

CATERING SERVICE

The acceptance of the Tender / Quotation will be subject to the following conditions.

1. Caterer should have minimum 3 years of experience in Catering service need only to be applied.
2. Caterer should have a valid Food safety Certificate
3. A valid Registration Certificate should be attached with the quotation.
4. A valid GST Certificate should be attached with the quotation.
5. The Caterer should sign an MoU with the Kerala State Sports Council regarding the supply of food items as per the menu prescribed.
6. The food for approximate 90 trainees will be supplied in & around 2km from Green field Stadium, Kariavattom , Thiruvananthapuram.
7. The price quoted should be inclusive of all Taxes, Duties , Cess and Levies etc which are or may become payable by the contractor under existing or future laws or rules of the state or delivery during the execution of the contract.
8. Withdrawal from the quotation after it is accepted or failure to supply within specified time or according to specification will entail cancellation of the order and purchases being made at the officers expenses from elsewhere , any loss incurred thereby being payable by the defaulting party.
9. No representation for enhancement of price once accepted will be considered during the currency of the contract.
10. *The* Kerala State Sports Council reserves the right to Accept or Reject all or any of the quotations at any time without any reason.

Menu for Operation Olympia by Dept of Indian Systems of Medicine

Day	5.30 AM	Breakfast	Lunch	4.15 PM	6.30 PM	Dinner
SUN	COFFEE / TEA fortified with Aswagandha&Cardomom. Ayurvedic Nutri bar/balls	Puttu (Sufficient Quantity) with sprouted Green gram curry, pappad, milk - 300ml (with or without rice flakes) Boiled banana -1 Nos , Egg Omlette (Double) -1 No	Mutton Biryani(Sufficient Quantity), Raitha, Rasam (Astachoomam powder mix), Pappad, Fruits(Pineapple)	TEA with Sughiyan(2Nos.) Cherupayar/ Aval, Sarkara with cardomn)	Ayurvedic ginger lime+honey Raw fruits (Pappaya-5 Piece) Cashew Nuts – 8/10 Nos	Chamba rice kanji+ cherupayar+ Thenga, Chammanthi.
MON	COFFEE / TEA fortified with Aswagandha&Cardomom. Ayurvedic Nutri bar/balls	Iddli- (Sufficient Quantity), Sambhar, Chutney, Boiled banana(1), milk-300ml, Egg burgi (3Nos)	Njavara rice, Daal curry with muringa/ cheera leaves, Fish fry [Small Fishes (Mathi, Ayala, Netholi etc)-200g or Local Cut Fish (Tuna, Modha etc)-200gm or Seer fish- 150g] , Veg fry, Salad(Cucumber, Carrot, Onion, Tomato, Pepper, Lemon juice). Rasam/ Buttermilk(Morumvellam) (Astachoomam powder mix) Seasonal Fruits.	TEA, Kappa with Chammanthi (Cheriyauilli, Kantharimulak + salt)	Ayurvedic ginger lime+ Honey Raw fruits(Mathalam/ perakka), Chicken Cutlet-3Nos Almonds-8/10 Nos.	Veg soup(Muringakka, vendakka, carrot, Potato) Chappathi (Sufficient Quantity) , Chicken curry(300gm).

TUE	COFFEE / TEA fortified with Aswagandha&Cardamom. Oats biscuits	Idiyappam-(Sufficient Quantity),Egg curry with 2 Eggs , boiled Banana-1, Milk-300ml with corn flakes.	Chamba Rice, Moru curry with chena, Kumbalanga/ Pineapple, Chammanthypodi, Aviyal, Jackfruit curry if available, Rasam/ Buttermilk(Morumvellam) (Astachooram powder mix) Chicken fry(Nadan) Masala(Amla powder, Uluva leaf, Ayamodakam, Pepper and Salt), Fruits	TEA, Elayappam(2) / Puzhukku (chakka)/ Kappa/ Kachil/ Chembu with Chammanthi.	Ayurvedic ginger lime+honey Raw fruits(sappotta/ Anar/ Perakka) vazhaKoombu Cutlet- 3 Nos. Cashew Nuts – 8/10 Nos	Veg soup(Muringakka, vendakka, carrot, Potato). Multi grain Chappathi (Sufficient Quantity) Mutton curry(300gm),
WED	COFFEE / TEA fortified with Aswagandha&Cardamom. Ayurvedic Nutri bar/balls	Dosha with uluva - (Sufficient Quantity) - Sambhar, Chutney, Milk-300ml with Oats, Boiled banana-1, Boiled egg. 2Nos	ChambaRice, Sambhar, Beef roast (250gm)with coconut lemon juice sprinkled, Curd with chukk, jeerakam, Thoran(Cabbage should be avoided), Rasam/ Buttermilk(Morumvellam)- 300ml (Astachooram powder mix) masala curry with chena, Kadala, raw banana. Fruits salad.	TEA ,Uzhunnu + Horse gramvada.(2 Nos.)	Ayurvedic ginger lime+ honey Raw fruits(Sappotta/ Anar/ Perakka), Mutton / Beef cutlet (2 Nos.) Almonds-8/10 Nos.	Multi grain Chappathi - (Sufficient Quantity) chicken fry (300gm), Veg kuruma.

THU	COFEE / TEA fortified with Aswagandha&Cardamom. Ayurvedic Nutri bar/balls	Masala Dosha-(Sufficient Quantity) Masala (beetroot, carrot, Potato, Green peas/ beans), Sambhar, Chutney/ Milk-300ml with Balachooram (Kurunthottychoornam) Egg boiled-2Nos, Boiled Banana-1 Nos	ChambaRice, Pulissery with puliyarila, Vellarikka, Chicken fry -300gm(masala Amla powder, uluva leaf ayamodakam, pepper and salt) Rasam/ Buttermilk(Morumvellam) (Astachooram powder mix). Aviyal, Salad, Fruits,	TEA, Ellunda -2 Nos (Ellu+ Cherupayarparipp, Elakka + Karippetti)	Ayurvedic ginger lime+ honey Raw fruits(sappotta/ Anar/ Perakka), Chicken cutlet (2Nos.). Cashew Nuts – 8/10 Nos	Veg soup(Muringakka, vendakka, carrot, Potato), Ghee rice, paneer masala.
FRI	COFEE / TEA fortified with Aswagandha&Cardamom. Ayurvedic Nutri bar/balls	Appam -(Sufficient Quantity), Egg curry with 2 Eggs, boiled Banana-1Nos, Badam/Pista/ cashew+ Cardamom/ milk(300ml).	Chamba Rice, Fish Fry [Small Fishes (Mathi, Ayala, Netholi etc)-200g or Local Cut Fish (Tuna, Modha etc)-200gm or Seer fish-150g], Mathanga + Vanpayar Erissery, Konchuchammanthy, Koottu curry with chena, banana, Kadalaparippu, Rasam/ Buttermilk(Morumvellam) (Astachooram powder mix). Salad, Fruits.	TEA, Banana Bajji(2 Nos) ,(Rice flour, Kalamavu, kayam, manjalpodi, kurumulak,salt)	Ayurvedic ginger lime+ honey Raw fruits(sappotta/ Anar/ Perakka), Almonds-8/10 Nos.	Rice/ Chappathi-(Sufficient Quantity), Chicken fry(300gm), Veg kuruma, salad.

SAT	COFEE / TEA fortified with Aswagandha&Cardomom. Ayurvedic Nutri bar/balls	Wheat Poori (Sufficient Quantity) Baji (Beetroot/Carrot/ Potato/ Green peas) Boiled egg- 2 Nos, Boiled banana-1 Nos, Milk(300ml) with crushed nuts + cardamom	Veg pulav, Paneer + green peas Masala, Rasam/ Buttermilk(Morumvellam)- 300ml (Astachooram powder mix). Omlette, Salad ,Fruits.	TEA/ Elayda-2 Nos (Aval + sarkara+ coconut +Pazhamnuruukk).	Ayurvedic ginger lime+ honey Raw fruits(Sappotta/ Anar/ Perakka) Cashew Nuts – 8/10 Nos.	Rice oratti -(Sufficient Quantity), with Chicken curry-300gm, Veg fry.
------------	---	--	--	--	---	---

Important points to be noted

1. Ayurvedic Nutri bar/balls (Recipe will be provided, it can be easily sourced from self help groups etc...)
2. Chammanthipodi (Ayurvedic recipe will be provided)
3. Chicken fry recipe will be provided.
4. Rice should be chamba/njavara.
5. Oils should be coconut oil.
6. Paraluppu (Common Salt) should be used.
7. Chicken (Nadankozhi).
8. Avoid muringa leaves in karkadaka.
9. For drinking water preparation Oushadhi dahasamani may be used.
10. The quality and the quantity shall be checked by committee of Kerala State Sports Council at anytime. If there is any short comings in the quality and quantity, the committee can cancel the contract on the spot and an appropriate penalty shall be levied on the contractor.