

KENDRIYA VIDYALAYA, IIT GUWAHATI

LIST OF ITEMS TO BE QUOTED FOR FOODING

Sl No.	Item	Material & Quantity	Amount (Per day per person)
1	Break Fast	1. Milk-200ML & More	
		2. Bread with Butter & Jam	
		3. Idli-Bada with Sambhar & Chatni Or Aloo Paratha & Curd	
		4. 02 Bananas or Apple-01 Or Egg Boiled-02 Pcs	
2	Lunch	1. Chapati (Tawa Roti)	
		2. Rice Simple/ Jeera Rice	
		3. Dal (Arhar/Chana/Soya/Rajma/Chhole etc.)	
		4. Mixed Veg/ Kofta (Seasoned Veg)	
		5. Paneer (for vegetarian) Or Fish/ Chicken (for non-vegetarian)	
		6. Salad & Pickle	
		7. Papad (Moong Dal)	
		8. Curd/Rayta(Bundi/Vegetable)	
		9. Sweet Dish/ fruits custard/ fruits (Any one)	
3	Evening (Snacks & Juice)	1. Juice-100 ml	
		2. Snacks-sandwich/ Samosa/ Aloo-Bada-02 or more	
4	Dinner	1. Chapati (Tawa/Tandoori Roti)	
		2. Rice Pulav with dry fruits	
		3. Dal (Arhar/Chana/Soya/Rajma/Chhole etc.)	
		4. Mixed Veg/ Kofta (Seasoned Veg)	
		5. Paneer (for vegetarian) Or Fish/ Chicken (for non-vegetarian)	
		6. Papad & Pickle	
		7. Salad (Mixed)	
		8. Curd/Rayta(Bundi/Vegetable)	
		9. Sweet Dish/ fruits custard/ Kheer with dry fruits (Any one)	
5	Night (before sleep)	Milk with flavor and sugar-200 ml minimum or more	
6	Refreshment	Paneer Pulav-150 gm	
		Paneer Pulav-250 gm	
		Tea (Milk/Black) in disposable paper cup	
		Biscuit (Britannia or any other known brand) 43 gms (smallest packet)	

Note: Non-Veg will be provided either in Lunch or in Dinner.

PRINCIPAL