																					
Ginger	08 gm																																																																																					
Coriander	02 gm																																																																																					
Condiments	02 gm																																																																																					
Green Chili	04 gm																																																																																					
Salad	100 gm																																																																																					
Seasonal fruit	100 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	200 gm																																																																																					
Mix Daals	70 gm																																																																																					
Cooking oil	20 ml																																																																																					
Salt	02 gm																																																																																					
Red Chilies	01 gm																																																																																					
Onion	15 gm																																																																																					
Tomato	20 gm																																																																																					
Turmeric	02 gm																																																																																					
Garlic	03 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	01 gm																																																																																					
Green Chili	02 gm																																																																																					
Rice for Kheer	50 gm																																																																																					
Milk for Kheer	125 ml																																																																																					
Sugar for Kheer	60 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sharbat	25 ml																																																																																					
Sugar for sharbat	30 gm																																																																																					
Ice (in summer season)	250 mg																																																																																					
Dates (Khajoor)	25 gm net weight																																																																																					
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																					

DAY	SEHRI	AFTARI																																																																																				
<u>Tuesday</u>	Egg with Chola (white) curry, mix vegetables, two chapatti, salad & seasonal fruit	Mix vegetable with two chapatti, Sawayan and Tea																																																																																				
	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Chola white</td><td>70 gm</td></tr><tr><td>Mix vegetables</td><td>100 gm</td></tr><tr><td>Cooking oil</td><td>40 ml</td></tr><tr><td>Salt</td><td>04 gm</td></tr><tr><td>Red Chilies</td><td>02 gm</td></tr><tr><td>Onion</td><td>50 gm</td></tr><tr><td>Tomato</td><td>40 gm</td></tr><tr><td>Turmeric</td><td>04 gm</td></tr><tr><td>Garlic</td><td>06 gm</td></tr><tr><td>Ginger</td><td>08 gm</td></tr><tr><td>Coriander</td><td>02 gm</td></tr><tr><td>Condiments</td><td>02 gm</td></tr><tr><td>Green Chili</td><td>04 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Chola white	70 gm	Mix vegetables	100 gm	Cooking oil	40 ml	Salt	04 gm	Red Chilies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix vegetable</td><td>150 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Sawayiyan</td><td>60 gm</td></tr><tr><td>Milk for Sawayan</td><td>125 ml</td></tr><tr><td>Sugar for sawayan</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Mix vegetable	150 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Sawayiyan	60 gm	Milk for Sawayan	125 ml	Sugar for sawayan	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Wheat Flour	200 gm																																																																																					
Chola white	70 gm																																																																																					
Mix vegetables	100 gm																																																																																					
Cooking oil	40 ml																																																																																					
Salt	04 gm																																																																																					
Red Chilies	02 gm																																																																																					
Onion	50 gm																																																																																					
Tomato	40 gm																																																																																					
Turmeric	04 gm																																																																																					
Garlic	06 gm																																																																																					
Ginger	08 gm																																																																																					
Coriander	02 gm																																																																																					
Condiments	02 gm																																																																																					
Green Chili	04 gm																																																																																					
Salad	100 gm																																																																																					
Seasonal fruit	100 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	200 gm																																																																																					
Mix vegetable	150 gm																																																																																					
Cooking oil	20 ml																																																																																					
Salt	02 gm																																																																																					
Red Chilies	01 gm																																																																																					
Onion	15 gm																																																																																					
Tomato	20 gm																																																																																					
Turmeric	02 gm																																																																																					
Garlic	03 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	01 gm																																																																																					
Green Chili	02 gm																																																																																					
Sawayiyan	60 gm																																																																																					
Milk for Sawayan	125 ml																																																																																					
Sugar for sawayan	60 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sharbat	25 ml																																																																																					
Sugar for sharbat	30 gm																																																																																					
Ice (in summer season)	250 mg																																																																																					
Dates (Khajoor)	25 gm net weight																																																																																					
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																					

DAY	SEHRI	AFTARI																																																																																				
<u>Wednesday</u>	Muttan Corma, mix vegetable, two Chapati, salad & seasonal fruit	Egg curry with two chapatti, Kheer Mix and Tea																																																																																				
	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Muttan</td><td>150 gm</td></tr><tr><td>Mix vegetables</td><td>150 gm</td></tr><tr><td>Cooking oil</td><td>40 ml</td></tr><tr><td>Salt</td><td>04 gm</td></tr><tr><td>Red Chillies</td><td>02 gm</td></tr><tr><td>Onion</td><td>50 gm</td></tr><tr><td>Tomato</td><td>40 gm</td></tr><tr><td>Turmeric</td><td>04 gm</td></tr><tr><td>Garlic</td><td>06 gm</td></tr><tr><td>Ginger</td><td>08 gm</td></tr><tr><td>Coriander</td><td>02 gm</td></tr><tr><td>Condiments</td><td>02 gm</td></tr><tr><td>Green Chili</td><td>04 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Muttan	150 gm	Mix vegetables	150 gm	Cooking oil	40 ml	Salt	04 gm	Red Chillies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Egg</td><td>01 No</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr><tr><td>Milk for Kheer</td><td>125 ml</td></tr><tr><td>Sugar for Kheer</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Egg	01 No	Cooking oil	20 ml	Salt	02 gm	Red Chillies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Wheat Flour	200 gm																																																																																					
Muttan	150 gm																																																																																					
Mix vegetables	150 gm																																																																																					
Cooking oil	40 ml																																																																																					
Salt	04 gm																																																																																					
Red Chillies	02 gm																																																																																					
Onion	50 gm																																																																																					
Tomato	40 gm																																																																																					
Turmeric	04 gm																																																																																					
Garlic	06 gm																																																																																					
Ginger	08 gm																																																																																					
Coriander	02 gm																																																																																					
Condiments	02 gm																																																																																					
Green Chili	04 gm																																																																																					
Salad	100 gm																																																																																					
Seasonal fruit	100 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	200 gm																																																																																					
Egg	01 No																																																																																					
Cooking oil	20 ml																																																																																					
Salt	02 gm																																																																																					
Red Chillies	01 gm																																																																																					
Onion	15 gm																																																																																					
Tomato	20 gm																																																																																					
Turmeric	02 gm																																																																																					
Garlic	03 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	01 gm																																																																																					
Green Chili	02 gm																																																																																					
Rice for Kheer	50 gm																																																																																					
Milk for Kheer	125 ml																																																																																					
Sugar for Kheer	60 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sharbat	25 ml																																																																																					
Sugar for sharbat	30 gm																																																																																					
Ice (in summer season)	250 mg																																																																																					
Dates (Khajoor)	25 gm net weight																																																																																					
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																					

DAY	SEHRI	AFTARI																																																																																				
<u>Thursday</u>	Fish, mix Dalls with two chapatti, salad & seasonal fruit	Boiled Rice with mix Dalls, Sawayan and Tea																																																																																				
	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Fish</td><td>150 gm</td></tr><tr><td>Mix Daals</td><td>70 gm</td></tr><tr><td>Cooking oil</td><td>40 ml</td></tr><tr><td>Salt</td><td>04 gm</td></tr><tr><td>Red Chilies</td><td>02 gm</td></tr><tr><td>Onion</td><td>50 gm</td></tr><tr><td>Tomato</td><td>40 gm</td></tr><tr><td>Turmeric</td><td>04 gm</td></tr><tr><td>Garlic</td><td>06 gm</td></tr><tr><td>Ginger</td><td>08 gm</td></tr><tr><td>Coriander</td><td>02 gm</td></tr><tr><td>Condiments</td><td>02 gm</td></tr><tr><td>Green Chili</td><td>04 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Fish	150 gm	Mix Daals	70 gm	Cooking oil	40 ml	Salt	04 gm	Red Chilies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Rice</td><td>200 gm</td></tr><tr><td>Mix Dalls</td><td>30 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Sawayiyan</td><td>60 gm</td></tr><tr><td>Milk for Sawayan</td><td>125 ml</td></tr><tr><td>Sugar for sawayan</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Rice	200 gm	Mix Dalls	30 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Sawayiyan	60 gm	Milk for Sawayan	125 ml	Sugar for sawayan	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Wheat Flour	200 gm																																																																																					
Fish	150 gm																																																																																					
Mix Daals	70 gm																																																																																					
Cooking oil	40 ml																																																																																					
Salt	04 gm																																																																																					
Red Chilies	02 gm																																																																																					
Onion	50 gm																																																																																					
Tomato	40 gm																																																																																					
Turmeric	04 gm																																																																																					
Garlic	06 gm																																																																																					
Ginger	08 gm																																																																																					
Coriander	02 gm																																																																																					
Condiments	02 gm																																																																																					
Green Chili	04 gm																																																																																					
Salad	100 gm																																																																																					
Seasonal fruit	100 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Rice	200 gm																																																																																					
Mix Dalls	30 gm																																																																																					
Cooking oil	20 ml																																																																																					
Salt	02 gm																																																																																					
Red Chilies	01 gm																																																																																					
Onion	15 gm																																																																																					
Tomato	20 gm																																																																																					
Turmeric	02 gm																																																																																					
Garlic	03 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	01 gm																																																																																					
Green Chili	02 gm																																																																																					
Sawayiyan	60 gm																																																																																					
Milk for Sawayan	125 ml																																																																																					
Sugar for sawayan	60 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sharbat	25 ml																																																																																					
Sugar	30 gm																																																																																					
Ice (in summer season)	250 mg																																																																																					
Dates (Khajoor)	25 gm net weight																																																																																					
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																					

DAY	SEHRI	AFTARI																																																																																										
<u>Friday</u>	Chicken Briyani with Raita, salad and seasonal fruit	Mix vegetables with two chapatti, Kheer Mix and Tea																																																																																										
	<table><tr><td>Rice</td><td>200 gm</td></tr><tr><td>Chicken</td><td>120 gm</td></tr><tr><td>Cooking oil</td><td>20 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>04 gm</td></tr><tr><td>Condiments</td><td>04 gm</td></tr><tr><td>Green Chili</td><td>02 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Curd for Raita</td><td>25 gm</td></tr><tr><td>Zeera</td><td>½ gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Rice	200 gm	Chicken	120 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	04 gm	Condiments	04 gm	Green Chili	02 gm	Salad	100 gm	Seasonal fruit	100 gm	Curd for Raita	25 gm	Zeera	½ gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix vegetable</td><td>150 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr><tr><td>Milk for Kheer</td><td>125 ml</td></tr><tr><td>Sugar for Kheer</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Mix vegetable	150 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Rice	200 gm																																																																																											
Chicken	120 gm																																																																																											
Cooking oil	20 ml																																																																																											
Salt	02 gm																																																																																											
Red Chilies	01 gm																																																																																											
Onion	25 gm																																																																																											
Tomato	20 gm																																																																																											
Turmeric	02 gm																																																																																											
Garlic	03 gm																																																																																											
Ginger	04 gm																																																																																											
Coriander	04 gm																																																																																											
Condiments	04 gm																																																																																											
Green Chili	02 gm																																																																																											
Salad	100 gm																																																																																											
Seasonal fruit	100 gm																																																																																											
Curd for Raita	25 gm																																																																																											
Zeera	½ gm																																																																																											
Packed Milk for tea	60 ml																																																																																											
Sugar for tea	30 gm																																																																																											
Tea Leaves	02 gm																																																																																											
Wheat Flour	200 gm																																																																																											
Mix vegetable	150 gm																																																																																											
Cooking oil	20 ml																																																																																											
Salt	02 gm																																																																																											
Red Chilies	01 gm																																																																																											
Onion	15 gm																																																																																											
Tomato	20 gm																																																																																											
Turmeric	02 gm																																																																																											
Garlic	03 gm																																																																																											
Coriander	01 gm																																																																																											
Condiments	01 gm																																																																																											
Green Chili	02 gm																																																																																											
Rice for Kheer	50 gm																																																																																											
Milk for Kheer	125 ml																																																																																											
Sugar for Kheer	60 gm																																																																																											
Packed Milk for tea	60 ml																																																																																											
Sugar for tea	30 gm																																																																																											
Tea Leaves	02 gm																																																																																											
Sugar for tea	30 gm																																																																																											
Tea Leaves	02 gm																																																																																											
Sharbat	25 ml																																																																																											
Sugar for sharbat	30 gm																																																																																											
Ice (in summer season)	250 mg																																																																																											
Dates (Khajoor)	25 gm net weight																																																																																											
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																											

DAY	SEHRI	AFTARI																																																																																				
<u>Saturday</u>	Egg with Chola (white) curry, mix vegetables, two chapatti, salad & seasonal fruit	Mix Daals (Moong & Masoor) with Two Chapati, Sawayan and Tea																																																																																				
	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Chola white</td><td>70 gm</td></tr><tr><td>Mix vegetables</td><td>100 gm</td></tr><tr><td>Cooking oil</td><td>40 ml</td></tr><tr><td>Salt</td><td>04 gm</td></tr><tr><td>Red Chilies</td><td>02 gm</td></tr><tr><td>Onion</td><td>50 gm</td></tr><tr><td>Tomato</td><td>40 gm</td></tr><tr><td>Turmeric</td><td>04 gm</td></tr><tr><td>Garlic</td><td>06 gm</td></tr><tr><td>Ginger</td><td>08 gm</td></tr><tr><td>Coriander</td><td>02 gm</td></tr><tr><td>Condiments</td><td>02 gm</td></tr><tr><td>Green Chili</td><td>04 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Wheat Flour	200 gm	Chola white	70 gm	Mix vegetables	100 gm	Cooking oil	40 ml	Salt	04 gm	Red Chilies	02 gm	Onion	50 gm	Tomato	40 gm	Turmeric	04 gm	Garlic	06 gm	Ginger	08 gm	Coriander	02 gm	Condiments	02 gm	Green Chili	04 gm	Salad	100 gm	Seasonal fruit	100 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix Daals</td><td>70 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Sawayiyan</td><td>60 gm</td></tr><tr><td>Milk for Sawayan</td><td>125 ml</td></tr><tr><td>Sugar for sawayan</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Mix Daals	70 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Sawayiyan	60 gm	Milk for Sawayan	125 ml	Sugar for sawayan	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Wheat Flour	200 gm																																																																																					
Chola white	70 gm																																																																																					
Mix vegetables	100 gm																																																																																					
Cooking oil	40 ml																																																																																					
Salt	04 gm																																																																																					
Red Chilies	02 gm																																																																																					
Onion	50 gm																																																																																					
Tomato	40 gm																																																																																					
Turmeric	04 gm																																																																																					
Garlic	06 gm																																																																																					
Ginger	08 gm																																																																																					
Coriander	02 gm																																																																																					
Condiments	02 gm																																																																																					
Green Chili	04 gm																																																																																					
Salad	100 gm																																																																																					
Seasonal fruit	100 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Wheat Flour	200 gm																																																																																					
Mix Daals	70 gm																																																																																					
Cooking oil	20 ml																																																																																					
Salt	02 gm																																																																																					
Red Chilies	01 gm																																																																																					
Onion	15 gm																																																																																					
Tomato	20 gm																																																																																					
Turmeric	02 gm																																																																																					
Garlic	03 gm																																																																																					
Coriander	01 gm																																																																																					
Condiments	01 gm																																																																																					
Green Chili	02 gm																																																																																					
Sawayiyan	60 gm																																																																																					
Milk for Sawayan	125 ml																																																																																					
Sugar for sawayan	60 gm																																																																																					
Packed Milk for tea	60 ml																																																																																					
Sugar for tea	30 gm																																																																																					
Tea Leaves	02 gm																																																																																					
Sharbat	25 ml																																																																																					
Sugar for sharbat	30 gm																																																																																					
Ice (in summer season)	250 mg																																																																																					
Dates (Khajoor)	25 gm net weight																																																																																					
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																					

DAY	SEHRI	AFTARI																																																																																						
<u>Sunday</u>	Beef Briyani with Raita, salad and seasonal fruit	Mix vegetables with two chapatti, Kheer Mix and Tea																																																																																						
	<table><tr><td>Rice</td><td>200 gm</td></tr><tr><td>Chicken</td><td>120 gm</td></tr><tr><td>Cooking oil</td><td>20 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>04 gm</td></tr><tr><td>Condiments</td><td>04 gm</td></tr><tr><td>Green Chili</td><td>02 gm</td></tr><tr><td>Salad</td><td>100 gm</td></tr><tr><td>Seasonal fruit</td><td>100 gm</td></tr><tr><td>Curd for Raita</td><td>25 gm</td></tr><tr><td>Zeera</td><td>½ gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr></table>	Rice	200 gm	Chicken	120 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	25 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Ginger	04 gm	Coriander	04 gm	Condiments	04 gm	Green Chili	02 gm	Salad	100 gm	Seasonal fruit	100 gm	Curd for Raita	25 gm	Zeera	½ gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	<table><tr><td>Wheat Flour</td><td>200 gm</td></tr><tr><td>Mix vegetable</td><td>150 gm</td></tr><tr><td>Cooking oil</td><td>20 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>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>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>Rice for Kheer</td><td>50 gm</td></tr><tr><td>Milk for Kheer</td><td>125 ml</td></tr><tr><td>Sugar for Kheer</td><td>60 gm</td></tr><tr><td>Packed Milk for tea</td><td>60 ml</td></tr><tr><td>Sugar for tea</td><td>30 gm</td></tr><tr><td>Tea Leaves</td><td>02 gm</td></tr><tr><td>Sharbat</td><td>25 ml</td></tr><tr><td>Sugar for sharbat</td><td>30 gm</td></tr><tr><td>Ice (in summer season)</td><td>250 mg</td></tr><tr><td>Dates (Khajoor)</td><td>25 gm net weight</td></tr><tr><td>Mix Fruit Chat (at least 03 fruits)</td><td>100 grams</td></tr></table>	Wheat Flour	200 gm	Mix vegetable	150 gm	Cooking oil	20 ml	Salt	02 gm	Red Chilies	01 gm	Onion	15 gm	Tomato	20 gm	Turmeric	02 gm	Garlic	03 gm	Coriander	01 gm	Condiments	01 gm	Green Chili	02 gm	Rice for Kheer	50 gm	Milk for Kheer	125 ml	Sugar for Kheer	60 gm	Packed Milk for tea	60 ml	Sugar for tea	30 gm	Tea Leaves	02 gm	Sharbat	25 ml	Sugar for sharbat	30 gm	Ice (in summer season)	250 mg	Dates (Khajoor)	25 gm net weight	Mix Fruit Chat (at least 03 fruits)	100 grams
Rice	200 gm																																																																																							
Chicken	120 gm																																																																																							
Cooking oil	20 ml																																																																																							
Salt	02 gm																																																																																							
Red Chilies	01 gm																																																																																							
Onion	25 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Ginger	04 gm																																																																																							
Coriander	04 gm																																																																																							
Condiments	04 gm																																																																																							
Green Chili	02 gm																																																																																							
Salad	100 gm																																																																																							
Seasonal fruit	100 gm																																																																																							
Curd for Raita	25 gm																																																																																							
Zeera	½ gm																																																																																							
Packed Milk for tea	60 ml																																																																																							
Sugar for tea	30 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Wheat Flour	200 gm																																																																																							
Mix vegetable	150 gm																																																																																							
Cooking oil	20 ml																																																																																							
Salt	02 gm																																																																																							
Red Chilies	01 gm																																																																																							
Onion	15 gm																																																																																							
Tomato	20 gm																																																																																							
Turmeric	02 gm																																																																																							
Garlic	03 gm																																																																																							
Coriander	01 gm																																																																																							
Condiments	01 gm																																																																																							
Green Chili	02 gm																																																																																							
Rice for Kheer	50 gm																																																																																							
Milk for Kheer	125 ml																																																																																							
Sugar for Kheer	60 gm																																																																																							
Packed Milk for tea	60 ml																																																																																							
Sugar for tea	30 gm																																																																																							
Tea Leaves	02 gm																																																																																							
Sharbat	25 ml																																																																																							
Sugar for sharbat	30 gm																																																																																							
Ice (in summer season)	250 mg																																																																																							
Dates (Khajoor)	25 gm net weight																																																																																							
Mix Fruit Chat (at least 03 fruits)	100 grams																																																																																							

Rate per trainee per day of daily three times (breakfast, mid-day & evening meals) cooked food to the trainees including cooked food during the month of Ramazan alongwith special diet for Sehri & Aftari.

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

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

Rs. _____

(In Words)

Bid Security amounting to Rs. 400,000/- (In Words) Rupees Four Lacs

_____ 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

ANNEXURE-"D"

No. of average Trainees for (BS-05 to 15)150
No. of average Trainees for (BS-16 & Above)40

No. of Daily average Trainees:..... 190

Telephone: 022-9210164, 022-2639441 | Fax: 022-9210365
Email: dgprhyderabad@gmail.com

**OFFICE OF THE
DEPUTY INSPECTOR GENERAL PRISONS
HYDERABAD REGION**
No. DIGP/HYD/LS/4925 Dated: 31-08-2026

TENDER NOTICE

1. Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad invites sealed bids for supply of "Cooked Food" to the Trainees of SPSTI on daily basis three times (break-fast, mid-day & evening meals) in accordance with prescribed diet, menu and scale at rate running contract basis for the year 2026-2027 according to single stage two envelopes procedure as per rule No.46(2) of SPPRA Rules 2010 (amended upto-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), Latest Sindh Food Authority (SFA) License and Sindh Revenue Board (SRB) etc.
2. Bid document containing necessary details i.e. terms & conditions, technical & financial evaluation criteria, diet menu, scale and specification, details of trainees etc. can be obtained from the office of Senior Superintendent / Principal SPSTI near CIA Center Hyderabad up to **21-09-2026 till 11:30 am** by submitting application on their proper letterhead on any working day during office hours from the date of first publication of tender notice in the newspapers on payment of tender fee Rs.3000/- in cash "non-refundable" with valid and attested copy of CNIC.
3. Bid document is also available at SPPRA E-Pak Acquisition & Disposal System (E-PADS) website i.e. <https://portal.sindh.eprocure.gov.pk/> as well as at Sindh Prisons & C.S website i.e. www.spcps.gov.pk which can be downloaded upto **21-09-2026 till 12:00 noon**. The bidder who gets the bid document by downloading from above websites must submit tender fee to above mentioned office in shape of pay order amounting to Rs.3000/- "non-refundable" in favour of Senior Superintendent / Principal Sindh Prisons Staff Training Institute Hyderabad.
4. Bid document shall be uploaded back up to **21-09-2026 at 12:00 noon** (complete in all respect) on SPPRA E-Pak Acquisition & Disposal System (E-PADS) website. Technical proposals shall be opened on the same day at **12:30 p.m. through SPPRA E-PADS website** in presence of bidders who intend to be present. In case, any public holiday falls due to any reason on the opening day of bids, then it shall be opened on the next working day at the given time and venue.
5. Bid must be accompanied by an earnest money amount to Rs.400,000/- (Rupees Four lacs only) of total bid amount in shape of pay order / demand draft of any schedule bank of Pakistan in favour of Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad. The bid security must be issued in the name of the bidding company / firm. Copy of the same must be uploaded SPPRA E-PADS website and original bid security should be submitted in sealed envelope on or before above-mentioned timeline & venue of bid opening. The bids lacking the requisite bid security shall not be entertained and rejected. The bids offered by the blacklisted firms shall also not be accepted / entertained.
6. The opening of bids and evaluation process shall be conducted by the notified Procurement Committee according to relevant SPPRA Rules 2010 (amended upto-date).
7. All the rates offered for daily three times cooked food (break-fast, mid-day & evening meals) etc per trainee per day must be inclusive of income tax or any other prescribed taxes and shall be quoted clearly in Pak rupees both in figures and words without cutting and overwriting.
8. Conditional Bid/application shall not be entertained in any case.
9. All further relevant details are available in the bid document, however, any information, if required, may be obtained from the office of Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad on any working day during Office hours or on phone No. 022-2669004 & 022-2669870.
10. The Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad reserves the right to accept or reject all the bids / proposal(s) as per relevant SPPRA Rules 2010 (amended upto-date).

(MUHAMMAD NASIR KHAN)
D.I.G Prisons & C.S Hyderabad Region
(Head of the Procurement Committee)



WORK FOR SINDH  A JOB PORTAL BY
www.iwork4sindh.com INFORMATION DEPARTMENT

INF-KRY/3850/2026



Telephone: 022-9210364, 022-2639441 Fax: 022-9210365

Email: digphdregion@gmail.com

**OFFICE OF THE DEPUTY INSPECTOR GENERAL PRISONS
HYDERABAD REGION**

No. DIGP/HYD/(LS)/- 4925

Dated: 31.08.2026

TENDER NOTICE

1. Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad invites sealed bids for supply of "Cooked Food" to the Trainees of SPSTI on daily basis three times (break-fast, mid-day & evening meals) in accordance with prescribed diet, menu and scale at rate running contract basis for the year 2026-2027 according to single stage two envelopes procedure as per rule No.46(2) of SPPRA Rules 2010 (amended upto-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), Latest Sindh Food Authority (SFA) License and Sindh Revenue Board (SRB) etc.
2. Bid document containing necessary details i.e. terms & conditions, technical & financial evaluation criteria, diet menu, scale and specification, details of trainees etc can be obtained from the office of Senior Superintendent/ Principal SPSTI near CIA Center Hyderabad up to **21-09-2026 till 11:30 am** by submitting application on their proper letterhead on any working day during office hours from the date of first publication of tender notice in the newspapers on payment of tender fee Rs.1000/- in cash "non-refundable" with valid and attested copy of CNIC.
3. Bid document is 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.gos.pk which can be downloaded upto **21-09-2026 till 12:00 noon**. The bidder who gets the bid document by downloading from above websites must submitted tender fee to above mentioned office in shape of pay order amounting to Rs.1000/- "non-refundable" in favour of Senior Superintendent / Principal Sindh Prisons Staff Training Institute Hyderabad.
4. Bid document shall be uploaded back up to **21-09-2026 at 12:00 noon** (complete in all respect) on SPPRA E-Pak Acquisition & Disposal System (E-PADS) website. Technical proposals shall be opened on the same day at 12:30 p.m through SPPRA E-Pads website in presence of bidders who intends to be present. In case, any public holiday falls due to any reason on the opening day of bids, then it shall be opened on the next working day at the given time and venue.

5. Bid must be accompanied by an earnest money amount to Rs.400,000/- (Rupees Four lacs only) of total bid amount in shape of pay order / demand draft of any schedule bank of Pakistan in favour of Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad. The bid security must be issued in the name of the bidding company / firm. Copy of the same must be uploaded SPPRA E-Pads website and original bid security should be submitted in sealed envelope on or before above-mentioned timeline & venue of bid opening. The bids lacking the requisite bid security shall not be entertained and rejected. The bids offered by the blacklisted firms shall also not be accepted / entertained.
6. The opening of bids and evaluation process shall be conducted by the notified Procurement Committee according to relevant SPPRA Rules 2010 (amended upto-date).
7. All the rates offered for daily three times cooked food (break-fast, mid-day & evening meals) etc per ~~trainee~~ per day must be inclusive of income tax or any other prescribed taxes and shall be quoted clearly in Pak rupees both in figures and words without cutting and overwriting.
8. Conditional Bid / application shall not be entertained in any case.
9. All further relevant details are available in the bid document, however, any information, if required, may be obtained from the office of Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad on any working day during Office hours or on phone No. 022-2669004 & 022-2669870.
10. The Senior Superintendent / Principal Sindh Prison Staff Training Institute (SPSTI), Hyderabad reserves the right to accept or reject all the bids / proposal(s) as per relevant SPPRA Rules 2010 (amended upto-date).


(MUHAMMAD NASIR KHAN)
D.I.G Prisons & C.S Hyderabad Region
(Head of the Procurement Committee)