

**DEPARTMENT OF HEALTH:
NORTHERN CAPE PROVINCE**



**BID DOCUMENT FOR THE PROVISION
OF
CATERING SERVICES AT**

**ROBERT MANGALISO SOBUKWE
HOSPITAL (RMSH)
ORTHOPAEDIC AND OPHTHALMOLOGY
CENTRE (OOC)
REHABILITATION CENTRE
(REHAB CENTRE)
NORTHERN CAPE MENTAL HEALTH
HOSPITAL (NCMHH)
WEST END SPECIALIZED HOSPITAL - TB
(WESH-TB)
GALESHEWE DAY HOSPITAL (GDH)**

DATE

CONTENTS

	PAGE
PREAMBLES AND RETURNABLES	
1. Definitions	5
2. GENERAL	
2.1 Submission of bid	8
2.2 Interview	8
2.3 Uncertainties	8
2.4 Confidentiality	8
2.5 Cost of Preparation	8
2.6 Bid Award and Validity	8
2.7 Compulsory Briefing session	8
2.8 Prescribed Requirements	9
2.9 Transfer of Operations and Service Level Agreement	9
2.10 Social Responsibility	9
2.11 Compliance with legislative framework.....	9
3. INTRODUCTION	10
4. BACKGROUND	10
5. FOOD SERVICES	10
6. POLICY FRAMEWORK	12
7. PROJECT GOALS	12
8. OBJECTIVE	12
9. SCOPE OF THE WORK	12
9.1 Area of Operations	13
9.2 Areas of Intervention	13
9.3 Area of control	13
9.4 Expected Participation Estimate	13
10. PROJECT INFORMATION	14
10.1 Client	14
10.2 Management Team	15
10.3 Site	15
11. SPECIFICATION	15
a. Duration of contract	16
b. Obligations of the successful bidders	17
12. DUTIES AND OBLIGATIONS OF THE DEPARTMENT	17
12.1 Payment	17
12.2 Facilities	17
12.3 Telephones	18
12.4 Housing	18
12.5 Patient Admissions and Billing system (PAAB)	18
12.6 Energy Services	18

13. DUTIES AND OBLIGATIONS OF THE SPECIALIST SERVICE PROVIDER	19
13.1 Accounting	19
13.2 Computerized Accounting System	20
14. Management of stores and keys	20
15. Kitchen Management	21
15.1 Purchase and supply of food items	21
15.2 Function and Meeting supplies	22
15.3 Extra food items	22
15.4 Meals for Specialist Service Providers catering staff	23
15.5 Tube feed area	23
16. Storage of food items	23
17. Preparation of meals	24
18.1 Transportation of Meals	25
18.2 Distance between the health facilities	25
19.1 Provisioning of meals	25
19.2 Waste Management	26
20. Food Service Equipment Management	26
20.1 Maintenance and repair	27
20.2 Assets and Inventory	28
21.1 Provision of staff	28
21.2 Screening, Vetting and Security Clearance	29
21.3 Security Compliance	29
22.1 Skills Transfer	30
22.2 Fire Fighting Training/Drills/Equipment	31
22.3 Food Hygiene and Safety	31
22.4 Hygiene and Cleanliness	32
22.5 Occupational Health and Safety	32
23.1 Monitoring and Control	33
23.2 Catering hand over	34
23.3 Ownership / Storage	34
23.4 Riot, Unrest and Stock Loss	34
23.5 Breach and cancellation	34
23.6 Penalty clause	35
23.7 Bank Guarantee	35
ANNEXURE A. (Quality of Food Products & Menu specifications)	37
ANNEXURE A.1 (High Protein Milkshake recipes)	39
High Protein Diet (Ward K2 and Rest of Patients in Hospital on A6-diet)	40
ANNEXURE B. (Food Equivalent)	41
ANNEXURE C Menu groups and menus	50
SCHEDULE A (Daily Food Cost Summary (1-6) (RMSH) (Mental and TB) (GDH)	90-105
SCHEDULE A.1 (Daily Food Cost Summary 1) (RMSH) (Mental and TB) (GDH)	106-107
SCHEDULE A.1 (Daily Food Cost Summary 2) (RMSH) (Mental and TB) (GDH)	108-110
SCHEDULE B (Management and other incidental charges (RMSH))	111
SCHEDULE B.1 Organogram of RMSH	112
SCHEDULE B.2 Organogram of Rehabilitation Centre	113

SCHEDULE B.3 Total number of staff needed (RMSH & Rehab Centre)	114
SCHEDULE B.1 (Management and other incidental charges (NCMMH)	115
SCHEDULE B.2 Organograms of NCMHH	116
SCHEDULE B.3 Total number of staff needed (NCMHH)	117
SCHEDULE B .1 (Management and other incidental charges (GDH)	118
SCHEDULE B.2 Organograms of GDH	119
SCHEDULE B.3 Total number of staff needed (GDH).....	120
ANNEXURE: BID EVALUATION METHOD	121

1. DEFINITIONS

"Agreement" shall comprise the full documentation submitted at time of bidding including inter alia,

- Supply Chain Management Documentation
- Condition of Bid
- Form of Agreement
- Contract Specification
- Schedules
- Annexures
- Appendices
- Service Level Agreement

"Broadsheet" shall mean the format as agreed to by the Department, by which the participation at each meal will be recorded and by which the overall food supply quantities will be gauged.

"Catering staff" means any catering staff provided by the bidder as per the Functional Organization Chart.

"Clean" means free of dirt, impurity, objectionable matter or contamination to the extent that a state of hygiene is attained, and "keep clean" has a similar meaning.

"Container" or **"food container"** includes anything in which or with which food is served, stored, displayed, packed, wrapped, kept or transported and with which food is in direct contact.

"Contaminate" means the effect exerted by an external agent on food so that it:

- a) Does not meet a standard or requirement determined by any law;
- b) Does not meet acceptable food hygiene standards or consumer norms or standards; or
- c) Is unfit for human consumption

"Contract" comprise of a legally binding and agreed upon documentation between the DEPARTMENT and successful bidder.

"Core temperature" means the temperature reading taken in the estimated center of the food means shall mean diets which excludes certain food items due to cultural beliefs as approved by the hospital.

"Cycle Meal Plan" means a meal plan set for a specified number of days and is repeated after reaching the last day to start with a new cycle on day one again.

"Catering Services" means the services provided by the Specialist Service Provider to the Department herein for the duration of this contract.

"Department" shall mean Northern Cape Department of Health.

"Departmental Representative" shall mean the Person identified by the Department to represent it at the monthly management meetings with the Specialist Service Provider and the person who is assigned to ensure compliance with all aspects of the contractual agreement

"Fat traps" also known as grease traps or interceptors, fat traps are required in commercial and industrial kitchen to prevent hot fat, grease and oil from entering the sewer system and causing blockages.

"Food" means a foodstuff intended for human consumption as defined in section one of the Foodstuffs, Cosmetics and Disinfectants Acts, 1972 (Act No. 54 of 1972), excluding food referred to in regulation 14.

"Food Equivalent List" shall mean suitable substitute for food on the Ration Scale.

"Food Handlers" means individuals/employees who in the course of his or her normal routine work on food premises comes into contact with food.

"Food Invoice" or **"Overhead Invoice"** shall mean the standard invoice format which will be used by the successful bidder and agreed to by the Department.

"Food manufacturing practice" means a method of manufacture or handling or a procedure employed, taking into account the principles of hygiene, so that food cannot be contaminated or spoiled during the manufacturing process.

"Food Service Units" means a building or structure or place used for in connection with handling of food.

"Food Specification" shall mean the schedule of required food types, quantities and quality to be supplied in terms of meal and menu cycles.

"HACCP" Hazard analysis and critical control points, or HACCP (/ˈhæslp/), is a **systematic preventive approach to food safety from biological, chemical, and physical hazards in production processes** that can cause the finished product to be unsafe and designs measures to reduce these risks to a safe level.

"Handle" includes manufacture, process, produce, pack, prepare, keep, offer, store, transport or display for sale or for serving.

"Hands" includes forearm or the part of the extending from wrist to the elbow.

"Health Hazard" includes any condition, act or mission that may contaminate or spoil food so that consumption of such food is likely to be dangerous or detrimental to health.

"Institution or Institutions" shall mean the Institution or Institutions which fall under the control of the Northern Cape Department of Health and the hospitals for which this tender is submitted.

"Inspector" means a medical officer of health appointed in terms of section 22(1) of the Act, or an environmental health officer or veterinary surgeon appointed in terms of the Constitution Act 108 of 1996 - Section 24 (1)

"Management Staff" shall mean any staff in a Supervisory capacity employed by the Specialist Service Provider with the minimum requirement being specified by the Department on Schedule B.

"Meal and Cost Calculation" means the calculation of food items weight which must be issued per meal and it covers price per portion, per meal and per person.

"Meal Plan" means a presentation of the day's meals where the type of food items and portion sizes are described for every meal.

"Menu" means a description of types of different food items, their preparation methods which are served during a specific meal time.

"NCT" means **The National Consumer Tribunal (NCT)** It was established in terms of the National Credit Act, No. 34 of 2005 (the Act). As an independent adjudicative entity,

the Tribunal's mandate is to hear and decide on cases involving consumers, service providers, credit providers, debt counsellors and credit bureau.

“NDoH” means the National Department of Health.

“Normal Diets” means diets as per approved Departmental Ration Scales.

“Perishable Food” means foodstuff which on account of its composition, ingredients, moisture content and/or pH value and of its lack of preservatives and suitable packaging is susceptible to an uninhibited increase in microbes thereon or therein if the foodstuff is 3 foodstuffs listed in Government Notice: R 1183 of June 1990 (Regulations relating to Perishable food stuff), as amended, excluding fruit and vegetables.

“Person in charge” with regard to any food premises, means a natural person who is responsible for the food premises within the hospital.

“Prepacked food” shall mean food which, before it is presented for sale or for serving, has been packed as contemplated in regulation 7(3). (R9158 – Regulations governing general hygiene.)

“Project Officer (Successful Bidder)” means the member/employee appointed by the successful bidder to communicate with the Department and to manage services on behalf of the successful bidder in a hospital.

“Ration Scale” means a list of different types of food which may be consumed having to undergo any further process of preparation to make it consumable.

“Ready-to-consume food” means any perishable food which may be consumed without having to undergo any further process of preparation to make it consumable.

“Religious Diets” means a generic term for any diet based on a particular religion's dietary restrictions or guidelines

“SABS” means The **South African Bureau of Standards (SABS)** It is a South African statutory body that was established in terms of the Standards Act, 1945 (Act No.24)

“Schedule of Daily Food Costs” means the schedule of daily food item requirement cost per person per meal provided by the Specialist Service Provider as per Schedule A.

“Schedule of Personnel and Overhead Structures” or **“Fixed Overhead”** means the schedule of fixed monthly overhead costs incurred by the Specialist Service Provider for the management service and other related incidental items as per Schedule B.

“Serve” includes the provision of food whether for consideration or otherwise.

“The Specialist Service Provider” shall mean, in the case of bid received, the bidder and in the case of the concluded contract, successful bidder.

“Therapeutic Diets” means all prescribed diets based on medical reasons as per provided menus.

“Therapeutic Diet Manual” means a guideline that identifies all medical diets or restricted food that can be recommended to patients by the Health Care Professional based on their medical conditions.

“Utensils” mean movable small types of food preparation or serving equipment.

“VAT” means any tax levied on sales or other transactions in terms of the Value Added Tax Act 1991 (Act 89 of 1991) of the Republic of South Africa.

“Vehicle” mean a trolley, truck, boat, ship or aero plane, and includes any other craft, vehicle or conveyance used in the handling or transport of food.

“Water” shall mean water that complies with the requirements set out in SABS 241: Water for domestic supplies.

2. GENERAL

2.1 Submission of Bid

*This document must be completed, sealed, clearly marked and deposited in the Tender Box situated at the **Main Entrance, Robert Mangaliso Sobukwe Hospital, 144 Du Toitspan Road, Kimberley**. Ask for the tender box to be unlock if the Bid documents are too bulky. No Bid's shall be except if the bids are not in the tender box by 11h00 on the closing date. .*

2.2 Interview

The Client reserves the right that where necessary, interviews deemed will be conducted with prospective Specialist Service Providers during the evaluation of the tender process.

2.3 Uncertainties

Please refer any uncertainties as to the meaning and interpretation of items in this document to Mr. L Nduna

Phone No. 053 – 802 2204

E-Mail: Induna@ncpg.gov.za

2.4 Confidentiality

All information provided will be treated in the strictest confidence and will be used in the selection of Bidders for this project only.

2.5. Cost of Preparation

All costs incurred in completing these documents are to be borne by the Prospective Bidder. All cost associated with attending the compulsory briefing session and any other interviews will be for the Specialist Service Provider's account.

2.6. Bid Award and Validity

It is the intention of the Department of Health to award this tender as per the requirements of the prescripts. However, should this not be possible or should it be determined that the bid should not be awarded at all, no claims will be considered for such delay or non-award of the tender. Bids are to remain valid for 90 days from the closing date.

2.7. Compulsory Briefing Session

A compulsory briefing session will be held on the date stipulated on the advertisement of the tender. Representatives should gather in the **James Exum Building, Reception Area, at Robert Mangaliso Sobukwe Hospital, 144 Du Toitspan Road, Kimberley, 8301.**

It is a specific condition of bid that only submissions received from those companies attending the briefing session will be considered.

2.8. Prescribed Requirements for the purpose of evaluation, only bids receive which are in accordance with the prescribed specifications and requirements will be considered.

No alternative tenders will be considered.

2.9. Transfer of Operations and Service Level Agreement

Following the award, the Preferred Bidder will be notified in writing promptly.

Representatives of both the Department and the Preferred Bidder shall be required to agree on a detailed process for the operational transfer which will bring Robert Mangaliso Sobukwe Hospital as a major player. The Specialist Service Provider and Robert Mangaliso Sobukwe Hospital will work out a service level agreement (SLA) which should be conducted before operations.

This must happen within 30 days after the Preferred Bidder has being notified.

2.10. Social Responsibility

The Specialist Service Provider must commit to the principles of social responsibility.

2.11 Compliance with Legislative framework

The Specialist Service Provider shall comply with all applicable laws, bylaws, norms, standards and regulations and policies. Inspection conducted by the Department of Labour will be done to ensure compliance.

3 INTRODUCTION

The vision of the National Department of Health (NDoH) is to provide value-based procurement services at all levels, National, Provincial and at local level, that will promote equal access to healthy and nutritious food. These foods will include both perishable and non-perishable foods items, which are beneficial to human health and contribute to a healthy diet that aids in the provision of quality patient care.

The Northern Cape Department of Health seeks to procure the services of an external service provider who shall be able to provide patients with three (3) meals and four (4) snacks per day in accordance with applicable legislation, regulations, policies, norms and standards regulating the provision of foodservices in the Department of Health.

4 BACKGROUND

The provision of health care services follows the specified legislative requirements, policies and procedures that needs be adhered to: The list hereunder is of enclosure, general and in particular.

- The Constitution of South Africa as Amended (Act No. 108 Of 1996), Chapter 2, section 27;
- National Health Act , No. 61 of 2003;
- Foodstuffs, Cosmetics and Disinfectants Act,1972 (Act 54 of 1972)
- Regulations governing general hygiene requirements for food premises and the transport of food, Notice No. R. 723 of 12 July 2002
- Occupational Health And Safety Act;
- Policy for Food Service Management in Public Health Establishments;
- National Guidelines for Foodservice Units in Hospitals and Health Instructions Volume 2
- Food Ration Scales for Hospitals and Health Institutions Volume 3;
- National manual for Planning of a Food Service Unit And Dining Hall for a Hospital and Health Institution Volume 5; and
- Regulation 962 of 2012, Regulations Governing General Hygiene Requirements for Food Premises and the Transport of Food Under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act 54 Of 1972).

In accordance with National Health Act, 2003: Norms and Standards Regulations in terms of Section 90 (1) (B) And (C) of the National Health Act, 2003 (Act No. 61 of 2003), applicable to certain categories of Health establishments:

5 FOOD SERVICES

The Department of Health is responsible for ensuring that meals provided to clients at public Health establishments, are safe, nutritious, of good quality and culturally acceptable. To fulfill this responsibility, and following an in-depth analysis of the food service management situation in South Africa's public health establishments, the policy for food service management in public health establishments was developed.

The quality of services provided at public health establishments is measured against the National Health Core Standards in which the minimum standards for food service management are part of.

Section 4 of the Policy for Food Service Management in Public Health Establishment requires that the following standards are met in all food service units in public health establishment:

- Food service management guidelines should be available and implemented in all health establishments with food service units. This includes guidelines that have already been developed and those that to be developed in future.
- The skills of food handlers in all institutions should be improved according to the Skills Development Act and Regulations. A human resource development plan for nutrition workers developed by the Directorate: Nutrition of the national Department of Health should be used as a guideline.
- Food served to clients should be acceptable (both culturally & religiously acceptable and adequate in quality and quantity) and should meet recommended nutrient goals.
- Quality control tools should be developed and implemented in all the food service units.
- Food service units should have adequate resources (e.g. staff and equipment) to be able to prepare and serve food of high quality and Planning of a new food service or alterations to an existing unit at a health facility should be done in accordance with the Manual for the Planning of a Food Service Unit and Dining Hall for a Hospital or Health Institution (volume5).
- Meals should be served at fixed serving times, e.g. 18:00 for supper, and fasting periods between meals should be kept to the minimum as specified in this policy (Planning of a Food Service Unit and Dining Hall for a Hospital or Health Institution (volume5). (i.e. no longer than 12 hours according to national core standards).
- Cultural preferences for different foods should be taken into consideration when planning meals, especially in facilities with people from different ethnic or cultural or religious groups.
- All units should have an identified specification (daily ration scales) for all meal types offered, e.g. healthy eating menu, low protein diet.
- The individual specification (daily ration scale) should be used to determine food quantities required on a daily basis for all meals, with snacks in between (where appropriate), and other matters.
- A cycle menu should be displayed and used in all health establishments with food service units. Guidelines on menu planning should be made available.

- Food delivered to hospitals should be of high quality and national guidelines on specifications for perishable and non-perishable food items should be adhered to.
- An adequate budget by the Northern Cape Department of Health should be allocated to all institutions. The person in charge of the food service unit should manage money allocated to food service units in an efficient manner.
- All areas and equipment in the food service unit should be kept clean and in good working order. The principles of good hygiene should be practised, as should those of the Hazard Analysis and Critical Control Points (HACCP).
- A diet kitchen or designated area where therapeutic diets are prepared should be available in all the food service units.
- A crises control policy developed by the Specialist Service Provider which is in line with the HACCP and SABS guidelines and the protocol that will be followed in different crises situations must be in place.

6 POLICY FRAMEWORK

The provision of food services shall be regulated by the following legislation, policies and guidelines:

- The Constitution of the Republic of South Africa, 1996, sections 27(2) and 35(2) (e).
- National Health Act, 2003 (Act No. 61 of 2003)
- Departmental and National Department of Health (NDoH) nutrition related policies, guidelines and procedures
- Foodstuffs, Cosmetics and Disinfectants, Act 54 of 1972.
- Meat Safety, 2000 (Act No. 61 of 2003)
- All relevant regulations, norms, prescripts, standards, etc.

7 PROJECT GOALS

Provisioning of food services to patients with meals that are adequate, safe for consumption and meet their nutritional needs following the implementation of appropriate food service management guidelines.

8 OBJECTIVE

To ensure the provision of a nutritional food services to patients that caters (3) meals and (4) snacks per day in accordance with applicable legislation, regulations, policies norms and standards.

9 SCOPE OF WORK

To provide a professional, cost effective, quality plated service from the kitchens at Robert Mangaliso Sobukwe Hospital, Orhopaedic and Ophthalmology centre, Rehabilitation Centre, Northern Cape Mental Health Hospital, West End Specialized -TB hospital and Galeshewe Day Hospital.

9.1 **Area of Operations**

The specialist Service Provider will be required *inter alia* to:

- Meet levels of service which correspond with the agreed output specifications and generic requirements.
- Provide continuous operation of the kitchen facilities and Services
- Respond to the changing needs of patient care.

9.2 **Areas of Intervention**

The specialist Service Provider will be required to totally manage *inter alia* the following:

- Purchasing
- Receiving
- Storage
- Issuing procedures and controls
- Financial costing and controls
- Payments
- Quality and quantity of prepared food
- Food delivery and serving systems
- Hygiene practices and procedures
- Menus and specification
- Managing the organizational structure

9.3 **Area of Control**

The facility would have to be adequately resourced at management level to ensure the necessary cost control measures are effective, as the risk of the success of the operation will contractually be the full responsibility of the specialist operation. This responsibility includes all aspects of the daily operational functions.

9.4 **Expected Participation Estimate**

For the purposes of this tender, the following participation estimates will serve to inform bidders of the magnitude of the project:

BED CAPACITY

Robert Mangaliso Sobukwe Hospital	=	574 beds
Rehabilitation Centre (RH)	=	30 beds
Orthopaedic And Ophthalmology Centre	=	75 beds
Private Beds	=	4 beds
Northern Cape Mental Health Hospital	=	287 beds
WESH-TB Hospital	=	35 beds
Galeshewe Day Hospital	=	<u>19 beds</u>
		<u>1024 beds</u>

Departments served with food, but not part of medical admission beds:

Emergency centre	0 (only stretchers are used)
Gate way centre	0 (only stretchers are used)
Breastfeeding lodge	29
K3- mothers	12
Renal unit	10
Recovery, medical & surgical	20
Short stay ward)	<u>20</u>
	<u>91</u>

Total of beds served 1115

Robert Mangaliso Sobukwe Hospital (RMSH)

The average of 244 905 state patients' meals (81 635 patients) and 4392 private patients' meals (1 464 patients) were served during the last 12 months.

Rehabilitation Centre (Rehab Centre)

The average of 29817 state patients' meals (9939 patients) patients' meals were served during the last 12 months.

Northern Cape Mental Health Hospital (NCMHH)

The average of 41 993 state patients' meals (13 998 patients) patients' meals were served during the last 12 months.

West End Specialized – TB Hospital (WEST – TB Hospital)

The average of 14 895 state patients' meals (4 965 patients) patients' meals were served during the last 12 months.

Galeshewe Day Hospital (GDH)

The average of 3 551 state patients' meals (1 184 patients) patients' meals were served during the last 12 months.

10 PROJECT INFORMATION

10.1. Client

Robert Mangaliso Sobukwe Hospital
Private Bag X5021
Kimberley
8300

10.2. Management Team

Acting CEO	-	Dr. A. Kantani 5 th Floor, Admin Building Robert Mangaliso Sobukwe Hospital Tel.: 053 – 802 2124
Technical Advisor	-	Mr. L. Nduna (Deputy Director – Health Care Support Services) 4 th floor, Admin building Robert Mangaliso Sobukwe Hospital Phone No. 053 – 802 2288 E-Mail: Induna@ncpg.gov.za

10.3. Site

- 10.3.1. Robert Mangaliso Sobukwe Hospital is situated in Du Toitspan Road, Kimberley (Operational Kitchen).
- 10.3.2. Orthopaedic and Ophthalmology Centre, also situated in Du Toitspan Road, Kimberley (Operational Kitchen)
- 10.3.3. Rehabilitation Centre is situated in Aristotle Ave, Cassandra, Kimberley, 8301 (Operational Kitchen)
- 10.3.4. Northern Cape Mental Health Hospital is situated on the R31 Provincial Road, El Toro Park, Kimberley, 8300 (Operational Kitchen)
- 10.3.5 West End Specialized TB-hospital is situated in 121 Green Street, West End, Kimberley. 8301(Operational Kitchen)
- 10.3.6. Galeshewe Day Hospital is situated in 50 Royal St, Galeshewe, Kimberley, 8345 (Non-Operational Kitchen)

11. SPECIFICATION

SERVICE DESCRIPTION

SCOPE

This tender calls for the rendering of:

- 11.1. **Specialist Services** in respect of catering management and the provision of other specified incidental items; and
- 11.2. A CATERING SERVICE in relation to SPECIFIED FOOD ITEMS which the Specialist Service Provider shall provide to the DEPARTMENT on the terms and conditions set out in this document, at the following institutions:

Robert Mangaliso Sobukwe Hospital, WHICH INCLUDES:

Robert Mangaliso Sobukwe Hospital and Rehabilitation Centre and Orthopaedic and Ophthalmology Centre

Northern Cape Mental Health Hospital

West End Specialist TB-hospital

Galeshewe Day Hospital

The successful bidder shall provide meals (early AM-tea, breakfast, AM tea, lunch, PM-tea, dinner and evening snack) to patient's beds in hospitals.

The successful bidders shall provide different types of meals as follows:

GROUP A	MENU A1 – NORMAL WARD DIET MENU A2 – DIABETIC 6800 KJ, REDUCING, LOW SALT, LOW FAT DIET MENU A3 - DIABETIC DIET 9000 KJ MENU A4 – 9000 KJ DIABETIC DIET MATERNITY, LACTATING DIET MENU A5 - MATERNITY DIET/ LACTATING DIET MENU A6 – HIGH PROTEIN, HIGH ENERGY DIET
GROUP B	MENU B1 – CLEAR FLUID DIET MENU B2 – FULL FLUID DIET MENU B3 – PUREE DIET MENU B4 – LIGHT / BLAND DIET MENU B5 - SOFT DIET
GROUP C	MENU C1 - 60 g LOW PROTEIN DIET MENU C2 - 80 g HAEMODIALYSIS DIET MENU C3 - VEGETARIAN DIET
GROUP D	MENU D1 – INTRODUCTION DIET 4 TO 7 MONTHS MENU D2 – PEADIATRIC DIET 8 – 12 MONTHS MENU D3 – PEADIATRIC DIET 13 MONTHS TO 5 YEARS MENU D4 - PEADIATRIC DIET 6 - 12 YEARS MENU D5 - PEADIATRIC DIABETIC 6 – 12 YEARS
GROUP E	MENU E1 – TUBE / ORAL FEED / BABY MILKS MENU E2 – RELIGIOUS GROUPS MENU E3 – TRAVELING PATIENTS (FOOD PACKS) MENU E4 – PRIVATE MEALS

The following policy guidelines shall be utilized in preparation and provision of meals:

- i. Product Specification: food items
- ii. Menus
- iii. Ration Scale
- iv. Therapeutic diet manual

a. Duration of Contract:

The Agreement shall endure for a period of _____ months from the first day of the month after the date of award of the contract or at any other date as mutually agreed upon.

The bid prices quoted in this document shall be fixed for the first 12 months. Annual increases shall be dealt with as set out in the CPI inflation percentage as determined by Statistic SA or the National Minimum Wage which ever is the greatest.

b. Obligations of the successful bidders

- i. Experience and capacity
 - a. Bidders as a business entity, and, or for their key operational personnel must submit information together with their bid documents of their experience in the food service of high density accommodation and must furthermore submit proof of their current ability to supply high quality meals.
- ii. Bidders must reflect that they have experience in delivering food services in a "High Risk Volume" environment or residential facilities such as mines, universities, hospitals and correctional settings. High Risk High Volume refers to an area where bulk food is prepared and handled and is vulnerable to microbial contamination during the process of cleaning, preparing and serving the meals and injuries, if no appropriate measures are in place, prone to occur, are prevalent.
- iii. Bidders as a business entity, and, or for their key operational personnel shall provide proof of minimum period for at least the past three years in active service.
- iv. Joint Ventures and Consortiums must have the relevant experience as stipulated above.

12. DUTIES AND OBLIGATIONS OF THE DEPARTMENT

12.1. Payment

As consideration for catering services provided by the Specialist Service Provider to the institution and for foodstuffs supplied, the Department shall pay the Specialist Service Provider amounts determined with reference to the Calculation of daily food costs as per Schedule A.1 and the calculation of Management and other incidental charges as per schedule B.

12.2. Facilities

12.2.1 The Department shall supply the following:

- Buildings (all food services kitchens)
- All kitchen equipment and utensils
- Electric meter and cable as specified by the Specialist Service Provider.
- Metered source of water.

- Gas bottles (empty gas bottles (45 kg) (10 bottles) at (RMSH)
- Gas bottles (empty gas bottles (45 kg) (2 bottles) at (Rehabilitation Centre)
- Gas bottles (empty gas bottles (45 kg) (8 bottles) at (NCMHH)
- Gas bottles (empty gas bottles (45 kg) (6 bottles) at (WESH- TB hospital)

12.2.2 The Specialist Service Provider will be supplied by both Robert Mangaliso Sobukwe Hospital and Northern Cape Mental Health Hospital with equipment, crockery and cutlery that must be maintained and replaced monthly in order to maintain its quality and quantity, normal wear and tear expected.

The Specialist Service Provider shall be responsible for **maintenance, repair and up-keep of all of operational items** for **the duration** of the contract. The specialist Service Provider will replace any operational equipment that needs replacement due to inappropriate handling or conduct of its employees.

12.3. Telephones

- i) The Department undertakes to provide telephone facilities to enable the Specialist Service Provider to fulfill the catering management services efficiently on behalf of the Department. The cost of all such calls will be for the specialist Service Provider's account.
- ii) By agreement between the parties, in certain circumstances, private telephone facilities may be installed for selected management staff, at the expense of the Specialist Service Provider.

12.4 Housing

The Department shall be under no obligation to provide any housing or accommodation for staff employed by the Specialist Service Provider.

12.5 Patient Admissions and Billing system (PAAB)

The Service Provider will be afforded access to our PAAB system, simultaneously, provide any system technical support, however, the Specialist Service Provider must make use of its own computer equipment to gain access to the program.

12.6 Energy Services

- 1) The Department does have a generator during power breakages and the entire kitchen is connected to it.
- 2) In spite of the above, the successful bidder must provide for an emergency management system through which all emergencies including but not limited to, water interruptions, food provision poses power failures and related services can be reported and managed throughout the contract period.

13. DUTIES AND OBLIGATIONS OF THE SPECIALIST SERVICE PROVIDER

13.1. Accounting

13.1.1. The Special Service Provider shall be Responsible for the completion of all accounting records.

13.1.2. The accounting documents shall consist of an official invoice of the Special Service Provider's company, supported by specified and certified schedules.

13.1.3. The accounting period shall be from the first day to the last day of each month of operation.

13.1.4. The Department shall appoint a departmental representative at the institution who shall, inter alia:

- (i) certify as correct each monthly invoice submitted by the Specialist Service Provider for payment;
- (ii) certify on a daily basis the number of persons authorized to receive catering services.
- (iii) certify the quantities in respect of every function which the Specialist Service Provider was authorized by the institution's management to provide;
- (iv) keep account of and monitor the number of meals served on each occasion in terms of the contract, and
- (v) check that all services comply with the specifications of the contract.

13.1.5. The Specialist Service Provider shall appoint a liaison officer who shall work with the institution's management in order to facilitate the flow of information, account, payments and to generally streamline the catering system (e.g. by revising the order sheets) etc.

13.1.6. The Department or a designated officer shall be entitled at any reasonable time to inspect all the Specialist Service Provider's records, accounts, invoices, purchases and any other documentation relating to the catering and related services in terms of the contract.

13.1.7. It is agreed that payment of accounts must be effected within 30 days after receipt of a correctly completed and certified account. The Department does not accept responsibility for delays in payment due to faulty account documents submitted.

13.1.8. The Specialist Service Provider must abide by all Departmental policy, standards and procedures related to the catering service, including but not limited to:

- (i) health policy and standards;
- (ii) nutrition and dietary policy and standards;

- (iii) financial accountability standards and all required reporting procedures, and
any other matter related to catering service

13.2 Computerized Accounting System

- 1) The successful bidder must provide computer hardware and related software systems for operations requirements. The installation of such system shall be independent of the Departmental infrastructure and network.
- 2) The successful bidder must have a functional, integrated and open standards based computerized accounting system, for operational stock management, meal planning and patient head count record keeping. The system must be managed from central office or at the hospital kitchen office provided, with records kept in a central database of suppliers and accounts which may comply with Generally Accepted Accounting Principles (GAAP) in the event of critical breakdown/willful destruction of the system at the hospital. The successful bidder must demonstrate its ability to recover data processed, with no effect on the provision of services stipulated on the contract.
- 3) The amount claimed from the Department mentioned computerized accounting systems for the above shall be restricted to the amount for meals and the overhead fee tendered for in this bid as per pricing schedule.

14. Management of stores and keys

- 14.1. The Specialist Service Provider shall not use (or allow to be used) the designated catering sites or premises for any purpose other than for catering services in terms of these conditions, nor will he or she be allowed to prepare or serve food in localities other than the designated premises, except for the purposes specified in clause 12.1.
- 14.2. The successful bidder shall have full access to all the food service units at the respective hospital/s, as well as food stores and refrigeration for the purposes as stipulated in this bid.
- 14.3. In this regard, the successful bidder shall have sole custody and control of keys that give access to the relevant stores and cold storage facilities and lockable furniture utilized by the successful bidder within the hospital assigned to the bidder.
- 14.4. The Specialist Service Provider shall use all furniture, fixtures, equipment, energy sources and other materials existing in the institution solely for purposes of this catering agreement.
- 14.5. The successful Bidder shall not use, or allow use of any of the designated food services units, equipment or premises for any purpose other than that stipulated on this bid.
- 14.6. Any fixed structures in respect of alterations effected by the Specialist Service Provider, whether with approval of the Department or not, will accrue to the Department at the termination of the service period. However, the Department

Reserves the right to request the specialist Service Provider to remove unauthorized alteration at the Specialist Service Providers' cost.

15. Kitchen Management

15.1 Purchase and supply of food items

- i. The successful bidder shall purchase and acquire all the ingredients (SABS approved/health compliant), foodstuffs, raw material and other materials necessary for the proper fulfilment of food and related services as well as management functions. Stock sheets for available, ordered and received ingredients must be kept, and must be updated daily.
- ii. The successful bidder shall arrange for its own account for the supply and delivery of all the ingredients, foodstuffs, raw material and other materials necessary for the preparation of meals and drinks appearing in documents as per the **menu list provided in Annexures A to C.**
- iii. The successful bidder shall ensure that all ingredients, foodstuffs, raw materials and produce purchased are of the quality set out in the specifications and is subjected to control procedures. If the quality of any of the materials used by the successful bidder in this contract does not comply with the standards and descriptions laid down, the Department may after reasonable warning to comply, terminate the contract without prejudice.
- iv. All food items (raw and cooked) sourced in the country internally or externally by the successful bidder shall with all applicable legislation and policies in terms of labelling for example: nutritional value, cooking instructions, expiry/use-by dates and storage instructions.
- v. Upon request of the institutions management, provide or procure meals prepared in accordance with the various religious specifications and cultural preferences prevalent in the institution. Where applicable, up-to-date certificates of compliance, as issued by the various religious bodies concerned, must be kept by the Specialist Service Provider, on the premises of the institution, for inspection purposes. It is likely, however, that such requests could be outsourced to suitably identified providers from within the local community.
- vi. The successful bidder shall ensure that a minimum of (7) seven days and a maximum of (14) fourteen days stock shall be kept in the food service unit stores at any specific time to make provision for stay-aways/national strikes and to avoid dry rations being overstocked and becoming unfit for human consumption.
- vii. The successful bidder shall ensure that no imported or foreign foodstuffs are used when sufficient local products are available. Any deviations in this regard must be approved by the Departmental Accounting Officer.
- viii. If the quantity, quality, preparation and general supply of the foodstuffs or materials supplied do not comply with standards set out in these specifications and in departmental policy, the Department may, if it considers such non-compliance to be material, and after due written notice to remedy being served, recommended that the Supply Chain Management, immediately, on written notice to the Contractor, terminate the contract, without prejudice to any other rights available to it.
- ix. The amount claimed monthly from the Department, in respect of food items, will be restricted to an amount calculated in accordance with the daily rates tendered as per Schedule A.1

- x. The meal service will be based on a Conventional system (i.e. no cook – chill systems etc.).
- xi. No unscheduled meals, excluding meals described in clause 12, may be provided by the Specialist Service Provider.
- xii. The price of meals claimed monthly from the Department will be as per the specification in Annexure D.
- xiii. The Specialist Service Provider shall submit a winter and a summer schedule of the 14 day menu cycles, for menu groups A, B, C, D and E respectively, which will be utilised, to the institution's management and the responsible clinical dietician.
(Only the successful bidder need to give menus with the standardized recipes included.)
 Whilst taking into account seasonal availability, the diversity of foodstuffs to be served must be reflected by clearly specifying meat, fruit and vegetable varieties. However, should the Specialist Service Provider consider it necessary to advertise the meal of the day, he or she may do so at his or her own cost. The winter menu (1 April till 30 September) must be supplied from the 1st day of April whilst the summer menu (1 October till 31 March) must be supplied from the 1st day of October.
 The specialist service provider will submit each seasonal menu to the Department for approval at least 30 literal days before the commencement of the menu.
- xiv. The Specialist Service Provider shall submit to the Department standardized recipes for each menu item on the menu 7 days after approval of the menus referred to in xiii.
- xv. The Specialist Service Provider shall bid in terms of the meal specification and menu cycle as per Annexure D.
- xvi. The Department reserves the right to instruct for any reasonable alterations, changes or submission to the menus.
- xvii. When the specialist Service Provider is requested by the Department, the Bidder must provide even sophisticated food supplements as well as tube feeds and packaging on request, which may not be available on RT9 National contract.

15.2 Function and Meeting Supplies

The Specialist Service Provider may be required to provide additional meals and catering services to the institution for meetings and functions. Additional meals and catering services may only be supplied at the written request of the Head of that institution. The Department shall not be liable for the cost of additional meals or catering services supplied in the absence of a written request from the Head of the institution. The charge for additional meals, catering services and payment to the Specialist Service Provider will be determined periodically by the Department and the Specialist Service Provider. A separate accounting record must be kept for each such function.

15.3 Extra food items

The Department is not obliged to use the services of the Specialist Service Provider in supplying extra food items.

15.4 Meals for the Specialist Service Provider catering staff

Should the allocated staff be entitled to meals whilst on shift, these meals will be provide by the Specialist Service Provider at the authorized specification and such costs shall be borne by the Specialist Service Provider. It is a specific requirement that these meals shall be consumed on site and that no food be removed from the premises.

15.5 Tube-feed area

Management of the tube-feed area and the preparation of tube-feeds are the responsibility of the Bidder. The Hospital institution will provide all supplements currently available on RT 9 National Contract. (Medical extras, milk feeds, tube feeds, etc.) National Contract. It is responsibility of both parties (institution and successful bidder) to ensure that sufficient stock for supplements is available. **However, whenever the Service Recipient require the Specialist Service Provider to order and pay for any products, the Specialist Service Provider will be entitled to a service fee not exceeding 15% of actual invoiced cost of the supplier. Both the invoice cost and the service fee shall be added to the monthly account.)**

- a. It is the responsibility of the bidder to ensure that First In First Out (FIFO) is applied to nutritional supplements that is in the stock room of the kitchen, stock on hand with expiry dates should monthly be given in report to the Departement. If any stock expires because FIFO was not done it will be the responsibility of the bidder to take over the costs for that stock.
 - b. The successful bidder shall provide certified valid copy/copies of Certificate of Acceptability (CoA) in terms of Regulation 962 from their food items' suppliers.

16. Storage of food items

- a. The successful bidder shall ensure proper storage, separation of food items, equipment, for example raw beef, chicken and fish shall not be stacked on top of each other.
- b. The successful bidder shall ensure stored food items shall not be in direct contact with the floor surface even if parked on playable containers.
- c. The successful bidder shall ensure that all shelving and display units shall be kept clean and free from impurities.
- d. The successful bidder shall ensure that non prepared, ready to consume food, including food served as meals and displayed in an open container shall be protected against droplet contamination or contamination from pests, rodents or dust.
- e. The successful bidder shall ensure that all food items and prepared meals shall be stored in appropriate temperatures.
- f. The successful bidder shall ensure that the foods received are at the correct temperature when it is received by having a checklist as proof, any food that is received that is not at the correct temperatures should be sent back and not be accepted.
- g. A checklist must also shows the times the trolley left the food services and any deviation must be shown.

17 Preparation of meals

The successful bidder shall ensure that meals are prepared in accordance with the following guidelines:

GROUP A	MENU A1 – NORMAL WARD DIET MENU A2 – DIABETIC 6800 KJ, REDUCING, LOW SALT, LOW FAT DIET MENU A3 - DIABETIC DIET 9000 kJ MENU A4 – 9000 KJ DIABETIC DIET MATERNITY, BREAST FEEDING DIET MENU A5 - MATERNITY DIET/BREAST FEEDING DIET MENU A6 – HIGH PROTEIN, HIGH ENERGY DIET
GROUP B	MENU B1 – CLEAR FLUID DIET MENU B2 – FULL FLUID DIET MENU B3 – PUREE DIET MENU B4 – LIGHT / BLAND DIET MENU B5 - SOFT DIET
GROUP C	MENU C1: - 60 g LOW PROTEIN DIET MENU C2 80 g HAEMODIALYSIS DIET MENU C3 – VEGETARIAN DIET
GROUP D	MENU D1 – INTRODUCTION DIET 4 TO 7 MONTHS MENU D2 – PEADIATRIC DIET 8 – 12 MONTHS MENU D3 – PEADIATRIC DIET 13 MONTHS TO 5 YEARS MENU D4 PEADIATRIC DIET 6 YEARS TO 12 YEARS MENU D5 - PAEDIATRIC DIABETIC -6 – 12 YEARS
GROUP E	MENU E1 – TUBE / ORAL FEED / BABY MILKS MENU E2 – RELIGIOUS GROUPS MENU E3 – TRAVELING PATIENTS (FOOD PACKS) MENU E4 – PRIVATE MEALS

The following policy guidelines shall be utilized in preparation and provision of meals:

ANNEXURE A (Quality of Food Products & dietary specifications)

ANNEXURE B (Food Equivalent)

ANNEXURE C (Menu groups and menus)

The required food services shall be provided at Robert Mangaliso Sobukwe Hospital and Rehabilitation Centre, Orthopaedic and Ophthalmology Centre, Northern Cape Mental Health Hospital, West End Specialized TB-hospital and Galeshewe Day Hospital

18.1 Transportation of Meals

1. The successful bidder shall provide suitable and approved transport services and food containers. Further ensure that during the transportation of meals, containers are clean to an extent that chemical, physical or micro biological contamination of the food is prevented and take measures that food will not be contaminated, spilled or spoiled.
2. The approved transport services and the food containers must keep the food at safe and correct temperature according as per stipulated guidelines.
3. In the case where the hospital/institution provides food to other institutions, the necessary transport for staff and distribution of meals shall be supplied by the Specialist Service Provider and shall be fully liable for conveying all the supplies (food items such as dry and wet rations, carcasses, poultry, fish and vegetables) at the hospital/s.
4. The food must be transported in approved transport services and food containers to ensure that during the transportation of meals, containers are clean to an extent that chemical, physical or micro biological contamination of the food is prevented (will not be contaminated, spilled or spoiled).

18.2 Distance between the health facilities

Rehab Centre is: \pm 1, 7 km from Robert Mangaliso Sobukwe Hospital.

West End Specialized TB-Hospital is: \pm 5, 8 km from Robert Mangaliso Sobukwe Hospital.

Northern Cape Mental Health Hospital is: \pm 7, 7 km from Robert Mangaliso Sobukwe Hospital.

Galeshewe Day Hospital is: \pm 4, 1 km from Robert Mangaliso Sobukwe Hospital.

19.1 Provisioning of meals

- 1) The successful bidder is required to provide daily the following meals to the patients:

Early AM-tea; 05:00

Breakfast; 07:00 – 7:30

(Trolleys will leave the kitchen between 7:00 and 7:30)

AM- tea; 10:00 – 10:30

Lunch; 11:15 – 12:30

(Trolleys will leave the kitchen between 11:15 and 11:30)

PM tea; 14:30-15:00

Dinner; 16:30-17:30

(Trolleys will leave the kitchen between 16:30 and 17:00)

Late PM-tea 20:00 – 20:30

- 2) The successful bidder shall ensure that meals served is dispensed into containers that comply with health regulation and SABS approved containers, as agreed upon by the institution.
- 3) The meals should be served on a tray and there should also be a glass / plastic container and a glass / plastic glass with clean safe water next to the patients' bed. This water should be replaced in the mornings with breakfast and again at supper by the Food Service Aid (FSA) of the successful bidder.
- 4) The above meals must be served with the time frames as per the final contract agreement between the NDoH and the awarded bidder.
- 5) Any temporary deviation from the menus, meal plans and timeframes must be approved by the dietician, communicated to the Departmental Representative and the accounting officer, at the respective hospital before execution by the bidder. Food item replacements must also meet the standards in accordance with the Food Equivalents list. Deviations must not be done as a way of saving costs but must be done only in cases of unavailability of food products (attach to the monthly accounts) these foods should be agreed upon and included in a crises management policy at the start of a new contract.
- 6) Plate wastages should be done once a quarter on a different day, with a different menu item to establish if patients like the food or not.
- 7) The meals provided daily shall be recorded in accordance with the final contract agreement and Service Level Agreement between the NDoH and the awarded bidder.
- 8) Order sheets from the wards should be provided by the bidder to the wards and should have the name, ward, bed number of the patient on it, as agreed upon by the institution.

19.2 Waste Management

The successful bidder shall be responsible for the removal and disposal of all empty food supplies and cleaning materials containers generated in the kitchen and food service units.

20. Food Services Equipment Management

- 1) The need for all equipment should be established during the site visits. The proposed additional or replacement equipment list should not include the prices and be provided per Appendix 1 (We need an appendix with the list of equipment for the hospitals). All such equipment shall be purchased by the successful bidder in consultation with the department.
- 2) In case the Specialist Service Provider desires to bring in new equipment for extra convenience not initially proposed at the commencement of this agreement, the NCDoh will not unreasonable

withhold permission and the Specialist Service Provider will be allowed to remove such equipment at will.

- 3) Replacement of food preparation utensils is for the account of the successful bidder. The Departmental Representative and the successful bidder must ensure that there is sufficient equipment and utensils at all hospitals at all times.

The Departments' food utensils (owned by the Department) shall be registered on the Departments' asset register.

- 4) No new electrical and water supply connections shall be provided by the Department and any new supply required by the successful bidder in respect of this bid must be provided for in this bid. Such connections must only be performed by a qualified technician accredited by the relevant regulation body and on completion of the work a certificate of compliance must be provided to the Departmental Representative

20.1 Maintenance and Repair

- (1) The NCDoh will hand over to the successful bidder in reasonable working order and state of repair: -

- (a) All kitchen buildings, particularly, the interior of such buildings including water & lights meters, drains serving solely those kitchens, pig-soil garbage areas, geysers exclusively serving the kitchen areas. At Northern Cape Mental Health Hospital fat traps needed to be serviced once a month by a licensed waste oil collector.
- (b) Kitchen equipment such as cutlery & crockery, ovens, pots, pans, fridges, cold rooms, fixtures, furniture's, etc.

It is therefore expected that the successful bidder will return all buildings, equipment and fixtures in a reasonable working order and good state of repair, fair wear and tear expected. This obviously excludes chipped cutlery, willful or negligent damage, etc. The successful bidder shall be responsible for the maintenance and repair of kitchen equipment, cold rooms and all fixtures to ensure the optimum operations of the kitchen condition on a 24 hour basis service from the date of commencement of the contract.

- (2) The successful bidder must provide the curriculum vitae of the employees and/or their sub-contractors, with proof of certification by relevant accredited bodies, responsible for the maintenance of the equipment at the food service units or proof of access to registered and accredited maintenance service providers.
- (3) Bidders must provide written proof that they have agreements with manufacturers and/or certified providers of equipment generally used in the facility, and must be in a position to maintain and replace equipment within twenty four (24) hours of failure, a penalty to be levied on hourly basis for delays thereafter at a rate of two percent (02%) of the monthly set overhead fee per hour.

- (4) At the termination of the contract, for whatever reason, the Department shall assign an appropriate official to inspect all the equipment and if found to be in an unsatisfactory state of repair, the Department shall repair these items, for the account of the successful bidder.

20.2 Assets and Inventory

- 1) The successful bidder in conjunction with NDoH shall draw up an asset register of all equipment, furniture, fixtures, all utensils, etc. at all relevant hospitals sites on a date prior to the commencement of the contract, stating clearly the operating condition of each item i.e. serviceable or unserviceable, repairable or irreparable, or dysfunctional.

21.1 Provision of staff

- 1) Bidders must provide together with the bid, a functional organizational structure for managing catering all relevant hospitals in terms of the contract.
- 2) The successful bidder shall at all relevant hospitals provide for management and food provisioning staff on the basis that appears on the functional organizational chart, taking into account space and other resources made available by the Department.
- 3) The successful bidder shall provide management services in respect of the storage preparation of meals, serving of meals, occupational health and safety, maintenance of equipment, cleaning of equipment, utensils food service units, compliance officer, etc.
- 4) Bidders must provide the curriculum vitae of the proposed or appointed management team who shall be directly responsible for the food and related services at the hospital, and also indicate their years of relevant experience.
- 5) Bidders must provide the curriculum vitae of all the employees and/or their sub-contractors, with proof of certification by relevant accredited bodies, responsible for all operations and provision of food services at the hospital.
- 6) The successful bidder in the event of changes in the personnel provided to the Department, must promptly provide a resource of the same level as a replacement to ensure the service is not compromised.
- 7) Bidders must be registered with the Unemployment Insurance Fund and the Compensation Fund and comply with requirements of the Compensation for Occupational Injuries and Diseases Act (Act N. 130 of 1993) (COIDA), any applicable wage order/determination or agreement, in terms of the Labour Relations Act of 1996 or 1995 or Wage Act: Act 2004 (Proof must be submitted).
- 8) Bidders must submit CV's of a Project Officer (PO) proposed for each hospital who shall form a communication link between the successful bidder and the Department.
- 9) The Departmental Representative and the successful bidder shall keep account of and monitor all meals actually served on each oc-

casion to the patients at each of the respective hospital in terms of the contract.

- 10) The Departmental Representative and the successful bidder shall verify and certify as correct each monthly claim form submitted by him/her to the Department.
- 11) The successful bidder shall be responsible for the training of its own staff on an ongoing basis.
- 12) The successful bidder in the event of a substantial increase in participating numbers would be entitled to negotiate for a concomitant (accompanying) increase of personnel with the Department.
- 13) The successful bidder must employ unskilled and semi-skilled staff from the community within 50 km radius of Robert Mangaliso Sobukwe Hospital. All employees must be previously disadvantaged.
- 14) Food handler's health tests should be conducted for all food handlers on the appointment by the bidder on the expense of the bidder.
- 15) In the event of any successful bidder's permanent staff placed in one of the hospital sites, exit employment, such post must be permanently filled in within 30 days.
- 16) Notwithstanding refilling stated above in (15) the successful bidder will have a pool of standby employees to promptly replace any absenteeism caused by whatever reason. This measure is to ensure that the service is not compromised and the number of employees for any shift is kept constant.

21.2 Screening, Vetting and Security Clearance

- 1) Bidders must have a screening and vetting process in place, format to be attached to the bid, ensuring that the security and integrity at the hospital is not breached.
- 2) Acceptance of this tender is subject that both the successful bidder and its personnel providing the service must be security vetted by appropriate authorities to the level of CONFIDENTIAL. Obtaining a positive recommendation is the responsibility of the successful bidder. If the bidder appoints a subcontractor, same measures and conditions shall apply to the subcontractor.
- 3) Acceptance of the tender is also subject to the condition that the successful bidder shall implement all security measures as the safe performance of the contract may require.

21.3 Security Compliance

- 1) The successful bidder shall ensure compliance with all hospital security procedures (identification, access control, searching and prohibition of unauthorized items).

- 2) The successful bidder agrees that all the staff shall adhere and be subjected to the security regulations applicable to the hospital.
- 3) The successful bidder shall be responsible to issue its employees members with a photo ID card and/or name card which must be displayed at times when working at the hospital.
- 4) The successful bidder shall be responsible and accountable for actions of its employees, whilst at on the premises of the Department.
- 5) The successful bidder shall make all sections of the food services unit available (opened) when required to do so for hygiene and safety inspections by authorized hospital officials.

22.1 Skills Transfer

- 1) The successful bidder shall provide food related training services to its employees and internships to undergraduate students.
- 2) The successful bidder or contracted training provider shall be credited by a Development Quality Assurance Body in order to provide identified food handlers with accredited training (proof of accreditation must be attached).
- 3) The successful bidder in line with the above accreditation shall ensure that employees are provided with skills towards the achievement of at least one of the following short skills programmes:
 - a. Cook-Convenience Foods;
 - b. Cook Fast Foods;
 - c. Assistant Chef; and
 - d. Food Service Assistant.
- 4) The successful bidder shall ensure that the identified skills programme includes a minimum of five elective unit standards of which health and hygiene related unit standards shall be compulsory.
- 5) The successful bidder shall ensure that relevant Learner Teacher Support Material (LTSM) is availed in line with the requirements of the assurance body.
- 6) The successful bidder shall provide theory, practical training and workplace training in line with the outcomes of the relevant unit standards.
- 7) The successful bidder shall be responsible for training of a minimum of sixty (60) internships per annum. Bidders must submit with their proposals a plan for the allocation and provision of internships.
- 8) The successful bidder shall ensure that the assessment, moderation and verification of Portfolios Of Evidence (POE's) of each learner are conducted.
- 9) The successful bidder shall ensure that learners (food handlers) are uploaded on a National Learner Record Database (NLRD) where applicable and receive accredited certificates which must display the logo of the applicable Quality Assurance Body, as well as, the number of credits acquired for the unit standards.
- 10) The Bidder shall be responsible for the training of all catering staff on an on-going basis for the efficient functioning of the catering service. The successful bidder must submit a quarterly report to the institution concerning the training of catering staff.

- 11) A fully documented in-service training schedule and detailed exposition of all envisaged courses (e.g. Firefighting, sanitation, hygiene, meal serving, food preparation and handling etc.) for staff at this institution must be available on request in the foodservice unit. This training schedule must comply with the standards as determined by South Africa Qualification Authority (SAQA) and Quality Assurance Standards of the institution.
- 12) The Specialist Service Provider accepts full liability for catering staff during training (whether on site or elsewhere).

22.2 Fire Fighting Training/Drills/Equipment

- 22.2.1 The successful bidder shall ensure that its employees, interns and sub-contractors working in the kitchen are trained in fire drill procedures, first aid and firefighting. The successful bidder shall provide at its own cost fire drill procedures, equipment and training. The fire drill must be approved by the Accounting Officer and executed in conjunction with that of the hospital.
- 22.2.2 The successful bidder shall have quarterly fire drills in collaboration with that of the hospital and ensure that its staff is aware of the position/location of firefighting equipment.
- 22.2.3 The successful bidder shall utilize only bona-fide accredited service providers for the provision, servicing and replacement of all firefighting equipment.

22.3 Food Hygiene and Safety

- 1) The successful bidder shall purchase, acquire and ensure the safe keeping at its own risk of all approved cleaning equipment, materials, chemicals and insecticides (approved by SABS), stationery and all consumable items necessary for the proper fulfillment of food provisioning, and maintenance of hygiene and safety.
- 2) The successful bidder shall keep all food provision and food service unit clean, including food provision equipment, fixtures, tables, washing areas, utensils, containers, crates, cold rooms and run off/gullies and drains inside and outside the food service unit.
- 3) The successful bidder shall implement or contract an accredited service provider for the implementation of pest control programme in the store rooms, food service units and food preparation areas every three months or sooner as required. Proof of pest control measures be availed to the Departmental Representative or on request by authorized officials.
- 4) The successful bidder must utilize two or more independent accredited laboratories, alternately, for the authenticity and integrity of results of the conducted food and hygiene safety assessment/ surveillance.
- 5) The successful bidder must ensure that different accredited monitoring entities and laboratories are utilized rotationally on a quarterly basis or when necessary.

- 6) The successful bidder shall ensure that availability of anti-bacterial hand soap, sanitizer, and disposable hand dry material in the kitchen and preparation areas.

22.4 Hygiene and Cleanliness

- 1) The Specialist Service Provider undertakes to ensure that all catering staff is at all times clean in uniform and neatly dressed.
- 2) Without prejudice to generality of the duty to train staff the contractor will not employ in or about the provision of the services any person who shows active signs or who is under treatment for any infection or communicable disease which could pose a risk to the food chain;
- 3) has suffered from any enteric group of fevers and who has recurrent symptoms of any of these diseases; when shown to be free from active infection by six; bacteriological examinations carried out over a period of one month.
- 4) The Caterer shall conform to the requirements of the Health and Safety Act 85/93.

22.5 Occupational Health and Safety

- 1) The successful bidder shall identify and appoint one of its full time employees as an Occupational Health and Safety representative.
- 2) The bidder is responsible for his/her own staff first aid supplies and training.
- 3) The Occupational Health and Safety representative shall take responsibility of all health and safety issues of the contract, and overall compliance to the Occupational Health and Safety Act, 1993 (Act 85 of 1993) as amended including any other related laws.
- 4) The successful bidder shall provide his/her staff with protective clothing and or uniforms that is clearly and distinctively marked, bearing the logo of the successful bidder and shall launder the protective clothing at its own cost.
- 5) The successful bidder shall ensure that all staff working in the food service units and dining halls are clinically certified, as prescribed by the NDOH, prior to their commencement of work and twice per annum, thereafter. Proof of clinical certification must be furnished to the Departmental Representative for filing/record keeping and inspection purposes.
- 6) The successful bidder shall ensure that all necessary signage (including non-smoking signs) in the kitchens and dining halls are displayed in compliance with the Occupational Health and Safety Act, 1993 (Act 85 of 1993) as amended.
- 7) The successful bidder shall ensure that relevant and hygiene posters which are obtainable from the NDOH are displayed on walls at appropriate places.
- 8) The successful bidder shall ensure that equipment switches, covers and connections comply with the Occupational Health and Safety Act, 1993 (Act 85 of 1993) as amended.
- 9) The successful bidder shall provide his/her staff with food handlers health checks every 6 months on the account of the bidder.

23.1 Monitoring and Control

The Head of the Department, or his or her authorized representative, shall at all reasonable times have access to all facilities utilized by the Specialist Service Provider for rendering catering services to the Department, in terms of these conditions, for the purpose of:

- 1) determining whether these conditions are being adhered to;
- 2) establishing where the premises, furniture, fixtures, equipment and energy supplies are used and maintained for their intended purpose according to the terms of this contract;
- 3) inventory control for furniture, fixtures, equipment etc., and
- 4) any other reasonable purpose related to the wider interests of the Department, which will include ensuring that the policy and procedures of the Department in providing meals to authorized persons are adhered to at all times.
- 5) It will be the responsibility of the Specialist Service Provider to ensure that food service staff handle equipment according to directions for use, and use electricity economically. From time to time spot checks will be carried out by authorized personnel.
- 6) Regular inspections shall be executed by the clinical dietician or Departmental representative to control the standard of food provided by the Specialist Service Provider.
- 7) Regular inspections shall be executed by Departmental Health Inspector or by other persons appointed by the Department from time to time.
- 8) A duty roster of all catering staff (shifts) shall be submitted to the Department in advance on a monthly basis.
- 9) An attendance list of staff on duty will be supply on a daily basis, just after commencement of each shift.
- 10) No changes to the food system accepted by the client as part of the Specialist Service Provider bid shall be made without the prior written agreement of the client.
- 11) A standing liaison meeting, of which minutes shall be taken by the Department, shall be held on a monthly basis between representatives of the Department and the Specialist Service Provider. Copies of these minutes shall be circulated to the relevant parties. This will serve as a means of communication between the Department and the Specialist Service Provider.
- 12) The deliverables of the contract must form part of the agenda of these meetings.
- 13) If the contract is awarded the client satisfaction should be controlled by weekly client satisfaction surveys done on at least 20% of the clients in the institution. Month end a combined report should be sent to the institution.
- 14) The Specialist Service Provider will be bound by all existing and future monitoring procedures instituted by the Department. The Department reserves the right to require immediate corrective action in cases of non-compliance by the Specialist Service Provider of any Departmental policy, standards and reporting or monitoring procedures. Failure to comply with instructions for corrective action will constitute ground for immediate termination of the contract.

23.2 Catering hand over

Planned and affected in accordance with the details as set out in the proposed Service Level Agreement (S.L.A.)

23.3 Ownership / Storage

- 1) For audit The Specialist Service Provider is permitted, at its own risk, to maintain a stock of foodstuffs and other materials on the premises of the Department.
- 2) Ownership of foodstuffs shall pass from the Specialist Service Provider to the Department once meals are served (to patients and / or staff) and in respect of other specified items, such as cleaning materials, upon issue for use.
- 3) The specialist Service Provider must retain ownership of all accounting and control documentation, used by it in the performance of its contractual obligations, for a period of at least 5 years, after expiry of the contract period. The Department reserves the right to request that the Specialist Service Provider makes available any of these documents purposes.

23.4 Riot, Unrest and Stock Loss

- 1) Notwithstanding the closure of the institution due to riot and/or unrest, the Department shall be liable for payments of overheads as determined in accordance with the provisions of this contract.
- 2) The Specialist Service Provider shall be liable for the rendering of the catering services, as tendered, irrespective of any riot and/or unrest situation involving his or her staff.
- 3) During any period of riot, unrest or boycott, the Specialist Service Provider and its staff occupy the premises of the Department at the Specialist Service Provider's own risk and the Department shall not be liable for any damage to the Specialist Service Providers' or its staffs' property, equipment and stocks, or for the death of any of the Specialist Service Providers' employees and the Specialist Service Provider hereby indemnifies the Department against any such damage or claims and legal costs, including attorney and client costs.

23.5 Breach and Cancellation

- 1) Should either party commit a breach of the provisions of this contract and fail to remedy such breach within 14 (fourteen) days after receipt of a notice calling upon it to remedy that breach, the party that is not in default shall be entitled to cancel this contract on written notice, sent to the other party at the address appearing in the form of agreement, without prejudice to any other right which the non-defaulting party may have as a result of such breach and the parties agree that the provisions of National Consumer Tribunal will apply in such an event if it is not in conflict with the agreement.
- 2) The Specialist Service Providers' right to use or occupy or possess any part of the premises or any equipment of the Department shall cease on termination of this contract. Upon termination of the contract the Specialist Service Provider shall vacate the premises and hand over to the Department all the items in the Inventory Schedule in the same condition in which he or she received them, fair wear and tear ex-

cepted. A mutual stocktaking shall be carried out for this purpose by the two parties.

- 3) The Department shall determine the value of any missing items or replacement value of any damaged items and shall deduct the value
- 4) from the bank security granted to the Department as well as from any amounts owing by the Department to the Specialist Service Provider.

23.6 Penalty clause

Notwithstanding the fact that the **Service Recipient shall not pay for non-service/s**, and, or, **diminished service/s** in whatever shape or form, a further penalty will be levied. The **levy amount will be 0, 5% to 25% of the gross monthly invoice** on which the discrepancy have been proven to have occurred, further the exact percentage will be determined by the extent of deviation from all agreements emanating from the relationship created.

23.7 Bank Guarantee

The Specialist Service Provider shall, within 14 days of the notification of acceptance of this tender, furnish the Service Recipient with a bank guarantee of R9 000 0000-00 (Nine million Rands) for the due fulfillment and discharge of the contract over its term. Failure to do so within the specified time may render the contract liable to cancellation and the Specialist Service Provider liable to any costs arising out of such cancellation, including the costs of calling for fresh bidders.

This is to certify that I, the end user, Mr. L Nduna, in my capacity as Head of Health Care Support Services at Robert Mangaliso Sobukwe Hospital do hereby confirm that the contents of the bid specification are in accordance with our requirements.

.....
Mr. L Nduna (Head of Facilities)

This is to certify that I, the Service Provider,, in my capacity as of the Service provider named do here confirmed bank guarantee is understood and will comply with.

.....

Annexures & Schedules

ANNEXURE A
DEPARTMENT OF HEALTH

QUALITY OF FOOD PRODUCTS AND MENU SPECIFICATIONS

1. MEAT AND MEAT PRODUCTS

- 1.1 Not more than 10% of a meat portion (cooked mass) shall be replaced by a textured vegetable protein of an acceptable quality, pre-tested by the institution for intended use. The **DEPARTMENT** reserves the right to request written proof of such a pre-test.
- 1.2 The mass specified under the minimum requirements (1.1 above) is for cooked edible mass only, thus this mass does not include bone, fat and skin.
- 1.3 No pork shall be served for neither state nor private patients.
- 1.4 All mutton and beef products, served to patients on normal full diet, shall have a total animal fat content of not more than 10% (i.e. only 2% visible fat).
- 1.5 Hamburger patties and meat pies shall contain not more than 10% acceptable textured vegetable protein.
- 1.6 No polonies / Russians or vienna's will be accepted.
- 1.7 Frozen fish cakes should contain at least 90% fish. All fish must be deboned.

2. VEGETABLES AND FRUIT

- 2.1 Only choice grade frozen vegetables may be used for vegetable dishes.
- 2.2 Caterers grade frozen vegetables may be used for soups and stews.
- 2.3 Fresh fruit and vegetables shall be of good standard and quality.
- 2.4 It must be noted that potatoes, sweet potatoes, sweet corn, cut corn and baked beans (salad beans) as such are not regarded as vegetable products, but rather as starch products.

(Average acceptable portion size for fresh fruit: $\pm 120\text{g}$ (1 medium or 2 small fresh fruit cubes, i.e. melon/papaya $\pm 125\text{ ml}$).

3. MILK AND DAIRY PRODUCTS

- 3.1 Only whole fresh milk and full cream powder milk (cooking purposes) to be used for children.
Low fat (2%) milk to be used for adults. No milk blends or coffee creamers and/or whiteners allowed.
- 3.2 Powdered full cream milk for cooking purposes shall be 100% dairy and shall be reconstituted in accordance with the manufacturer's specifications
(analysis of milk powder brands to be included).

3.3 All fresh milk used must be pasteurized.

3.4 Sorbet ice-cream may be used. (a portion ice cream is: 125 ml)

4. BREAD

Whole wheat bread may be given instead of brown bread.

1 slice of bread = 35 – 40g

5. COFFEE AND TEA

5.1 Good quality ground and instant coffee to be used. Not more than 25% chicory.

5.2 Good quality Ceylon/type blended tea.

5.3 Rooibos tea, choice quality.

6. GENERAL

Comprehensive menus for patients are to be provided by the Bidders on the following basis:

6.1 A minimum of a two week cycle menu is required.

6.2 The frequency of food items in 7 days e.g. Eggs – 3, Sausage – 2, Fish – 2, Poultry – 3 – 4, Mince meat 3 – 4, Meatless dish (e.g. Macaroni dish) – 1 (no pasta dishes for mental or psychiatric patients) , Stew - 4, is to be provided or in accordance with the department.

6.3 Skimmed milk or 2% milk is to be provided for low fat, low cholesterol and diabetic diets or as requested.

6.4 Requests for low potassium fluids, canned juices, Pro-Nutro, Nestum and soup or any other (enteral) feed is to be met by the Specialist Service Provider, if not included on a specific menu any such special request shall be approved by the Departmental Dietician.

6.5 Request from Ward Sisters for diets not listed, e.g. spice free, beef free, chicken free, etc. must be met by the Specialist Service Provider.

6.6 Snacks for diabetics diets must be allowed for as related in the different diabetic menus specified in the document.

ANNEXURE A. 1**High Protein Milkshake recipes for Menu A5 & A6****Recipe Analysis****Adult Milkshake****For adults and children older than 10 years**

Amount	Ingredient	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)
50g (5 scoops)	Jikijela enriched supplementary drink	1000	27	9.0	6.9
200ml	Low fat milk	410	9.6	7	3
2 tsp	Hot chocolate	151.4	5.8	0.85	0.96
1 medium (18 – 20cm)	Banana	439	26.95	1.29	0.39
	Total per 250ml serving	2000.4	69.35	18.14	11.25

Kids Milkshake**For children 1 year+**

Amount	Ingredient	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)
60g (6 scoops)	Deo Gracia JR supplementary drink	1050	36	7.5	8.3
200ml	Low fat milk	410	9.6	7	3
2 tsp	Hot chocolate	151.4	5.8	0.85	0.96
1 medium (18 – 20cm)	Banana	439	26.95	1.29	0.39
	Total per 250ml serving	2050.4	78.35	16.64	12.65

Yoghurt Shake

Amount	Ingredient	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)
100ml	Low fat plain yoghurt	201.6	6.0	3.4	1.0
200ml	Low fat milk	410	9.6	7	3
1 small (6.5cm in diameter)	Apple	231	14.64	0.28	0.18
5g (2 scoops)	Protifar protein powder	78	0.06	4.4	0.08
	Total per 300ml serving	920.6	30.3	15.08	4.26

Jello smoothie

Amount	Ingredient	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)
130g	Prepared jelly	368	18.90	2.30	0.30
100ml	Low fat milk	205	4.8	3.5	1.5
125ml	Ice cream	560	16.23	2.34	7.13
	Total per 225ml serving	1133	39.93	8.14	8.93

HIGH PROTEIN DIET (BURN UNIT AND REST OF PATIENTS IN HOSPITAL ON A6-DIET) & (WESH - TB-WARD)

AM-TEA: 2 x slices white bread per patient with margarine and protein filling (egg, cheese or peanut butter) (see menu)

PM-TEA: High Protein Milkshake on a MONDAY, WEDNESDAY AND FRIDAY.

NO BREAD ON THESE DAYS FOR PM-TEA. (Tube feed room to get total patients for RMSH and NCMHH from managers – recipes are available in tube feed room)

PM-TEA: Tuesday, Thursday, Saturday and Sunday - 2 x slices white bread per patient with margarine and protein filling (Eggs, Peanut butter, Pilchards or beef minced) (see menu)

ANNEXURE B

FOOD	EQUIVALENT
Beans (Dried)	Dried peas, lentils textured.
	Vegetable Protein (TVP), textured Soya concentrate
	Sousboontjies
	(10g dried beans = 50g sousboontjies)
Bread	Whole wheat bread may be given instead of brown bread
	1 slice of bread = 35 – 40g
	= 30 g Crackers or Rusk's
	= 50 g Bread roll/bun
	Scones/muffins/rolls/buns may be used as substitutes for bread.
Cereals	Ready-to-Eat cereals
	1 cup of soft porridge contains 40 g dry maize meal
	1 cup of stiff porridge contains 50 g dry maize meal
	1 cup of crumbly porridge contains 60g dry maize meal
Coffee	Cocoa, Horlicks, Instant Coffee, Milo, Ovaltine, Tea
Cooking Oil	Margarine (1ml = 1g)
Eggs	1 boiled egg = 50 g
	= 40 g cheese
	Cheddar Cheese grated: 5 ml = 2 g
	12,5 ml = 5 g
	EQUIVALENT] = 50 g hamburger patty (1 commercial patty)
] = 50 g savoury mince (2 tablespoons)
Fresh Fruit	100 - 200 g Fresh (medium portions)
	= 150 ml fruit juice /nectar may replace a portion of fresh fruit once a week or 40 % real juice, not a dairy blend
	= 30 g Fruit juice powder
	= 60 g canned fruit
Margarine	A portion of margarine is 5g and is equivalent to one of the following for cooking purposes:
	Cooking oil 5 ml
	Mayonnaise/salad cream/dressing 5 ml
	Peanut Butter 5 ml = 6.4 g
Poultry	Raw, without bone 150 g
	Raw, with bone 180 g
Meat, Fish/	Beef, raw with bone 150 g
	Beef, raw without bone 120 g no more than 20 % bone
	= 150 raw sausage
	= 120 g mince
Milk Fresh)	A portion of full cream milk/low-fat/fat free milk is 200 ml and is equivalent to one of the following
	= 200 ml Buttermilk
	= 20g Milk Powder
	= 175 ml yoghurt
Vegetables	100 g Fresh (As purchased)
	= 70 g Tinned/Frozen (1g Dehydrated = 14 g Fresh)
	Baked beans, "sousboontjies" and sweet-corn may be used as vegetables or starch substitutes for potatoes or cereals such as rice, samp, maize rice and pastas.
	Baked beans can be used as a protein-rich dish for breakfast or a light meal.
Ice cream Sorbet	A portion ice cream is: 125 ml

7. DAILY ALLOWANCES: FULL NORMAL DIET

(i) *Patients in Psychiatric Hospitals*

Cereals	100g
Brown Bread	280g
Beans	60g
Potatoes	170g
Milk	500ml

(ii) *Patients' in Tuberculosis Hospitals: Ration per Person 280g*

· This ration is based on 5-6 slices per day. A standard loaf will provide 21–25 slices. Bread is served at breakfast and supper. Patients seldom eat more than 2 slices with a meal. The extra slice of bread can be served with the late night drink. The period between supper and breakfast is long, and patients sometimes complain about feeling hungry at night.

For patients in psychiatric hospitals or patients with tuberculosis the size of the served portion of potatoes may be increased to 170g per person. The portion size of other starchy vegetables may be increased accordingly.

· Potatoes may be used in a stew as an extender. The purchase weight of potatoes as an extender in stew is: 40 - 50g (210g per week)

*For patients in psychiatric hospitals or patients with tuberculosis the size of the served portion of vegetables may be increased to 100g.

Frozen vegetables shrinkage is insignificant during cooking or steaming

8. DIETARY REQUIREMENTS

8.1 The following list of types of diets will apply for all Northern Cape Hospitals.

Macro- and micro-nutrients given below = per day.

The refined carbohydrate (sugar) content should not be greater than 10% of the total energy for all the diets listed except diabetic diets)

Definition: Vegetable B = carrot, butternut, pumpkin, beetroot, hubbard squash

Vegetable A = vegetables not listed above.

INDICATIONS		Patients with no special dietary requirements	Nausea, gastritis	Patients unable to chew food properly, oesphagitis	Introductory diet for infants aged 4 - 7 months
DIETARY PRESCRIPTIONS	Protein	90g (\pm 10g)	90 g (\pm 10 g)	90 g (\pm 10 g)	40 g (\pm 5 g)
	Energy	9000 kJ	8000 - 9000 kJ	8000 - 9000 kJ	3400 - 4900 kJ
	Fat	30% of total energy	30% of total energy	30% of total energy	35 - 40 % of total energy
	Fibre	minimum 15g			
	Cholesterol	300 mg			
	Volume				
GUIDELINES		*Cooked /serving portion sizes for adult males and females should be given	* No fried or high fat foods.	* No toast or grain bread	* Rice porridge mixed with boiled water or formula or breast milk
			* No gas-forming vegetables	* No dried or hard, fresh fruit	* Pureed fruit and vegetables
			* No curry and strong and acidic spices	* No tough, dry meat or chicken	*Formula milk ordered bt the registered dietician
			* No fruit other than: banana, paw-paw, watermelon, sweet melon, canned fruit without pips	* No battered or crumbed meat, fish or chicken	
			* No dried beans, lentils.		

		13 MONTHS TO 5 YEARS	6 YEARS (5 YEARS 1 MONTH) TO 12 YEARS	CLEAR FLUID	FULL FLUID	PUREE
INDICATIONS		For children aged 13 months to 5 years, that do not have any special dietary requirements	For children aged 5 years 1 month to 10 years, that do not have any special dietary requirements	Post-operative and should not be indicated for more than 2 days	For patients who are unable to chew, swallow, or digest solid foods	Wired jaw, patients with chewing or swallowing difficulties
DIETARY PRESCRIPTIONS	Protein	50 g	70 g			60 - 70 g
	Energy	5500 kJ (\pm 500)	7500 kJ (\pm 500 kJ))	4200 - 6000 kJ		6000 - 8000 kJ
	Fat	35% of total energy	30% of total energy			
	Fibre					
	Cholesterol					
	Volume			2000 - 3000 ml per day (adults)		
GUIDELINES		* No fried/spiced/curried foods		* Recommended fluids include water, clear soup, pure fruit juices e.g. apple, grape, granadilla, jelly.	* Recommended fluids include, all milk beverages, fruit juices without pulp, pureed and strained creamed soups, custard, yoghurt, ice cream etc.	* Foods that can be easily pureed
		* Milk issue as for 6 months to 1 year.				

		TUBE/ORAL FEED/LOW RESIDUE DIET	LOW FAT/LOW CHOLESTEROL	LOW SALT
INDICATIONS		Tube-feeding (naso-gastric-jejunal or gastrostomy/or jejunostomy), oral (exclusive/supplementary), and low residue (for pre-operative bowel preparation and management of fistulae)	Hyperlipidaemia(s), pancreatitis, fat-malabsorption, biliary obstruction / cholecystitis, hepatitis	Hypertension, cardiac failure, oedema
DIETARY PRESCRIPTIONS	Protein		60 - 80 g	Macro-nutrients as for the low fat/cholesterol diet (7000 kJ)
	Energy		7000kJ (± 500 kJ)	
	Fat		45 g (± 5 g)	Sodium ≤ 2000 mg per day
	Polyunsaturated		6 - 8 % of fat energy	
	Saturated		< 10 %	
	Mono-unsaturated		remainder of fat energy	
	Fibre		minimum of 15 g	
	Carbohydrate			
	Cholesterol		300 mg	
	Volume			
GUIDELINES		<p>DEPARTMENT clinical dietitian or doctor to prescribe enteral feeds on a case specific basis.</p> <p>*Recommend the use of ready to hang enteral feeds in institutions that do not have a room for mixing of powder feeds.</p> <p>*Recommend enteral feeds to be administered per intermittent-continuous infusion (i.e. not bolus feeding) or bolus feeding via French 8 naso-gastric tubes (adults)</p>	* Recommend a maximum intake of 3 egg yolks per week	*Any fresh, frozen red meat, poultry and fish
				* Egg and egg substituted
				*Dry peas + beans (not canned)
				* Low-sodium cheeses, creamed cheese
CONTRA-INDICATED:			high fat foods, fried food	* Smoked, cured, salted or canned meat, fish or poultry including sardines and anchovies
				* Salted nuts
				* Beans canned with salt added
				* Buttermilk, regular and processed cheese, cottage cheese
				* Canned vegetables

VARIOUS DIETS

		HIGH FIBRE	MATERNITY	LOW PROTEIN (60 g)	LOW PROTEIN (80 g)	HIGH PROTEIN
INDICATIONS		Adult patients with poor bowel motility and constipation	Pregnant women that do not have special dietary requirements	Adult patients in chronic renal failure (conservatively managed), and acute renal failure	Adult patient in renal failure that are managed per haemodialysis or CAPD	Undernourished/emaciated adult patient, adult burns
DIETARY PRESCRIPTIONS	Protein	Macro- and micro-nutrients as for the low fat/cholesterol diet	90 g (\pm 10 g)	60 g (50 % high biological value (HBV))	80 g (50 % high biological value (HBV))	15 - 20 % of TE
	Energy		10 000 kJ (\pm 500 kJ)	6000 - 8000 kJ	6000 - 8000 kJ	12 000 kJ (\pm 500 kJ)
	Fat		80 g (\pm 10 g)	30 % of the total energy	30 % of the total energy	30 % (\pm 2 %) of the total energy
	Polyunsaturated			Sodium \leq 2000 mg	Sodium 2000 mg	
	Saturated			Potassium 1500 - 2500 mg	Potassium 1500 - 2700 mg	
	Mono-unsaturated			Calcium 1000 - 1500 mg	Calcium 1400 - 1500 mg	
	Fibre	15 - 40 g	15 - 25 g	Phosphorus $<$ 800 mg	Phosphorus $<$ 1000 mg	
	Carbohydrate		minimum 200 g	Magnesium 200 - 300 mg	Magnesium 200 - 300 mg	
	Cholesterol			Cholesterol 300 mg		
	Volume	35 % of the fibre should be in the form of soluble fibre				
GUIDELINES		* Recommended the inclusion of oats porridge, fresh vegetables and fruit, whole wheat bread, bran (in fluid media for example, soup, gravy, stews, porridge)	* Minimum of 500 ml milk/maas/joghurt	* Fruit - low potassium	* Fruit - low potassium	* Suggested / Allowed Extras: cheese, eggs (no raw eggs), maas, yoghurt, milk, Ensure, Build-Up, high protein drinks, ice cream
		* Recommend a fluid (water) intake of 2 liters per day for adults (to ensure the effectiveness of the dietary fibre)	* Overweight patients may have low fat milk	* Recommend white bread instead of brown	* Suggested/Allowed extras: Jelly, glucose polymer (powder) (to be added to squash and jelly), canned fruit without juice, jam, squash (juice powder / liquid: low potassium, low phosphate)	* Burns patients with greater than 40 % burns should preferably be tube-fed (continuous infusion) and allowed to consume oral foods and fluids as tolerated
				* Recommended fruit: apples, pears, grapes, mangoes, naartjies, pineapple		
				* Suggested/Allowed extras: Jelly, glucose polymer (powder) (to be added to squash and jelly), canned fruit (low potassium) without juice, squash (juice powder / liquid: low potassium, low phosphate)	* The glucose polymer should not be part of the diet cost, but charged as an extra.	* Supplements can be ordered separately as extra cost.
CONTRA-INDICATED:						* Egg flip, raw eggs

		VEGETARIAN (LACTO-OVA)	DIABETIC 6800 kJ	DIABETIC 9000 kJ
INDICATIONS		Adult vegetarian patients that eat/drink dairy products (e.g. milk, cheese, yoghurt) and egg, but that do not eat meat, poultry, nor fish.	Overweight diabetic adult males or females	Diabetic adults, underweight diabetic
DIETARY PRESCRIPTIONS	Protein =	70 g (± 5 g)	60 - 80 g	90 g (± 10 g)
	Energy =	6000 - 7000 kJ	6800 kJ (± 500 kJ)	9000 kJ (± 500 kJ)
	Fat =	30 % of the total energy	45 g (± 5 g)	60 g (± 5 g)
	Polyunsaturated			
	Saturated			
	Mono-unsaturated			
	Fibre =		15 - 25 g	15 - 25 g
	Carbohydrate		200 g (± 20 g)	minimum 200 g
GUIDELINES		* Recommend combinations of protein foods to ensure an acceptable amino acid profile per day	* Fruit should preferably be given for snacks	* Fruit should preferably be given for snacks
			* Other snacks can be whole-wheat, bread, biscuits, etc.	* Other snacks can be whole-wheat, bread, biscuits, etc.
			*Legumes / soya allocations be used in the menu	*Legumes / soya allocations be used in the menu
			*Maximum of 3 eggs per week to be given	*Maximum of 3 eggs per week to be given
		* Meat (beef / mutton / pork), poultry, fish, jelly (that contains gelatine)	*Milk allocation: skimmed milk (or maas / yoghurt)	*Milk allocation: skimmed milk (or maas / yoghurt)
			*No fried or high fat food to be served	*No fried or high fat food to be served
			*Fruit or diabetic jelly for dessert	*Fruit or diabetic jelly for dessert
			* Suggested/Allowed extras: Diet squash, fresh fruit, brown/Whole-wheat bread, marmite	* Suggested/Allowed extras: Diet squash, fresh fruit, brown/Whole-wheat bread, marmite
			* Diabetic Fillings might include the following: Marmite, Bovril, Oxo, cottage cheese, diabetic spreads.	* Diabetic Fillings might include the following: Marmite, Bovril, Oxo, cottage cheese, diabetic spreads.
CONTRA-INDICATED: (as extras)			* White bread *Diabetic jam *Not more than 1 banana per day *All refined foods	* White bread *Diabetic jam *Not more than 1 banana per day *All refined foods

CARBOHYDRATE DISTRIBUTION FOR DIABETICS 6800 kJ AND 9000 kJ

	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	SUPPER	EVENING
WITHOUT SNACKS	33%		33%		33%	
WITH SNACKS	20%	10%	25%	10%	25%	10%

RELIGIOUS GROUPS

It is the policy of the Health department: to let persons of a particular religious group who must be supplied with meals determine whether separate facilities for the preparation of Kosher, Moslem or Hindu diets should be provided or whether individual arrangement should be made.

Jurisdiction of the religious leaders:

- * The religious leaders may come and inspect the food service unit.
- * The religious leaders must submit a yearly programme to the Chief Executive Officer (CEO) for inspections.
the CEO will give it to the food service unit.
- * An inspection task team must be formulated representing (3 member for each party: hospital and religious group)
- * A standardized format for inspection must be agreed upon.
- * A report must be produced after each inspection. The report must be submitted to the CEO for action.
- * If separate kitchens for the different religious groups are not available, simple changes are introduced into the normal or therapeutic diet, which fit in with the prescriptions of specific religious group's. For instance:

RELIGION DIET	ALLOWED	NOT ALLOWED
KOSHER	Chicken, fish, red meat, eggs, Soya, legumes, cheese <i>Strict kosher</i> : Do not serve milk and meat dishes together.	Pork
MOSLEM	Fish, halaal chicken or soya, halaal red meat and legumes	Non-halaal red meat and pork
HINDU	Chicken, fish, cheese, eggs or soya, legumes and mutton	Red meat, pork

ETHNIC GROUPS

- * If different ethnic groups are served in the hospital, carbohydrate dishes in particular can be adapted to the eating habits of each specific group, e.g. rice or pasta can be replaced with samp, mealie rice or mealie porridge and bigger starch portions may be given.

<u>TRAVELING PATIENTS (FOOD PACKS - DIETARY CODE E3)</u>								
* Provision for traveling (<i>state</i>) patients are supplied according to the number of meals they will require during their journey.								
Children must be taken into account.								
* Therapeutic diets e.g. liquid diets and diets for cancer patients, must be catered for.								
<u>OVERNIGHT PATIENTS AND BREASTFED MOTHERS</u>								
Overnight in-patients at casualty and outpatients/Lodgers/breastfeeding mothers.								
No meals are provided for outpatients except in the following cases:								
* a meal can be provided in cases where clinical tests require it (Oncology chemo clinic)								
and it is requested through Nootroclin. (the system that the hospital uses to order food on the computers)								
* If an outpatient has to wait a long time overnight, a normal ward meal is provided.								
* Mothers staying in hospital with their children must receive meals according to the normal diet menu.								
* Meal Testing								
It is essential that members of the hospital management and the food services regularly evaluate meals that are provided								
for patients. In order to ensure quality; food must be evaluated at least four times a year and without prior notice to testing								
panel consisting of at least five staff members.								
* Plate waste studies								
It is essential that plate waste studies should be done at least 3-4 times a year to determine which dishes are popular and which								
ones are not.								
Opinion Survey								
An opinion survey should be done 2-3 times a year before a new menu is planned in order to take into account the cultural								
eating patterns and the likes and dislikes of the clients.								

ANNEXURE C

8. MENU GROUPS

GROUP A

MENU A1 – NORMAL WARD DIET
 MENU A2 – DIABETIC 6800 KJ, REDUCING, LOW SALT, LOW FAT
 MENU A3 - DIABETIC DIET 9000 kJ
 MENU A4 – 9000 KJ DIABETIC DIET MATERNITY, LACTATING DIET
 MENU A5 - MATERNITY DIET/LACTATING FEEDING DIET
 MENU A6 – HIGH PROTEIN, HIGH ENERGY DIET

GROUP B

MENU B1 – CLEAR FLUID DIET
 MENU B2 – FULL FLUID DIET
 MENU B3 – PUREE DIET
 MENU B4 – LIGHT / BLAND DIET
 MENU B5 - SOFT DIET

GROUP C

MENU C1: - 60 g LOW PROTEIN DIET
 MENU C2 80 g HAEMODIALYSIS DIET
 MENU C3 – VEGETARIAN DIET

GROUP D

MENU D1 – INTRODUCTION DIET 4 TO 7 MONTHS
 MENU D2 – PEADIATRIC DIET 8 – 12 MONTHS
 MENU D3 – PEADIATRIC DIET 13 MONTHS TO 5 YEARS
 MENU D4 PEADIATRIC DIET 6 YEARS TO 12 YEARS
 MENU D5 - PAEDIATRIC DIABETIC -6 – 12 YEARS

GROUP E

MENU E1 – TUBE / ORAL FEED / BABY MILKS
 MENU E2 – RELIGIOUS GROUPS
 MENU E3 – TRAVELING PATIENTS (FOOD PACKS)
 MENU E4 – PRIVATE MEALS

PLEASE NOTE: National Department of Health is in the final processes of drafting new Ration Scales and some changes in future may occur.

ANNEXURE C					
MENU A1: NORMAL WARD DIET					
MEAL	FOOD	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL
	CATEGORY	SPECIFICATION			SERVING PORTIONS
		GRAMMAGE			
PER 14 DAY CYCLE					
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		30 g	CHEESE	3 X	90 g
		50 g	BEEF MINCED	3 X	150 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE /	200 g	MEALIE MEAL	6 X	1200 g
	CEREALS	125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE /	2 X	240 g
			BOEREWORS		
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or	14 X	1400 g
		100 g	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml
MENU A1/... CONTINUED					

MENU A1: NORMAL WARD DIET					
MEAL	FOOD CATEGORY	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL
		SPECIFICATION			SERVING
		GRAMMAGE			PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	OR				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
	YOGHURT	100 ml	YOGHURT, Natural or sweetened low fat	6 X	600 ml
SUPPER	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE /	2 X	240 g
			BOEREWORS		
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
		SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
SNACK	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g

MENU A1: NORMAL WARD DIET (FOR MENTAL PATIENTS)

MENU FOR THE WARD DLT (FOR MENTAL PATIENTS)					
MEAL	FOOD CATEGORY	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL
		SPECIFICATION			SERVING
		GRAMMAGE		PORTIONS	
PER 14 DAY CYCLE					
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		30 g	CHEESE	3 X	90 g
		50 g	BEEF MINCED	3 X	150 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE /	200 g	MEALIE MEAL	6 X	1200 g
		CEREALS	125 g	MALTABELLA	2 X
	125 g		OATS	4 X	500 g
	30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g	
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	WHITE	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	PROTEIN FILLING	50 g	EGG <i>OR</i>	4 X	200 g
		40 g	CHEESE <i>OR</i>	5 X	200 g
		12,8 g	PEANUT BUTTER (2 Tbs)	5 X	64 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
120 g		BEEF SAUSAGE /	2 X	240 g	
		BOEREWORS			
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
	130 g	POTATO	2 X	260 g	
	250 g	SAMP	3 X	750 g	
	125 g	MEALIE RICE	3 X	375 g	
	20 g	LENTILS	1 X	20 g	
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or	14 X	1400 g
	100 g	VEGETABLE B	14 X	1400 g	
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml

MENU A1: NORMAL WARD DIET (FOR MENTAL PATIENTS)

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
PER 14 DAY CYCLE					
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
	YOGHURT	100 ml	YOGHURT	6 X	600 ml
SUPPER	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
SNACK	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g

MENU A2: DIABETIC 6800 KJ, REDUCING DIET, LOW SALT,LOW FAT							
MEAL	FOOD CATEGORY	SERVING PORTION		COMMODITY	FREQUENCY		TOTAL
		SPECIFICATION					SERVING
		GRAMMAGE					PORTIONS
PER 14 DAY CYCLE							
EARLY AM	TEA/COFFEE	1,5	g	OR EQUIVALENT	14	X	21 g
TEA	MILK	50	ml	MILK 2 %	14	X	700 ml
	SWEETNER	1	g	SWEETNER	14	X	14 g
BREAKFAST	PORRIDGE / CEREALS	150	g	MEALIE MEAL	6	X	900 g
		125	g	MALTABELLA	2	X	250 g
		100	g	OATS	4	X	400 g
		30	g	CEREAL (Weetbix, bran, All bran)	2	X	60 g
	MILK	120	ml	FOR PORRIDGE AND CEREAL	14	X	1680 ml
	SWEETNER	2	g	FOR PORRIDGE AND CEREAL	14	X	28 g
	BREAD	1	SLICES	BREAD, BROWN / WHOLE WHEAT	14	X	14 SLICES
	MARGARINE	5	g	MARGARINE	14	X	70 g
	DIABETIC FILLING	10	g	DIABETIC FILLING, PORTION	14	X	140 g
AM TEA	TEA/COFFEE	1,5	g	OR EQUIVALENT	14	X	21 g
		50	ml	MILK 2 %	14	X	700 ml
		1	g	SWEETNER	14	X	14 g
	FRUIT	120	g	FRUIT (variety)	14	X	1680 g
LUNCH	MEAT (without bone)	100	g	BEEF CUBED	2	X	200 g
		60	g	BEEF STEAK PORTION	1	X	60 g
		60	g	BEEF MINCED	3	X	180 g
		80	g	BEEF SAUSAGE /	2	X	160 g
				BOEREWORS			
	POULTRY (with bone)	100	g	CHICKEN	3	X	300 g
	FISH	150	g	HAKE/PILCHARDS/HADDOCK	3	X	450 g
	STARCH	150	g	MAIZE MEAL	3	X	450 g
		100	g	RICE	3	X	300 g
		95	g	POTATO	3	X	285 g
		100	g	SAMP/MEALIE RICE	3	X	300 g
		20	g	LENTILS	2	X	40 g
	SAUCES	30	ml	TOMATO-ONION, BROWN	14	X	420 ml
	VEGETABLES	100	g	VEGETABLE A (cooked or as salad or equivalent list)	14	X	1400 g
		100		VEGETABLE B	14	X	1400 g
	PUDDING/DESSERT	60	g	DIABETIC BAKED PUDDINGS <i>or</i>	2	X	120 g
		65	g	DIABETIC INSTANT PUDDINGS <i>or</i>	2	X	130 g
		60	g	DIABETIC JELLY	2	X	120 g
		50	ml	DIABETIC CUSTARD served with baked/instant puddings	2	X	100 ml
MENU A2/... CONTINUED							

MENU A2: DIABETIC 6800 KJ, REDUCING DIET, LOW SALT, LOW FAT

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SWEETNER	1 g	SWEETNER	14 X	14 g
	OR				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
	FRUIT AND	120 g	FRUIT (variety)	12 X	1440 g
SUPPER	YOGHURT	100 ml	YOGHURT	12 X	1200 ml
	MEAT (without bone)	100 g	BEEF CUBED	2 X	200 g
		60 g	BEEF STEAK PORTION	1 X	60 g
		60 g	BEEF MINCED	3 X	180 g
		80 g	BEEF SAUSAGE / BOEREWORS	2 X	160 g
	POULTRY (with bone)	100 g	CHICKEN	3 X	300 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	150 g	MAIZE MEAL	4 X	600 g
		100 g	RICE	4 X	400 g
		95 g	POTATO	3 X	285 g
		100 g	SAMP/MEALIE RICE	3 X	300 g
	SAUCES	30 ml	TOMATO-ONION, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SWEETNER	1 g	SWEETNER	14 X	14 g
	BREAD	2 SLICES	BREAD, BROWN / WHOLE WHEAT	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	DIABETIC FILLING	10 g	DIABETIC FILLING, PORTION	14 X	140 g

MENU A3: DIABETIC 9000KJ DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SWEETNER	1 g	SWEETNER	14 X	14 g
BREAKFAST	PORRIDGE / CEREALS	150 g	MEALIE MEAL	6 X	900 g
		125 g	MALTABELLA	2 X	250 g
		100 g	OATS	4 X	400 g
		30 g	CEREAL (Weetbix, bran, All bran)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SWEETNER	2 g	FOR PORRIDGE AND CEREAL	14 X	28 g
	BREAD	2 SLICES	BREAD, BROWN / WHOLE WHEAT	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	DIABETIC FILLING	15 g	DIABETIC FILLING, PORTION	14 X	210 g
AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	FRUIT SMOOTHIE	100 ml	YOGHURT	14 X	1400 ml
		150 ml	MILK, SKIMMED	14 X	2100 ml
		60 g	FRUIT (½ of a fruit)	14 X	840 g
LUNCH	MEAT (without bone)	100 g	BEEF CUBED	2 X	200 g
		60 g	BEEF STEAK PORTION	1 X	60 g
		60 g	BEEF MINCED	3 X	180 g
		80 g	BEEF SAUSAGE / BOEREWORS	2 X	160 g
	POULTRY (with bone)	100 g	CHICKEN	3 X	300 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	150 g	MAIZE MEAL	3 X	450 g
		100 g	RICE	3 X	300 g
		95 g	POTATO	3 X	285 g
		100 g	SAMP/MEALIE RICE	3 X	300 g
		20 g	LENTILS	2 X	40 g
	SAUCES	30 ml	TOMATO-ONION, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	1400 g
		100	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	60 g	DIABETIC BAKED PUDDINGS <i>or</i>	2 X	120 g
		65 g	DIABETIC INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	DIABETIC JELLY	2 X	120 g
		50 ml	DIABETIC CUSTARD served with baked/instant puddings	2 X	100 ml

MENU A3/... CONTINUED

MENU A3: DIABETIC 9000KJ DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	<i>OR</i>				
	JUICE	125 ml	DIABETIC JUICE	14 X	1750 ml
	FRUIT AND YOGHURT	150 g 100 ml	FRUIT (variety) YOGHURT	14 X 14 X	2100 g 1400 ml
SUPPER	MEAT (without bone)	100 g 60 g 60 g 80 g	BEEF CUBED BEEF STEAK PORTION BEEF MINCED BEEF SAUSAGE / BOEREWORS	2 X 1 X 3 X 2 X	200 g 60 g 180 g 160 g
	POULTRY (with bone)	100 g	CHICKEN	3 X	300 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	150 g 100 g 95 g 100 g 20 g	MAIZE MEAL RICE POTATO SAMP/MEALIE RICE LENTILS	3 X 3 X 3 X 3 X 2 X	450 g 300 g 285 g 300 g 40 g
	SAUCES	30 ml	TOMATO-ONION, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	BREAD	2 SLICES	BROWN, WHOLE WHEAT	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	DIABETIC FILLING	15 g	DIABETIC FILLING	14 X	210 g

MENU A4: DIABETIC MATERNITY DIET /LACTATING DIET							
MEAL	FOOD CATEGORY	SERVING PORTION	COMMODITY	FREQUENCY		TOTAL	
		SPECIFICATION				SERVING	
		GRAMMAGE				PORTIONS	
				PER 14 DAY CYCLE			
EARLY AM	TEA	1,5 g	ROOIBOS	14 X		21 g	
TEA	MILK	50 ml	MILK 2 %	14 X		700 ml	
	SWEETNER	1 g	SWEETNER	14 X		14 g	
BREAKFAST	PORRIDGE / CEREALS	125 g	MEALIE MEAL	6 X		750 g	
		125 g	MALTABELLA	2 X		250 g	
		125 g	OATS	4 X		500 g	
		40 g	CEREAL (cornflakes , bran, rice crispies)	2 X		80 g	
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X		1680 ml	
	SWEETNER	1 g	FOR PORRIDGE AND CEREAL	14 X		14 g	
	BREAD	2 SLICES	BREAD, BROWN	14 X		28 SLICES	
	MARGARINE	10 g	MARGARINE	14 X		140 g	
	DIABETIC FILLING	15 g	DIABETIC FILLING, PORTION	14 X		210 g	
AM TEA	FRUIT SMOOTHIE	100 ml	YOGHURT , natural or plain low fat	14 X		1400 ml	
		150 ml	MILK, SKIMMED	14 X		2100 ml	
		60 g	FRUIT (½ of a fruit)	14 X		840 g	
LUNCH	MEAT (without bone)	100 g	BEEF CUBED	2 X		200 g	
		60 g	BEEF STEAK PORTION	1 X		60 g	
		60 g	BEEF MINCED	3 X		180 g	
		80 g	BEEF SAUSAGE /	2 X		160 g	
			BOEREWORS				
	POULTRY (with bone)	100 g	CHICKEN	3 X		300 g	
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X		450 g	
	STARCH	150 g	MAIZE MEAL	3 X		450 g	
		100 g	RICE	3 X		300 g	
		95 g	POTATO	3 X		285 g	
		100 g	SAMP/MEALIE RICE	3 X		300 g	
		20 g	LENTILS	2 X		40 g	
	SAUCES	30 ml	TOMATO-ONION, BROWN	14 X		420 ml	
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X		1400 g	
		100 g	VEGETABLE B	14 X		1400 g	
	PUDDING/DESSERT	60 g	DIABETIC BAKED PUDDINGS <i>or</i>	2 X		120 g	
		65 g	DIABETIC INSTANT PUDDINGS <i>or</i>	2 X		130 g	
		60 g	DIABETIC JELLY	2 X		120 g	
		50 ml	DIABETIC CUSTARD served with baked/instant puddings	2 X		100 ml	
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X		21 g	
	MILK	50 ml	MILK 2 %	14 X		700 ml	
	<i>OR</i>						
	JUICE	125 ml	DIABETIC JUICE	14 X		1750 ml	
	FRUIT <i>AND</i>	150 g	FRUIT (variety)	14 X		2100 g	
	YOGHURT	100 ml	YOGHURT	14 X		1400 ml	
SUPPER	MEAT (without bone)	100 g	BEEF CUBED	2 X		200 g	
		60 g	BEEF STEAK PORTION	1 X		60 g	
		60 g	BEEF MINCED	3 X		180 g	
		80 g	BEEF SAUSAGE /	2 X		160 g	
			BOEREWORS				
	POULTRY (with bone)	100 g	CHICKEN	3 X		300 g	
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X		450 g	
	STARCH	150 g	MAIZE MEAL	3 X		450 g	
		100 g	RICE	3 X		300 g	
		95 g	POTATO	3 X		285 g	
		100 g	SAMP/MEALIE RICE	3 X		300 g	
		20 g	LENTILS	2 X		40 g	
	SAUCES	30 ml	TOMATO-ONION, BROWN	14 X		420 ml	
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X		1400 g	
EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X		21 g	
	MILK	50 ml	SKIMMED	14 X		700 ml	
SNACK	BREAD	2 SLICES	BROWN, WHOLE WHEAT	14 X		28 SLICES	
	MARGARINE	10 g	MARGARINE	14 X		140 g	
	DIABETIC FILLING	15 g	DIABETIC FILLING	14 X		210 g	

MENU A5: MATERNITY DIET /LACTATING DIET					
MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
PER 14 DAY CYCLE					
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		30 g	CHEESE	3 X	90 g
		50 g	BEEF MINCED	3 X	150 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE /	200 g	MEALIE MEAL	6 X	1200 g
	CEREALS	125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	WHITE	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	PROTEIN FILLING	50 g	EGG <i>OR</i>	4 X	200 g
		40 g	CHEESE <i>OR</i>	5 X	200 g
		12,8 g	PEANUT BUTTER (2 Tbs)	5 X	64 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE /	2 X	240 g
			BOEREWORS		
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	1400 g
		100 g	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml
MENU A5/... CONTINUED					

MENU A5: MATERNITY DIET /LACTATING DIET					
MEAL	FOOD CATEGORY	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL
		SPECIFICATION			SERVING
		GRAMMAGE			PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	OR				
	JUICE	125 ml	JUICE	14 X	1750 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
	YOGHURT	100 ml	YOGHURT	6 X	600 ml
	SNACK SEE ANNEXURE I. A6 HIGH PROT. RECIPES	200 ml	HIGH PROTEIN MILKSHAKE OR	6 X	1200 ml
	BREAD	2 SLICES	WHITE	8 X	16 SLICES
	MARGARINE	10 g	MARGARINE	4 X	40 g
	PROTEIN FILLING	60 g	POLONY OR	3 X	180 g
		60 g	PILCHARDS OR	2 X	120 g
		60 g	BEEF MINCED	2 X	120 g
SUPPER	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE/ BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
SNACK	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM	14 X	210 g

Maternity / Lactating diets received only rooibos tea once per day and the rest of the time coffee

MENU A6: HIGH PROTEIN								
TO BE USED FOR BURN PATIENTS AND TB PATIENTS								
MEAL	FOOD CATEGORY	SERVING	COMMODITY	FREQUENCY		TOTAL		
		PORTION				SERVING		
		SPECIFICATION		PORTIONS				
		GRAMMAGE		PER 14 DAY CYCLE				
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X		21 g		
TEA	MILK	50 ml	MILK 2 %	14 X		700 ml		
	SUGAR	20 g	SUGAR	14 X		280 g		
BREAKFAST	PROTEIN	50 g	EGG	6 X		300 g		
		30 g	CHEESE	3 X		90 g		
		50 g	BEEF MINCED	3 X		150 g		
		60 g	FISH e.g. fish fingers	2 X		120 g		
	PORRIDGE /	200 g	MEALIE MEAL	6 X		1200 g		
		CEREALS	125 g	MALTABELLA	2 X		250 g	
		125 g	OATS	4 X		500 g		
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X		60 g		
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X		1680 ml		
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X		280 g		
	BREAD	2 SLICES	BREAD, BROWN	14 X		28 SLICES		
	MARGARINE	10 g	MARGARINE	14 X		140 g		
	JAM	15 g	JAM	14 X		210 g		
	AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X		21 g	
50 ml			MILK 2 %	14 X		700 ml		
20 g			SUGAR	14 X		280 g		
BREAD		2 SLICES	WHITE	14 X		28 SLICES		
MARGARINE		10 g	MARGARINE	14 X		140 g		
PROTEIN FILLING		50 g	EGG <i>OR</i>	4 X		200 g		
		40 g	CHEESE <i>OR</i>	5 X		200 g		
		12,8 g	PEANUT BUTTER (2 Tbs)	5 X		64 g		
LUNCH	MEAT (without bone)	190 g	BEEF CUBED	2 X		380 g		
		120 g	BEEF STEAK PORTION	1 X		120 g		
		120 g	BEEF MINCED	3 X		360 g		
		120 g	BEEF SAUSAGE /	2 X		240 g		
			BOEREWORS					
	POULTRY (with bone)	120 g	CHICKEN	3 X		360 g		
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X		450 g		
	STARCH	200 g	MAIZE MEAL	2 X		400 g		
		140 g	RICE, BROWN OR WHITE	3 X		420 g		
		130 g	POTATO	2 X		260 g		
		250 g	SAMP	3 X		750 g		
		125 g	MEALIE RICE	3 X		375 g		
		20 g	LENTILS	1 X		20 g		
		SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X		420 ml	
		VEGETABLES	100 g	VEGETABLE A (cooked or as salad or	14 X		1400 g	
			100 g	VEGETABLE B	14 X		1400 g	
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X		200 g		
		65 g	INSTANT PUDDINGS <i>or</i>	2 X		130 g		
		60 g	JELLY	2 X		120 g		
		50 ml	CUSTARD served with baked/instant puddings	2 X		100 ml		
MENU A6/... CONTINUED								

MENU A6: HIGH PROTEIN						
MEAL	FOOD CATEGORY	SERVING PORTION	COMMODITY	FREQUENCY		TOTAL SERVING
		SPECIFICATION				PORTIONS
		GRAMMAGE		PER 14 DAY CYCLE		
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g	
	MILK	50 ml	MILK 2 %	14 X	700 ml	
	SUGAR	20 g	SUGAR	14 X	280 g	
	OR					
	JUICE	125 ml	JUICE	14 X	1750 ml	
	FRUIT	120 g	FRUIT (variety)	6 X	720 g	
	YOGHURT	100 ml	YOGHURT	6 X	600 ml	
	SNACK SEE ANNEXURE 1. A6 HIGH PROT. RECIPES	200 ml	HIGH PROTEIN MILKSHAKE OR	6 X	1200 ml	
	BREAD	2 SLICES	WHITE	8 X	16 SLICES	
	MARGARINE	10 g	MARGARINE	4 X	40 g	
	PROTEIN FILLING	30 g	CHEESE OR	3 X	90 g	
		60 g	PILCHARDS OR	2 X	120 g	
	60 g	BEEF MINCED	2 X	120 g		
SUPPER	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g	
		120 g	BEEF STEAK PORTION	1 X	120 g	
		120 g	BEEF MINCED	3 X	360 g	
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g	
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g	
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g	
	STARCH	200 g	MAIZE MEAL	2 X	400 g	
		140 g	RICE, BROWN OR WHITE	3 X	420 g	
		130 g	POTATO	2 X	260 g	
		250 g	SAMP	3 X	750 g	
		125 g	MEALIE RICE	3 X	375 g	
		20 g	LENTILS	1 X	20 g	
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml	
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g	
	EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	SNACK	MILK	50 ml	MILK 2 %	14 X	700 ml
		SUGAR	20 g	SUGAR	14 X	280 g
BREAD		2 SLICES	BROWN BREAD	14 X	28 SLICES	
MARGARINE		10 g	MARGARINE	14 X	140 g	
JAM		15 g	JAM	14 X	210 g	

MENU B1: CLEAR FLUID DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA	1.5 g	OR EQUIVALENT	14 X	21 g
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	FRUIT JUICE	200 ml	FRUIT JUICE (pure) apple, grape, granadilla	14 X	2800 ml
	JELLY	125 ml	JELLY	14 X	1750 ml
	SOUP	250 ml	CLEAR SOUP (Broth, stock powder) OR	14 X	3500 g
	TEA	1.5 g	TEA	14 X	21 g
	SUGAR	20 g	SUGAR	14 X	280 g
A.M. TEA	TEA	1.5 g	TEA	14 X	21 g
	SUGAR	20 ml	SUGAR	14 X	280 g
	ICE TEA	200 ml	ICE TEA	14 X	2800 g
LUNCH	SOUP	250 ml	CLEAR SOUP (Broth, stock powder)	14 X	3500 g
	FRUIT JUICE	200 ml	FRUIT JUICE (pure) apple, grape, granadilla	14 X	2800 ml
	DESSERT	125 ml	JELLY	14 X	1750 ml
P.M. TEA	TEA	1.5 g	TEA	14 X	21 g
	SUGAR	20 ml	SUGAR	14 X	280 g
	ICE TEA	200 ml	ICE TEA	14 X	2800 g
SUPPER	SOUP	250 ml	CLEAR SOUP (Broth, stock powder)	14 X	3500 g
	FRUIT JUICE	200 ml	FRUIT JUICE (pure) apple, grape, granadilla	14 X	2800 ml
	DESSERT	125 ml	JELLY	14 X	1750 ml
EVENING SNACK	TEA	1.5 g	TEA	14 X	21 g
	SUGAR	20 g	SUGAR	14 X	280 g
	JELLY	125 ml	JELLY	14 X	1750 ml

MENU B2: FULL FLUID DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PORRRIDGE/CEREALS	125 g	MEALIE MEAL <i>or</i> MAIZENA (mixing instructions according to instructions on package) MALTABELLA	10 X 4 X	1250 g 500 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	YOGHURT	100 g	YOGHURT	14 X	1400 g
	FRUIT JUICE	250 ml	FRUIT JUICE	14 X	3500 ml
A.M. TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	MILK PORRIDGE	200 g	MILK PORRIDGE	7 X	1400 g
	<i>or</i>				
	BAKED EGG CUSTARD	125 g	BAKED EGG CUSTARD	7 X	875 g
LUNCH	COOKED SOUP	250 ml	COOKED SOUP, variety	14 X	3500 g
	FRUIT JUICE	250 ml	FRUIT JUICE	14 X	3500 ml
	DESSERT	65 g	INSTANT PUDDINGS	7 X	455 g
		125 ml	<i>or</i> JELLY	7 x	875 ml
		50 ml	CUSTARD	14 X	700 g
P.M. TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	FRUIT SMOOTHIE	100 ml	ICE CREAM	7 X	700 ml
		150 ml	MILK, 2 %	7 X	1050 ml
		60 g	FRUIT (½ of a fruit)	7 X	420 g
	<i>or</i>				
	YOGHURT-JELLY	125 ml	YOGHURT-JELLY	7 x	875 ml
SUPPER	COOKED SOUP	250 ml	COOKED SOUP, variety	14 X	3500 g
	FRUIT JUICE	250 ml	FRUIT JUICE	14 X	3500 ml
	DESSERT	125 ml	JELLY	14 X	1750 ml
		50 ml	EGG CUSTARD	14 X	700 ml
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	YOGHURT	100 g	YOGHURT	14 X	1400 g

MENU B3: PUREE DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PORRIDGE/	200 g	MEALIE MEAL <i>or</i>	7 X	1400 g
	CEREALS	125 g	MALTABELLA	7 X	875 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	FRUIT JUICE	125 ml	FRUIT JUICE (pure)	14 X	1750 ml
	YOGHURT	100 ml	YOGHURT	14 X	1400 ml
A.M. TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
LUNCH	COOKED SOUP	250 ml	COOKED SOUP, Variety	14 X	3500 g
	PUREE MEAT	150 g	MEAT/CHICKEN/FISH 120 g meat + 30 ml sauce	14 X	2100 g
	STARCH	100 g	MAIZE MEAL	3 X	300 g
		100 g	RICE, BROWN OR WHITE	3 X	300 g
		100 g	POTATO	3 X	300 g
		100 g	SAMP/ MEALIE RICE	5 X	500 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	2 X 100 g	PUREE VEGETABLES GROUP B	14 X	2800 g
	DESSERT	65 g	INSTANT PUDDINGS <i>or</i>	7 X	455 g
		125 ml	JELLY	7 X	875 ml
		50 ml	CUSTARD served with baked/instant puddings	7 X	350 ml
P.M. TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	FRUIT JUICE	125 ml	FRUIT JUICE (pure)	7 X	875 g
	YOGHURT	100 ml	YOGHURT	7 X	700 ml
SUPPER	COOKED SOUP	250 ml	COOKED SOUP, Variety	14 X	3500 g
	PUREE MEAT	150 g	MEAT/CHICKEN/FISH 120 g meat + 30 ml sauce	14 X	2100 g
	STARCH	100 g	MAIZE MEAL	4 X	400 g
		100 g	RICE, BROWN OR WHITE	4 X	400 g
		100 g	POTATO	3 X	300 g
		100 g	SAMP/ MEALIE RICE	5 X	500 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	PUREE VEGETABLES GROUP B	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	YOGHURT	100 g	YOGHURT	14 X	1400 g

* SOUP SHOULD CONTAIN A MINIMUM OF 4 g PROTEIN PER 200 ml

BID DOCUMENT FOR THE PROVISION OF CATERING SERVICES – RMSH, OOC, REHAB CENTRE, NCMHH, WESH-TB & GDH

MENU B4 : LIGHT/BLAND/LOW IN INSOLUBLE FIBRE DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		60 g	BEEF MINCED, PLAIN	4 X	240 g
		60 g	FISH, STEAMED	4 X	240 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, rice crispies)	2 X	60 g
	MILK	120 ml	SKIMMED, FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BROWN, NOT WHOLE GRAIN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, SMOOTH	14 X	210 g
AM TEA	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED, 1X 1 CM	4 X	760 g
		120 g	BEEF MINCED	4 X	480 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	3 X	600 g
		140 g	RICE, WHITE	4 X	560 g
		130 g	POTATO	4 X	520 g
		125 g	MEALIE RICE	3 X	375 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	1400 g
		100 g	VEGETABLE B (A,B VEGETABLES - NON GAS FORMING)	14 X	1400 g
	PUDDING/DESSERT	65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml

MENU B4 CONTINUED

MENU B4 : LIGHT/BLAND/LOW IN INSOLUBLE FIBRE DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
					PER 14 DAY CYCLE
PM TEA	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	OR				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
SUPPER	FRUIT	65 g	CANNED OR STEWED	6 X	390 g
	YOGHURT	100 ml	YOGHURT, SMOOTH	6 X	600 ml
	MEAT (without bone)	190 g	BEEF CUBED, 1X 1 CM	4 X	760 g
		120 g	BEEF MINCED	4 X	480 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	3 X	600 g
		140 g	RICE, WHITE	4 X	560 g
		130 g	POTATO	4 X	520 g
		125 g	MEALIE RICE	3 X	375 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE - NON GAS FORMING)	14 X	1400 g
EVENING SNACK	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN, NOT WHOLE GRAIN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, SMOOTH	14 X	210 g

MENU B5 : SOFT DIET					
MEAL	FOOD	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL SERVING
	CATEGORY	SPECIFICATION GRAMMAGE			PORTIONS
	PER 14 DAY CYCLE				
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		30 g	CHEESE	3 X	90 g
		50 g	BEEF MINCED	3 X	150 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE/	200 g	MEALIE MEAL	6 X	1200 g
	CEREALS	125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED, 1X 1 CM	2 X	380 g
		120 g	BEEF STRIPS	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	1400 g
		100 g	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant	2 X	100 ml
MENU B5/... CONTINUED					

MENU B5 : SOFT DIET

MEAL	FOOD CATEGORY	SERVING SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
SUPPER	YOGHURT	100 ml	YOGHURT	6 X	600 ml
	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STRIPS	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g

MENU C1: 60 g LOW PROTEIN					
MEAL	FOOD	SERVING PORTION	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
	CATEGORY	SPECIFICATION GRAMMAGE			
PER 14 DAY CYCLE					
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		40 g	CHEESE	3 X	120 g
		50 g	BEEF MINCED	3 X	150 g
		50 g	FISH e.g. fish fingers	2 X	100 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		200 g	MALTABELLA	2 X	400 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (comflakes, bran, rice crispies)	2 X	60 g
	MILK	50 ml	FOR PORRIDGE AND CEREAL	14 X	700 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	WHITE BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	FRUIT	100 g	FRUIT (low potassium)	14 X	1400 g
LUNCH	MEAT (without bone)	60 - 90 g	BEEF CUBED	3 X	180 - 270 g
		60 g	BEEF STEAK PORTION	1 X	60 g
		60 g	BEEF MINCED (lean)	4 X	240 g
	POULTRY (with bone)	90 g	CHICKEN	3 X	270 g
	FISH	60 g	HAKE/PILCHARDS/HADDOCK	3 X	180 g
	STARCH	125 g	MAIZE MEAL	1 X	125 g
		100 g	RICE	4 X	400 g
		100 g	POTATO (pre-soaked for 1 hour)	2 X	200 g
		125 g	SAMP	3 X	375 g
		125 g	MEALIE RICE	3 X	375 g
		95 g	LENTILS	1 X	95 g
	VEGETABLES	2 X 100 g	VEGETABLES (low potassium, moderate potassium)	14 X	2800 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml
MENU C1/... CONTINUED					

MENU C1: 60 g LOW PROTEIN

MEAL	FOOD CATEGORY	SERVING SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	FRUIT	100 g	FRUIT (low potassium)	14 X	1400 g
SUPPER	MEAT (without bone)	60 - 90 g	BEEF CUBED	3 X	180 - 270 g
		60 g	BEEF STEAK PORTION	1 X	60 g
		60 g	BEEF MINCED (lean)	4 X	240 g
	POULTRY (with bone)	90 g	CHICKEN	3 X	270 g
	FISH	60 g	HAKE/PILCHARDS/HADDOCK	3 X	180 g
	STARCH	125 g	MAIZE MEAL	1 X	125 g
		100 g	RICE	4 X	400 g
		100 g	POTATO (pre-soaked for 1 hour)	2 X	200 g
		125 g	SAMP	3 X	375 g
		125 g	MEALIE RICE	3 X	375 g
		95 g	LENTILS	1 X	95 g
	VEGETABLES	100 g	VEGETABLES (low potassium)	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	WHITE BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	PEANUT BUTTER	15 g	PEANUT BUTTER	14 X	210 g

MENU C2: 80 g PROTEIN / HAEMODIALYSIS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
PER 14 DAY CYCLE					
EARLY AM	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
TEA	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		40 g	CHEESE	3 X	120 g
		50 g	PROCESSED MEAT (polony, vienna)	2 X	100 g
		50 g	BEEF MINCED	3 X	150 g
		50 g	FISH e.g. fish fingers	2 X	100 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		200 g	MALTABELLA	2 X	400 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (comflakes, bran, rice crispies)	2 X	60 g
	MILK	75 ml	FOR PORRIDGE AND CEREAL	14 X	1050 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	WHITE BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM	14 X	210 g
AM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	FRUIT	100 g	FRUIT (low potassium)	14 X	1400 g
LUNCH	MEAT (without bone)	90 - 120 g	BEEF CUBED	3 X	270 - 360 g
		90 g	BEEF STEAK PORTION	1 X	90 g
		90 g	BEEF MINCED (lean)	4 X	360 g
	POULTRY (with bone)	90 - 120 g	CHICKEN	3 X	270 - 360 g
	FISH	90 g	HAKE/PILCHARDS/HADDOCK	3 X	270 g
	STARCH	125 g	MAIZE MEAL	1 X	125 g
		100 g	RICE	4 X	400 g
		100 g	POTATO (pre-soaked for 1 hour)	2 X	200 g
		125 g	SAMP	3 X	375 g
		125 g	MEALIE RICE	3 X	375 g
		95 g	LENTILS	1 X	95 g
	VEGETABLES	2 X 100 g	VEGETABLES (low potassium, moderate potassium)	14 X	2800 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml

MENU C2/... CONTINUED

MENU C2: 80 g PROTEIN / HAEMODIALYSIS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
PER 14 DAY CYCLE					
PM TEA	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	FRUIT	100 g	FRUIT (low potassium)	14 X	1400 g
SUPPER	MEAT (without bone)	60 - 90 g	BEEF CUBED	3 X	180 - 270 g
		60 g	BEEF STEAK PORTION	1 X	60 g
		60 g	BEEF MINCED (lean)	4 X	240 g
	POULTRY (with bone)	90 g	CHICKEN	3 X	270 g
	FISH	60 g	HAKE/PILCHARDS/HADDOCK	3 X	180 g
	STARCH	125 g	MAIZE MEAL	1 X	125 g
		100 g	RICE	4 X	400 g
		100 g	POTATO (pre-soaked for 1 hour)	2 X	200 g
		125 g	SAMP	3 X	375 g
		125 g	MEALIE RICE	3 X	375 g
		95 g	LENTILS	1 X	95 g
	VEGETABLES	100 g	VEGETABLES (low potassium)	14 X	1400 g
EVENING	TEA/COFFEE	1,5 g	OR EQUIVALENT	14 X	21 g
SNACK	MILK	25 ml	MILK 2 %	14 X	350 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLIC	WHITE BREAD	14 X	28 SLICES
	PEANUT BUTTER	30 g	PEANUT BUTTER	14 X	420 g

MENU C3: VEGETERIAN DIET (LACTO-OVA)

This menu plan is worked out for a lacto-ova diet (includes both dairy products and eggs).

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	3 X	150 g
		40 g	TVP MINCE	4 X	160 g
		40 g	CHEESE	7 X	280 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM/PEANUT BUTTER	14 X	210 g
AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
LUNCH	PROTEIN	50 g	EGG	2 X	100 g
		120 g	TVP MEAT SUBSTITUTE	6 X	720 g
		60 g	CHEESE	2 X	120 g
	LEGUMES	100 g	SOYA BEANS, LENTILS, DRIED	4 X	400 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	150 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	2100 g
		150 g	VEGETABLE B	14 X	2100 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml

MENU C3/... CONTINUED

MENU C3: VEGETERIAN DIET (LACTO-OVA)

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	JUICE	125 ml	JUICE	14 X	1750 ml
	FRUIT	150 g	FRUIT	6 X	900 g
	YOGHURT	100 ml	YOGHURT	6 X	600 ml
SUPPER	PROTEIN	50 g	EGG	2 X	100 g
		120 g	TVP MEAT SUBSTITUTE	6 X	720 g
		60 g	CHEESE	2 X	120 g
	LEGUMES	100 g	SOYA BEANS, LENTILS, DRIED BEANS	4 X	400 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	150 g	FRESH VEGETABLE B (cooked or as salad or equivalent list)	14 X	2100 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM/PEANUT BUTTER	14 X	210 g

May also receive a request for:

Vegan diet: excludes all meat and animal products

Lacto vegetarian diet: includes plant foods plus dairy products.

MENU D1: PAEDIATRIC - 4 TO 7 MONTHS INTRODUCTION DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
BREAKFAST	PORRIDGE / CEREALS MILK	30 g	RICE PORRIDGE MILKFORMULA AS ORDERED BY THE DIETICIAN	14 X	420 g
AM TEA	FRUIT	50 g	PUREED	14 X	700 g
LUNCH	PORRIDGE / CEREALS	30 g	RICE PORRIDGE	14 X	420 g
	MILK	100 ml	MILKFORMULA AS ORDERED BY THE DIETICIAN		
	VEGETABLES	30 g	VEGETABLE , PUREED	14 X	420 g
		30 g	VEGETABLE , PUREED	14 X	420 g
PM TEA	FRUIT	50 g	FRUIT pureed	14 X	700 g
SUPPER	PORRIDGE / CEREALS	30 g	RICE PORRIDGE	14 X	420 g
	MILK		MILKFORMULA AS ORDERED BY THE DIETICIAN		
	VEGETABLES	30 g	VEGETABLE , PUREED	14 X	420 g
EVENING SNACK	MILK		MILKFORMULA AS ORDERED BY THE DIETICIAN		

MENU D2: PAEDIATRIC - 8 TO 12 MONTHS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
BREAKFAST	PORRIDGE / CEREALS	75 g	MEALIE MEAL	6 X	450 g
		60 g	MALTABELLA	4 X	240 g
		60 g	OATS	4 X	240 g
	MILK		MILKFORMULA AS ORDERED BY THE DIETICIAN		
AM TEA	BREAD	20 g	BREAD, BROWN ½ slice	14 X	280 g
	MARGARINE	2.5 g	MARGARINE	14 X	35 g
	MILK		MILKFORMULA AS ORDERED BY THE DIETICIAN		
LUNCH	MEAT (without bone)	60 g	BEEF MINCED, CHICKEN, HAKE	14 X	840 g
	STARCH	50 g	MAIZE MEAL	2 X	100 g
		50 g	RICE, BROWN OR WHITE	3 X	150 g
		50 g	POTATO	2 X	100 g
		50 g	SAMP	3 X	150 g
		50 g	MEALIE RICE	3 X	150 g
		50 g	LENTILS	1 X	50 g
	VEGETABLES	30 g	VEGETABLE	14 X	420 g
		30 g	VEGETABLE	14 X	420 g
PM TEA	FRUIT	50 g	FRUIT pureed	14 X	700 g
SUPPER	MEAT (without bone)	60 g	BEEF MINCED, CHICKEN, HAKE	14 X	840 g
	STARCH	50 g	MAIZE MEAL	2 X	100 g
		50 g	RICE, BROWN OR WHITE	3 X	150 g
		50 g	POTATO	2 X	100 g
		50 g	SAMP	3 X	150 g
		50 g	MEALIE RICE	3 X	150 g
		50 g	LENTILS	1 X	50 g
	VEGETABLES	30 g	VEGETABLE	14 X	420 g
EVENING SNACK	BREAD	20 g	BREAD, BROWN ½ slice	14 X	280 g
	MARGARINE	2.5 g	MARGARINE	14 X	35 g
	MILK		MILKFORMULA AS ORDERED BY THE DIETICIAN		

MENU D3: PAEDIATRIC - 13 MONTHS TO 5 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA	1,5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	FULL CREAM	14 X	700 ml
	SUGAR	10 g	SUGAR	14 X	140 g
BREAKFAST	PORRIDGE / CEREALS	125 g	MEALIE MEAL	6 X	750 g
		100 g	MALTABELLA	4 X	400 g
		100 g	OATS	4 X	400 g
	MILK	100 ml	FULL CREAM	14 X	1400 ml
	SUGAR	10 g	FOR PORRIDGE AND CEREAL	14 X	140 g
	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
AM TEA	BREAD/COOKIE	1 SLICE OR COOKIE	BROWN BREAD OR COOKIE	14 X	14 SLICE OR COOKIE
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
	MILK	200 ml	"Hot Chocolate" made with full cream milk / Nesquik with full cream milk	14 X	2800 ml
LUNCH	MEAT (without bone)	60 g	BEEF MINCED	5 X	300 g
		60 g	CHICKEN	5 X	300 g
		75 g	HAKE	4 X	300 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		70 g	RICE, BROWN OR WHITE	3 X	210 g
		70 g	POTATO	2 X	140 g
		70 g	SAMP	3 X	210 g
		70 g	MEALIE RICE	3 X	210 g
		70 g	LENTILS	1 X	70 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	50 g	VEGETABLE	14 X	700 g
		50 g	VEGETABLE	14 X	700 g
	PUDDING/DESSERT	40 g	INSTANT PUDDINGS <i>or</i>	7 X	280 g
		40 g	JELLY	7 X	280 g
		40 ml	CUSTARD served with baked/instant puddings	7 X	280 ml

MENU D3/... CONTINUED

MENU D3: PAEDIATRIC - 13 MONTHS TO 5 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	JUICE	125 ml	JUICE (pure)	7 X	875 ml
	FRUIT	100 g	FRUIT	7 X	700 g
	YOGHURT	100 ml	YOGHURT	14 X	1400 ml
SUPPER	MEAT (without bone)	60 g	BEEF MINCED	5 X	300 g
		60 g	CHICKEN	5 X	300 g
		75 g	HAKE	4 X	300 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		70 g	RICE, BROWN OR WHITE	3 X	210 g
		70 g	POTATO	2 X	140 g
		70 g	SAMP	3 X	210 g
		70 g	MEALIE RICE	3 X	210 g
		70 g	LENTILS	1 X	70 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	50 g	VEGETABLE	14 X	700 g
EVENING SNACK	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
	MILK	100 ml	FULL CREAM MILK	5 X	500 ml

MENU D4: PAEDIATRIC - 6 YEARS TO 10 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	FULL CREAM	14 X	700 ml
	SUGAR	10 g	SUGAR	14 X	140 g
BREAKFAST	PORRIDGE / CEREALS	125 g	MEALIE MEAL	6 X	750 g
		100 g	MALTABELLA	2 X	200 g
		100 g	OATS	4 X	400 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	100 ml	FULL CREAM	14 X	1400 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	FRUIT	100 - 150 g	FRUIT, ASSORTED	14 X	1400 - 2100 g
	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
AM TEA	BREAD/COOKIE	1 SLICE OR COOKIE	BROWN BREAD OR COOKIE	14 X	14 SLICE OR COOKIE
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
	MILK	200 ml	"Hot Chocolate" made with full cream milk / Nesquik with full cream milk	14 X	2800 ml
LUNCH	MEAT (without bone)	150 g	BEEF CUBED	2 X	300 g
		100 g	BEEF STEAK PORTION	1 X	100 g
		100 g	BEEF MINCED	3 X	300 g
		100 g	BEEF SAUSAGE / BOEREWORS	2 X	200 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	120 g	HAKE/PILCHARDS/HADDOCK	3 X	360 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		100 g	RICE, BROWN OR WHITE	3 X	300 g
		100 g	POTATO	2 X	200 g
		100 g	SAMP	3 X	300 g
		100 g	MEALIE RICE	3 X	300 g
		100 g	LENTILS	1 X	100 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE	14 X	1400 g
		100 g	VEGETABLE	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	6 X	390 g
		60 g	JELLY	6 X	360 g
		50 ml	CUSTARD served with baked/instant puddings	6 X	300 ml

MENU D4/... CONTINUED

MENU D4: PAEDIATRIC - 6 YEARS TO 10 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	JUICE	125 ml	JUICE (pure)	7 X	875 ml
	FRUIT	100 g	FRUIT	7 X	700 g
	YOGHURT	100 ml	YOGHURT	14 X	1400 ml
SUPPER	MEAT (without bone)	150 g	BEEF CUBED	2 X	300 g
		100 g	BEEF STEAK PORTION	1 X	100 g
		100 g	BEEF MINCED	3 X	300 g
		100 g	BEEF SAUSAGE / BOEREWORS	2 X	200 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	120 g	HAKE/PILCHARDS/HADDOCK	3 X	360 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		100 g	RICE, BROWN OR WHITE	3 X	300 g
		100 g	POTATO	2 X	200 g
		100 g	SAMP	3 X	300 g
		100 g	MEALIE RICE	3 X	300 g
		100 g	LENTILS	1 X	100 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE	14 X	1400 g
EVENING SNACK	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	JAM	10 g	JAM	14 X	140 g
	MILK	100 ml	FULL CREAM MILK	5 X	500 ml

MENU D5: PEAEDIATRIC DIABETIC - 6 YEARS TO 10 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA	1.5 g	ROOIBOS	14 X	21 g
	MILK	50 ml	SKIMMED	14 X	700 ml
	SUGAR	5 g	SUGAR	14 X	70 g
BREAKFAST	PORRIDGE / CEREALS	125 g	MEALIE MEAL	6 X	750 g
		100 g	MALTABELLA	2 X	200 g
		100 g	OATS	4 X	400 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	100 ml	SKIMMED	14 X	1400 ml
	SUGAR	10 g	FOR PORRIDGE AND CEREAL	14 X	140 g
	FRUIT	100 - 150 g	FRUIT, ASSORTED	14 X	1400 - 2100 g
	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	DIABETIC FILLING	10 g	DIABETIC FILLING	14 X	140 g
AM TEA	BREAD/COOKIE	1 SLICE OR COOKIE	BROWN BREAD OR COOKIE	14 X	14 SLICE OR COOKIE
	MARGARINE	5 g	MARGARINE	14 X	70 g
	DIABETIC FILLING	10 g	DIABETIC FILLING	14 X	140 g
	MILK	200 ml	"Hot Chocolate" made with cocoa and skimmed milk	14 X	2800 ml
LUNCH	MEAT (without bone)	150 g	BEEF CUBED	2 X	300 g
		100 g	BEEF STEAK PORTION	1 X	100 g
		100 g	BEEF MINCED	3 X	300 g
		100 g	BEEF SAUSAGE / BOEREWORS	2 X	200 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	120 g	HAKE/PILCHARDS/HADDOCK	3 X	360 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		100 g	RICE, BROWN OR WHITE	3 X	300 g
		100 g	POTATO	2 X	200 g
		100 g	SAMP	3 X	300 g
		100 g	MEALIE RICE	3 X	300 g
		100 g	LENTILS	1 X	100 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE	14 X	1400 g
		100 g	VEGETABLE	14 X	1400 g
	PUDDING/DESSERT	60 g	DIABETIC BAKED PUDDINGS <i>or</i>	2 X	120 g
		65 g	DIABETIC INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	DIABETIC JELLY	2 X	120 g
		50 ml	DIABETIC CUSTARD served with baked/instant puddings	2 X	100 ml

MENU D5/... CONTINUED

MENU D5: PEAEDIATRIC DIABETIC - 6 YEARS TO 10 YEARS DIET

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	JUICE	125 ml	JUICE (pure), diabetic	7 X	875 ml
	FRUIT	100 g	FRUIT	7 X	700 g
	YOGHURT	100 ml	YOGHURT	14 X	1400 ml
SUPPER	MEAT (without bone)	150 g	BEEF CUBED	2 X	300 g
		100 g	BEEF STEAK PORTION	1 X	100 g
		100 g	BEEF MINCED	3 X	300 g
		100 g	BEEF SAUSAGE / BOEREWORS	2 X	200 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	120 g	HAKE/PILCHARDS/HADDOCK	3 X	360 g
	STARCH	125 g	MAIZE MEAL	2 X	250 g
		100 g	RICE, BROWN OR WHITE	3 X	300 g
		100 g	POTATO	2 X	200 g
		100 g	SAMP	3 X	300 g
		100 g	MEALIE RICE	3 X	300 g
		100 g	LENTILS	1 X	100 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE	14 X	1400 g
EVENING SNACK	BREAD	1 SLICES	BROWN	14 X	14 SLICES
	MARGARINE	5 g	MARGARINE	14 X	70 g
	DIABETIC FILLING	10 g	DIABETIC FILLING	14 X	140 g
	MILK	100 ml	SKIMMED	5 X	500 ml

MENU E2: RELIGIOUS GROUPS

This menu plan is based on the full menu plan, but the religious diet may be a soft, diabetic, puree, etc.

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
BREAKFAST	PROTEIN	50 g	EGG	6 X	300 g
		30 g	CHEESE	2 X	60 g
		50 g	PROCESSED MEAT (polony, vienna)	2 X	100 g
		50 g	BEEF MINCED	2 X	100 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g
AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
		50 ml	MILK 2 %	14 X	700 ml
		20 g	SUGAR	14 X	280 g
LUNCH	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or	14 X	1400 g
		100 g	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	2 X	200 g
		65 g	INSTANT PUDDINGS <i>or</i>	2 X	130 g
		60 g	JELLY	2 X	120 g
		50 ml	CUSTARD served with baked/instant puddings	2 X	100 ml

MENU E2/... CONTINUED

MENU E2: RELIGIOUS GROUPS

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	<i>OR</i>				
	JUICE, 40% real juice	150 ml	JUICE	14 X	2100 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
	YOGHURT	100 ml	YOGHURT	6 X	600 ml
SUPPER	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as	14 X	1400 g
EVENING SNACK	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	SUGAR	14 X	280 g
	BREAD	2 SLICES	BROWN BREAD	14 X	28 SLICES
	MARGARINE	10 g	MARGARINE	14 X	140 g
	JAM	15 g	JAM, PORTION	14 X	210 g

MENU E3: TRAVELLING PATIENTS (FOOD PACKS)							
EXAMPLES OF FOOD AND MENU ITEMS FOR LONG AND SHORT DISTANCES:							
FOOD	EXAMPLE OF MENU ITEMS						
Protein dishes							
Eggs	Boiled						
Dry beans	Three bean salad						
Cheese	Grated/diced/portions						
	Savory tartlets						
Chicken	Cold chicken portions						
Red meat	Slices of cold meat						
	Meat loaf						
	Meat balls						
	Cold processed meat						
Mageu	Fermented maize drink						
Starchy dishes							
	Scones, muffins, corn fritters, vetkoek						
	Bread, bread rolls						
	*Potato salad						
	*Pasta salad						
	*Rice salad						
	<i>*may be combined with protein rich dishes</i>						
Vegetables							
	Carrot sticks/salad with variation						
	Cucumber, sliced						
	Tomato, sliced or whole						
Fruits/Fruit juice							
	Fresh fruits e.g. apple, pear, banana, peach, orange /150ml fruit juice						
Yoghurt	May replace a fruit when not available or where a need arises						
MEAL PLAN FOR SHORT AND LONG JOURNEYS							
Protein				120 g	or equivalent		
Starch				125 g			
Vegetables				100 g			
Fruit				100 - 200 g			
Juice				150 ml			
Or							
Mageu				500 ml			
<i>Food items must be pack in an appropriate size Fomolite container.</i>							

MENU E4: PRIVATE MENU

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	SERVING PORTIONS
				PER 14 DAY CYCLE	
EARLY AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	INDIVIDUAL PORTION/S	14 X	280 g
	RUSK	2 EACH	RUSK	14 X	28 EACH
BREAKFAST	PROTEIN	<i>A choice menu:</i>			
		50 g	EGG	6 X	300 g
		30 g	CHEESE	2 X	60 g
		50 g	PROCESSED MEAT (polony, vienna)	2 X	100 g
		50 g	BEEF MINCED	2 X	100 g
		60 g	FISH e.g. fish fingers	2 X	120 g
	PORRIDGE / CEREALS	200 g	MEALIE MEAL	6 X	1200 g
		125 g	MALTABELLA	2 X	250 g
		125 g	OATS	4 X	500 g
		30 g	CEREAL (cornflakes, bran, rice crispies)	2 X	60 g
	MILK	120 ml	FOR PORRIDGE AND CEREAL	14 X	1680 ml
	SUGAR	20 g	FOR PORRIDGE AND CEREAL	14 X	280 g
	BREAD	2 SLICES	BREAD, BROWN	14 X	28 SLICES
	MARGARINE	10 g	INDIVIDUAL PORTION/S	14 X	140 g
	JAM	15 g	INDIVIDUAL PORTION/S	14 X	210 g
AM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK 2 %	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	INDIVIDUAL PORTION	14 X	280 g
	COOKIE	2 EACH	COOKIE	14 X	28 EACH
LUNCH	<i>A choice menu:</i>				
	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	VEGETABLE A (cooked or as salad or equivalent list)	14 X	1400 g
		100 g	VEGETABLE B	14 X	1400 g
	PUDDING/DESSERT	100 g	BAKED PUDDINGS <i>or</i>	14 X	1400 g
		65 g	INSTANT PUDDINGS <i>or</i>	14 X	910 g
		60 g	JELLY	14 X	840 g
		50 ml	CUSTARD served with baked/instant puddings	14 X	700 ml

MENU E4 LUNCH/... CONTINUED

MENU E4: PRIVATE MENU

MEAL	FOOD CATEGORY	SERVING PORTION SPECIFICATION GRAMMAGE	COMMODITY	FREQUENCY	TOTAL SERVING PORTIONS
				PER 14 DAY CYCLE	
LUNCH	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	INDIVIDUAL PORTION/S	14 X	280 g
	OR				
	JUICE	125 ml	JUICE	14 X	1750 ml
PM TEA	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	INDIVIDUAL PORTION/S	14 X	280 g
	OR				
	JUICE	125 ml	JUICE	14 X	1750 ml
	FRUIT	120 g	FRUIT (variety)	6 X	720 g
	YOGHURT	100 ml	YOGHURT	6 X	600 ml
SUPPER		<i>A choice menu:</i>			
	MEAT (without bone)	190 g	BEEF CUBED	2 X	380 g
		120 g	BEEF STEAK PORTION	1 X	120 g
		120 g	BEEF MINCED	3 X	360 g
		120 g	BEEF SAUSAGE / BOEREWORS	2 X	240 g
	POULTRY (with bone)	120 g	CHICKEN	3 X	360 g
	FISH	150 g	HAKE/PILCHARDS/HADDOCK	3 X	450 g
	STARCH	200 g	MAIZE MEAL	2 X	400 g
		140 g	RICE, BROWN OR WHITE	3 X	420 g
		130 g	POTATO	2 X	260 g
		250 g	SAMP	3 X	750 g
		125 g	MEALIE RICE	3 X	375 g
		20 g	LENTILS	1 X	20 g
	SAUCES	30 ml	TOMATO-ONION, WHITE, BROWN	14 X	420 ml
	VEGETABLES	100 g	FRESH VEGETABLE (cooked or as salad or equivalent list)	14 X	1400 g
EVENING	TEA/COFFEE	1.5 g	OR EQUIVALENT	14 X	21 g
SNACK	MILK	50 ml	MILK 2 %	14 X	700 ml
	SUGAR	20 g	INDIVIDUAL PORTION/S	14 X	280 g
	RUSK	2 EACH	RUSK	14 X	28 EACH

Private menus: required sachets to be served with the plated service, e.g. salt- and pepper sachets, sugar sachets, jam portions, margarine portions etc.

SCHEDULE A ROBERT MANGALISO SOBUKWE HOSPITAL DAILY FOOD COST SUMMARY 1			
NAME OF BIDDER:			
COST BREAKDOWN PER PERSON INCLUSIVE OF VAT			
MENU GROUPS	A	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu A1 – Normal ward diet	423	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	17	
	Menu A3 – Diabetic 9000 kJ	20	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	2	
	Menu A5 - Maternity diet/Lactating mothers diet	118	
	Menu A6 - High Protein, high energy diet	10	
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu A1 – Normal ward diet	423	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	17	
	Menu A3 – Diabetic 9000 kJ	20	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	2	
	Menu A5 - Maternity diet/Lactating mothers diet	118	
	Menu A6 - High Protein, high energy diet	10	
		AVERAGE COST	
AM Tea (10h00)	Menu A1 – Normal ward diet	421	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	15	
	Menu A3 – Diabetic 9000 kJ	21	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	3	
	Menu A5 - Maternity diet/Lactating mothers diet	119	
	Menu A6 - High Protein, high energy diet	9	
		AVERAGE COST	

MENU GROUPS	A	Daily Participation	Cost per menu
Lunch (12h00 – 13h00)	Menu A1 – Normal ward diet	421	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	15	
	Menu A3 – Diabetic 9000 kJ	21	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	3	
	Menu A5 - Maternity diet/Lactating mothers diet	119	
	Menu A6 - High Protein, high energy diet	9	
		AVERAGE COST	
PM Tea (14h30)	Menu A1 – Normal ward diet	420	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	15	
	Menu A3 – Diabetic 9000 kJ	20	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	3	
	Menu A5 - Maternity diet/Lactating mothers diet	120	
	Menu A6 - High Protein, high energy diet	9	
		AVERAGE COST	
Supper (17h30 – 18h30)	Menu A1 – Normal ward diet	420	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	15	
	Menu A3 – Diabetic 9000 kJ	20	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	3	
	Menu A5 - Maternity diet/Lactating mothers diet	120	
	Menu A6 - High Protein, high energy diet	9	
		AVERAGE COST	
Late PM Tea (20h00)	Menu A1 – Normal ward diet	420	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet	15	
	Menu A3 – Diabetic 9000 kJ	20	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet	3	
	Menu A5 - Maternity diet/Lactating mothers diet	120	
	Menu A6 - High Protein, high energy diet	9	
		AVERAGE COST	
GROUP A TOTAL			

SCHEDULE A NORTHERN CAPE MENTAL HEALTH + WESH-TB DAILY FOOD COST SUMMARY 1 (a) (Mental + Wesh-TB)			
NAME OF BIDDER:			
COST BREAKDOWN PER PERSON INCLUSIVE OF VAT			
MENU GROUPS	A	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
AM Tea (10h00)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	

MENU GROUPS	A	Daily Participation	Cost per menu
Lunch (12h00 – 13h00)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
PM Tea (14h30)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
Supper (17h30 – 18h30)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
Late PM Tea (20h00)	Menu A1 – Normal ward diet	104	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ	9	
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 - Maternity diet/Lactating mothers diet		
	Menu A6 - High Protein, high energy diet	41	
		AVERAGE COST	
GROUP A (a) Mental + TB TOTAL			

SCHEDULE A
GALESHEWE DAY HOSPITAL
DAILY FOOD COST
SUMMARY 1 (b) (GDH)

NAME OF BIDDER:

COST BREAKDOWN PER PERSON INCLUSIVE OF VAT

MENU GROUPS	A	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu A1 – Normal ward diet	10	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu A1 – Normal ward diet	10	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
AM Tea (10h00)	Menu A1 – Normal ward diet	11	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	

MENU GROUPS	A	Daily Participation	Cost per menu
Lunch (12h00 – 13h00)	Menu A1 – Normal ward diet	11	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
PM Tea (14h30)	Menu A1 – Normal ward diet	8	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
Supper (17h30 – 18h30)	Menu A1 – Normal ward diet	8	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
Late PM Tea (20h00)	Menu A1 – Normal ward diet	8	
	Menu A2 – 6800 kJ Diabetic, Reducing, Low Salt Low Fat diet		
	Menu A3 – Diabetic 9000 kJ		
	Menu A4 – Diabetic 9000 kJ Maternity/Lactating mothers diet		
	Menu A5 – Maternity diet/Lactating mothers diet		
	Menu A6 – High Protein, high energy diet		
		AVERAGE COST	
GROUP A (b) GDH TOTAL			

SCHEDULE A			
ROBERT MANGALISO SOBUKWE HOSPITAL			
DAILY FOOD COST			
SUMMARY 2			
NAME OF BIDDER:			
COST BREAKDOWN PER PERSON INCLUSIVE OF VAT			
MENU GROUPS	B	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu B1 – Clear fluid	3	
	Menu B2 - Full Fluid	6	
	Menu B3 – Puree diet	7	
	Menu B4 – Light / bland diet	1	
	Menu B5 - Soft diet	6	
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu B1 – Clear fluid	3	
	Menu B2 - Full Fluid	6	
	Menu B3 – Puree diet	7	
	Menu B4 – Light / bland diet	1	
	Menu B5 - Soft diet	6	
		AVERAGE COST	
AM Tea (10h00)	Menu B1 – Clear fluid	3	
	Menu B2 - Full Fluid	6	
	Menu B3 – Puree diet	7	
	Menu B4 – Light / bland diet	1	
	Menu B5 - Soft diet	7	
		AVERAGE COST	

(RMSH)

(RMSH)

SCHEDULE A			
<u>NORTHERN CAPE MENTAL HEALTH + WESH-TB</u>			
<u>DAILY FOOD COST</u>			
<u>SUMMARY 2 (a) (Mental + TB)</u>			
NAME OF BIDDER:			
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>			
MENU GROUPS	B	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu B1 – Clear fluid		
	Menu B2 – Full Fluid		
	Menu B3 – Puree diet		
	Menu B4 – Light / bland diet	2	
	Menu B5 – Soft diet		
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu B1 – Clear fluid		
	Menu B2 – Full Fluid		
	Menu B3 – Puree diet		
	Menu B4 – Light / bland diet	2	
	Menu B5 – Soft diet		
		AVERAGE COST	
AM Tea (10h00)	Menu B1 – Clear fluid		
	Menu B2 – Full Fluid		
	Menu B3 – Puree diet		
	Menu B4 – Light / bland diet	2	
	Menu B5 – Soft diet		
		AVERAGE COST	

MENU GROUPS	B	Daily Participation	Cost per menu
Lunch	Menu B1 - Clear fluid		
(12h00 – 13h00)	Menu B2 - Full Fluid		
	Menu B3 - Puree diet		
	Menu B4 - Light / bland diet	2	
	Menu B5 - Soft diet		
		AVERAGE COST	
PM Tea	Menu B1 - Clear fluid		
(14h30)	Menu B2 - Full Fluid		
	Menu B3 - Puree diet		
	Menu B4 - Light / bland diet	2	
	Menu B5 - Soft diet		
		AVERAGE COST	
Dinner	Menu B1 - Clear fluid		
(17h30 – 18h30)	Menu B2 - Full Fluid		
	Menu B3 - Puree diet		
	Menu B4 - Light / bland diet	2	
	Menu B5 - Soft diet		
		AVERAGE COST	
Late PM Tea	Menu B1 - Clear fluid		
(20h00)	Menu B2 - Full Fluid		
	Menu B3 - Puree diet		
	Menu B4 - Light / bland diet	2	
	Menu B5 - Soft diet		
		AVERAGE COST	
GROUP B TOTAL		NCMHH +WESH-TB	

SCHEDULE A			
<u>ROBERT MANGALISO SOBUKWE HOSPITAL</u>			
<u>DAILY FOOD COST</u>			
<u>SUMMARY 3</u>			
NAME OF BIDDER:			
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>			
MENU GROUPS	C	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu C1: 60 g Protein diet	2	
	Menu C2: 80 g Protein Haemodialysis diet	8	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu C1: 60 g Protein diet	2	
	Menu C2: 80 g Protein Haemodialysis diet	8	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
AM Tea (10h00)	Menu C1: 60 g Protein diet	3	
	Menu C2: 80 g Protein Haemodialysis diet	15	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	

MENU GROUPS	C	Daily Participation	Cost per menu
Lunch (12h00 – 13h00)	Menu C1: 60 g Protein diet	3	
	Menu C2: 80 g Protein Haemodialysis diet	15	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
PM Tea (14h30)	Menu C1: 60 g Protein diet	2	
	Menu C2: 80 g Protein Haemodialysis diet	4	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
Dinner (17h30 – 18h30)	Menu C1: 60 g Protein diet	2	
	Menu C2: 80 g Protein Haemodialysis diet	4	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
Late PM Tea (20h00)	Menu C1: 60 g Protein diet	2	
	Menu C2: 80 g Protein Haemodialysis diet	4	
	Menu C3 – Vegetarian diet	1	
		AVERAGE COST	
GROUP C – SUBTOTAL		RMSH	

<u>SCHEDULE A</u>			
<u>ROBERT MANGALISO SOBUKWE HOSPITAL</u>			
<u>DAILY FOOD COST</u>			
<u>SUMMARY 4</u>			
NAME OF BIDDER:			
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>			
MENU GROUPS	D	Daily Participation	Cost per menu
Breakfast (7H30 – 8H30)	Menu D1 - Introduction diet 4 to 7 months	10	
	Menu D2 – Peads: 4 – 12	6	
	Menu D3 – 13mths – 5 yrs	24	
	Menu D4 – Peads – 6 – 12 yrs	16	
	Menu D5 – Peads diabetic 6 - 12 yrs	1	
		AVERAGE COST	
AM Tea (10h00)	Menu D1 - Introduction diet 4 to 7 months	9	
	Menu D2 – Peads: 4 – 12 mths	7	
	Menu D3 – 13mths – 5 yrs	26	
	Menu D4 – Peads – 6 – 12	14	
	Menu D5 – Peads diabetic 6 - 12 yrs	1	
		AVERAGE COST	

MENU GROUPS	D	Daily Participation	Cost per menu
Lunch (12h00 – 13h00)	Menu D1 - Introduction diet 4 to 7 months	9	
	Menu D2 – Peads: 4 – 12 mths	7	
	Menu D3 – 13mths – 5 yrs	26	
	Menu D4 – Peads – 6 – 12	14	
	Menu D5 – Peads diabetic 6 – 12 yrs	1	
		AVERAGE COST	
PM Tea (14h30)	Menu D1 - Introduction diet 4 to 7 months	9	
	Menu D2 – Peads: 4 – 12 mths	6	
	Menu D3 – 13mths – 5 yrs	26	
	Menu D4 – Peads – 6 – 12	14	
	Menu D5 – Peads diabetic 6 – 12 yrs	1	
		AVERAGE COST	
Dinner (17h30 – 18h30)	Menu D1 - Introduction diet 4 to 7 months	9	
	Menu D2 – Peads: 4 – 12 mths	6	
	Menu D3 – 13mths – 5 yrs	26	
	Menu D4 – Peads – 6 – 12	14	
	Menu D5 – Peads diabetic 6 – 12 yrs	1	
		AVERAGE COST	
Late PM Tea (20h00)	Menu D1 - Introduction diet 4 to 7 months	9	
	Menu D2 – Peads: 4 – 12 mths	6	
	Menu D3 – 13mths – 5 yrs	26	
	Menu D4 – Peads – 6 – 12	14	
	Menu D5 – Peads diabetic 6 – 12 yrs	1	
		AVERAGE COST	
GROUP D – SUBTOTAL		RMSH	

SCHEDULE A
ROBERT MANGALISO SOBUKWE HOSPITAL
DAILY FOOD COST
SUMMARY 5

NAME OF BIDDER:

COST BREAKDOWN PER PERSON INCLUSIVE OF VAT

MENU GROUPS	E	Daily Participation	Cost per menu
Early AM Tea (5H00)	Menu E2 – Religious	2	
		AVERAGE COST	
Breakfast (7H30 – 8H30)	Menu E2 – Religious	2	
		AVERAGE COST	
AM Tea (10h00)	Menu E2 – Religious	2	
		AVERAGE COST	
Lunch (12h00 – 13h00)	Menu E2 – Religious	2	
		AVERAGE COST	
PM Tea (14h30)	Menu E2 – Religious	2	
		AVERAGE COST	
Dinner (17h30 – 18h30)	Menu E2 – Religious	2	
		AVERAGE COST	
Late PM Tea (20h00)	Menu E2 – Religious	2	
		AVERAGE COST	
GROUP E – SUBTOTAL			

<u>SCHEDULE A</u> <u>ROBERT MANGALISO SOBUKWE HOSPITAL</u> <u>DAILY FOOD COST</u> <u>SUMMARY 6</u>		
NAME OF BIDDER:		
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>		
MENU GROUPS 7	(Price individually)	Cost per item
Menu E3 – Traveling patients "food packs"	Average 4 "food packs" /month	
Menu E4 - Private menu (cost per day)	Average 4 private patients per day	
Soup and bread (for late admissions) (average 2 per day)	200 ml soup 2 slices brown bread 10 g margarine 15 g jam (per person)	.
Ice cream - for tonsillitis patients in childrens' wards	Average 1 per day	
High Protein Milkshake on a MONDAY, WEDNESDAY AND FRIDAY.		
High protein milkshake for A5, A6 diets and TB patients @ RMSH, NCMHH	Average 40 patients every second day	
Tuesday, Thursday, Saturday and Sunday - 2 x slices white bread per patient with margarine and protein	Average 40 patients every second day	

<u>DAILY FOOD COST</u>					
<u>SUMMARY (1)</u>					
BID NUMBER: NC/ DOH/					
NAME OF BIDDER:					
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>					
MENU GROUPS	A	B	C	D	E
Early AM Tea					
Breakfast					
AM Tea					
Lunch					
PM Tea					
Dinner					
Late PM Tea					
<u>TOTAL COST PER</u>					
<u>PERSON PER DAY</u>					
<u>(1)</u>					
MENU GROUPS E - other					
Menu E3 – Traveling patients "food packs"			High prot. Milkshake		
Menu E4 - Private menu					
Soup and bread					
Ice cream					

<u>SCHEDULE A.1</u>		
<u>NORTHERN CAPE MENTAL HEALTH HOSPITAL</u>		
<u>DAILY FOOD COST</u>		
<u>SUMMARY (1)</u>		
BID NUMBER: NC/ DOH/		
NAME OF BIDDER:		
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>		
MENU GROUPS	A (Mental = TB)	B (Mental = TB)
Early AM Tea		
Breakfast		
AM Tea		
Lunch		
PM Tea		
Dinner		
Late PM Tea		
<u>TOTAL COST PER PERSON PER DAY (1)</u>		
MENU GROUPS	(Price individually)	Cost per item
High prot. Milkshake		
2 slices white bread per person		

<u>SCHEDULE A.1</u>	
<u>GALESHEWE DAY HOSPITAL</u>	
<u>DAILY FOOD COST</u>	
<u>SUMMARY (1)</u>	
BID NUMBER: NC/ DOH/	
NAME OF BIDDER:	
<u>COST BREAKDOWN PER PERSON INCLUSIVE OF VAT</u>	
MENU GROUPS	A (GDH)
Early AM Tea	
Breakfast	
AM Tea	
Lunch	
PM Tea	
Dinner	
Late PM Tea	
<u>TOTAL COST PER PERSON</u>	
<u>PER DAY (1)</u>	

<u>SCHEDULE A.1</u>				
<u>ROBERT MANGALISO SOBUKWE HOSPITAL</u>				
<u>DAILY FOOD COST</u>				
<u>SUMMARY (2)</u>				
BID NUMBER: NC/ DOH/				
NAME OF BIDDER:				
		SUB TOTAL	TOTAL PARTICIPANTS	
1	GROUP A: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 1 P. 72		X 1765	
	GROUP B: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 2 P. 73		X 71	
	GROUP C: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 3 P. 75		X 34	
	GROUP D: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 4 P. 76		X 167	
	GROUP E: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 5 P. 77		X 20	
	Menu E3 – Traveling patients "food packs"		X 4	
	Menu E4 - Private		X 4	
	Soup and bread		X 2	
	Ice cream		X 1	
	Total daily Participants Cost			
	X 365 days per year		(1)	
2	Specialist Service Provider fixed overhead cost per year from page		(2)	
	TOTAL COST PER YEAR INCLUDED VAT		(1) + (2)	
	TOTAL COST FOR FOOD + OVERHEAD COST FOR 3 YEAR CONTRACT ((1+2) X 3)			
	CARRIED FORWARD TO TOTAL BID PRICE IN FRONT OF BID DOCUMENT			

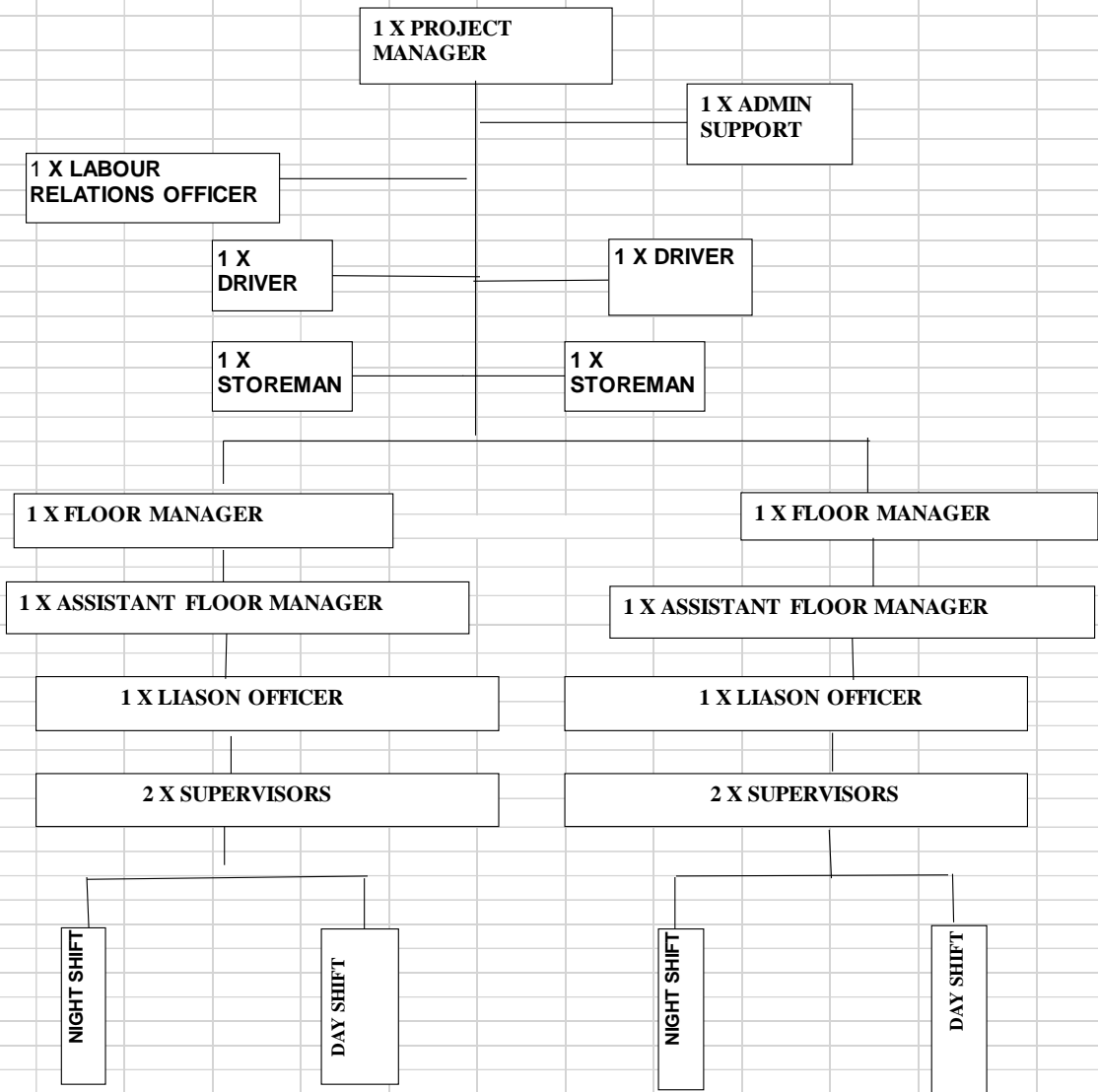
<u>SCHEDULE A.1</u>				
<u>NORTHERN CAPE MENTAL HEALTH HOSPITAL</u>				
<u>DAILY FOOD COST</u>				
<u>SUMMARY (2)</u>				
BID NUMBER: NC/ DOH/				
NAME OF BIDDER:				
		SUB TOTAL	TOTAL PARTICIPANTS	
1	GROUP A (a) Mental + TB: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 1 P. 72		X 462	
	GROUP B: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 2 P. 73		X 6	
	GROUP B (a) Mental + TB: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 1 P. 72		X 34	
	Total daily Participants Cost			
	X 365 days per year		(1)	
2	Specialist Service Provider fixed overhead cost per year from page		(2)	
	TOTAL COST PER YEAR INCLUDED VAT		(1) + (2)	
TOTAL COST FOR FOOD + OVERHEAD COST FOR 3 YEAR CONTRACT ((1+2) X 3)				
CARRIED FORWARD TO TOTAL <u>BID PRICE</u> IN FRONT OF BID DOCUMENT				

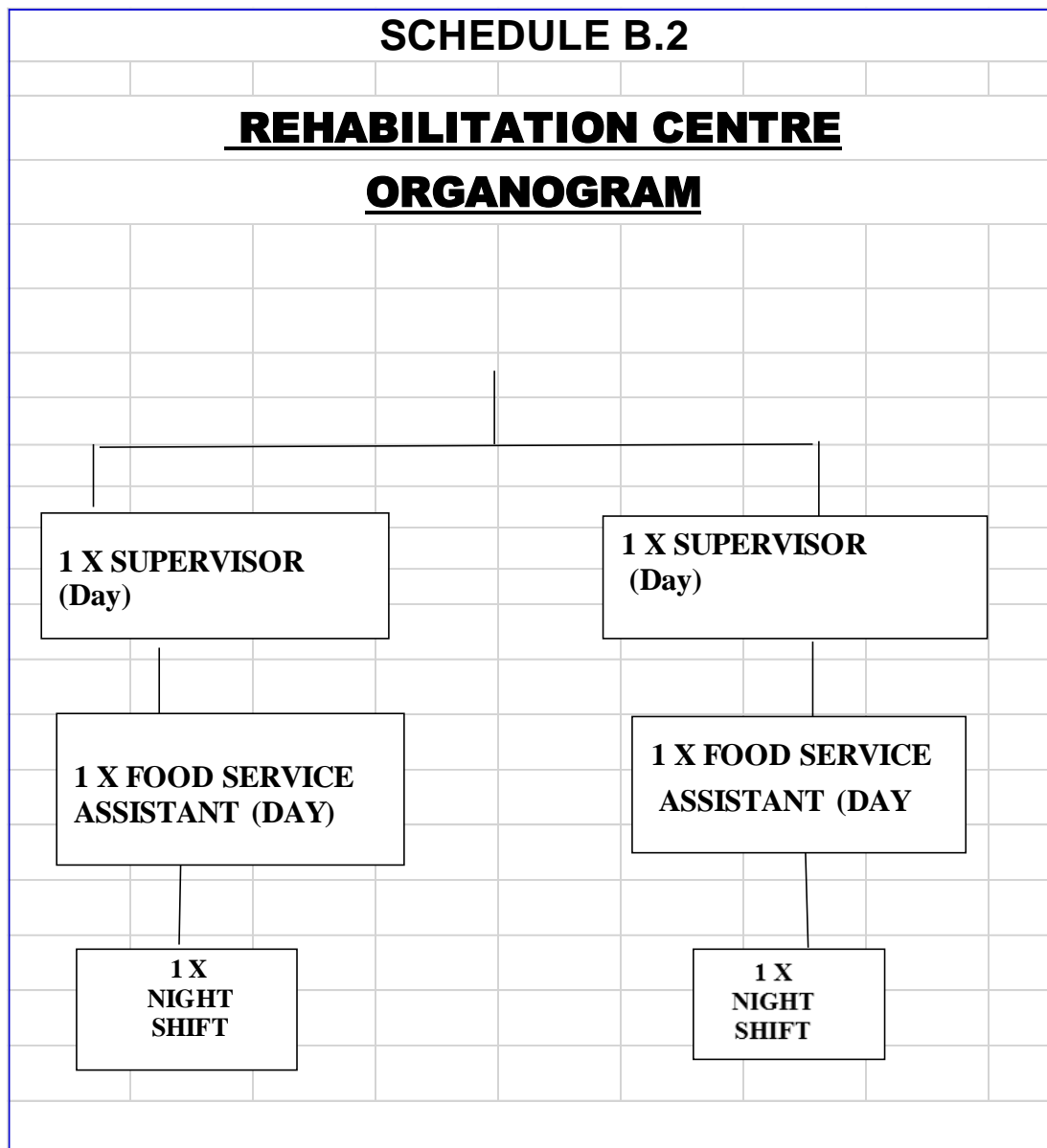
<u>SCHEDULE A.1</u>				
<u>GALESHEWE DAY HOSPITAL</u>				
<u>DAILY FOOD COST</u>				
<u>SUMMARY (2)</u>				
BID NUMBER: NC/ DOH/				
NAME OF BIDDER:				
		SUB TOTAL	TOTAL PARTICIPANTS	
1	GROUP A (B) GDH: TOTAL COST PER PERSON PER DAY BROUGHT FORWARD FROM SUMMARY 1 P. 72	<input type="text"/>	X 29	<input type="text"/>
	Total daily Participants Cost			<input type="text"/>
	X 365 days per year		(1)	<input type="text"/>
2	Specialist Service Provider fixed overhead cost per year from page		(2)	<input type="text"/>
	TOTAL COST PER YEAR INCLUDED VAT		(1) + (2)	<input type="text"/>
				<input type="text"/>
TOTAL COST FOR FOOD + OVERHEAD COST FOR 3 YEAR CONTRACT ((1+2) X 3)				
CARRIED FORWARD TO TOTAL <u>BID PRICE</u> IN FRONT OF BID DOCUMENT				

<u>ROBERT MANGALISO SOBUKWE HOSPITAL</u>		
<u>SCHEDULE B</u>		
<u>MANAGEMENT AND OTHER INCIDENTAL CHARGES</u>		
<u>SCHEDULE OF PERSONNEL AND OVERHEAD STRUCTURES</u>		
<u>INCLUSIVE OF VAT</u>		
TENDER NUMBER: NC/DOH/		
NAME OF BIDDER:		
SPECIALIST SERVICE PROVIDER'S FIXED OVERHEADS		
MANAGEMENT AND OTHER INCIDENTAL CHARGE INCLUSIVE VAT	MONTHLY CHARGE	COST FOR 1 YEAR
Advertisement		
Biometrics		
Chemicals		
Copier		
Crockery		
Disposables		
Fixed Fee		
Fuel		
Gas		
Insurance + Miscellaneous		
PC's/Stationary		
Pest Control / Hygiene		
Replacement/Maintenance		
Stationary		
Telephone		
Training		
Uniforms		
Vehicle		
Water & Electricity		
Other (please state)		
SUB-TOTAL B		
TOTAL COST PER YEAR INCL VAT - R		

SCHEDULE B.1

ROBERT MANGALISO SOBUKWE HOSPITAL INCLUDING (OOC)
ORGANOGRAM



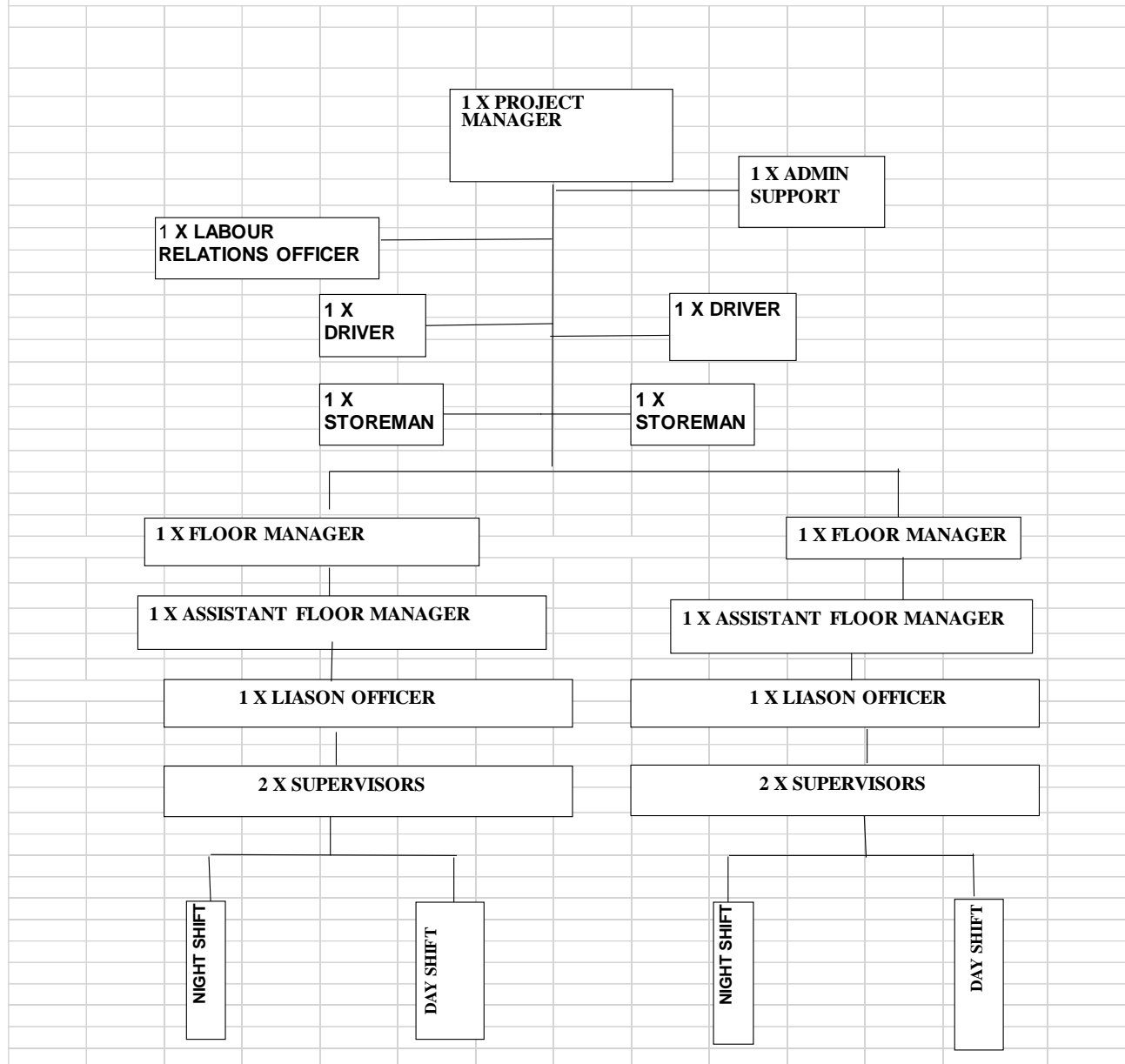


<u>SCHEDULE B.3</u>					
<u>ROBERT MANGALISO SOBUKWE HOSPITAL</u>					
<u>ORGANOGRAM</u>					
BID NUMBER: NC/ DOH/					
NAME OF BIDDER:					
<u>TOTAL NUMBER OF STAFF BROUGHT FORWARD</u>					
<u>FROM RMSH (Schedule B.1), OOC (Schedule B. 2)</u>					
Project manager					
Clerk					
Floor / Catering manager					
Assistant Catering Manager					
Labour Relations officer					
Storeman					
Drivers					
Rest of day staff					
Rest of night staff					
Total Staff of RMSH + KHRC hospitals					

<u>NORTHERN CAPE MENTAL HEALTH HOSPITAL AND WEST END - TB</u>		
<u>SCHEDULE B.1</u>		
<u>MANAGEMENT AND OTHER INCIDENTAL CHARGES</u>		
<u>SCHEDULE OF PERSONNEL AND OVERHEAD STRUCTURES</u>		
<u>INCLUSIVE OF VAT</u>		
TENDER NUMBER: NC/DOH/		
NAME OF BIDDER:		
SPECIALIST SERVICE PROVIDER'S FIXED OVERHEADS		
MANAGEMENT AND OTHER INCIDENTAL CHARGE INCLUSIVE VAT	MONTHLY CHARGE	COST FOR 1 YEAR
Advertisement		
Biometrics		
Chemicals		
Copier		
Crockery		
Disposables		
Fixed Fee		
Fuel		
Gas		
Cleaning of fat traps (done by a licensed waste oil collector)		
Insurance + Miscellaneous		
PC's/Stationary		
Pest Control / Hygiene		
Replacement/Maintenance		
Stationary		
Telephone		
Training		
Uniforms		
Vehicle		
Water & Electricity		
Other (please state)		
SUB-TOTAL B		
TOTAL COST PER YEAR INCL VAT - R		

SCHEDULE B.2

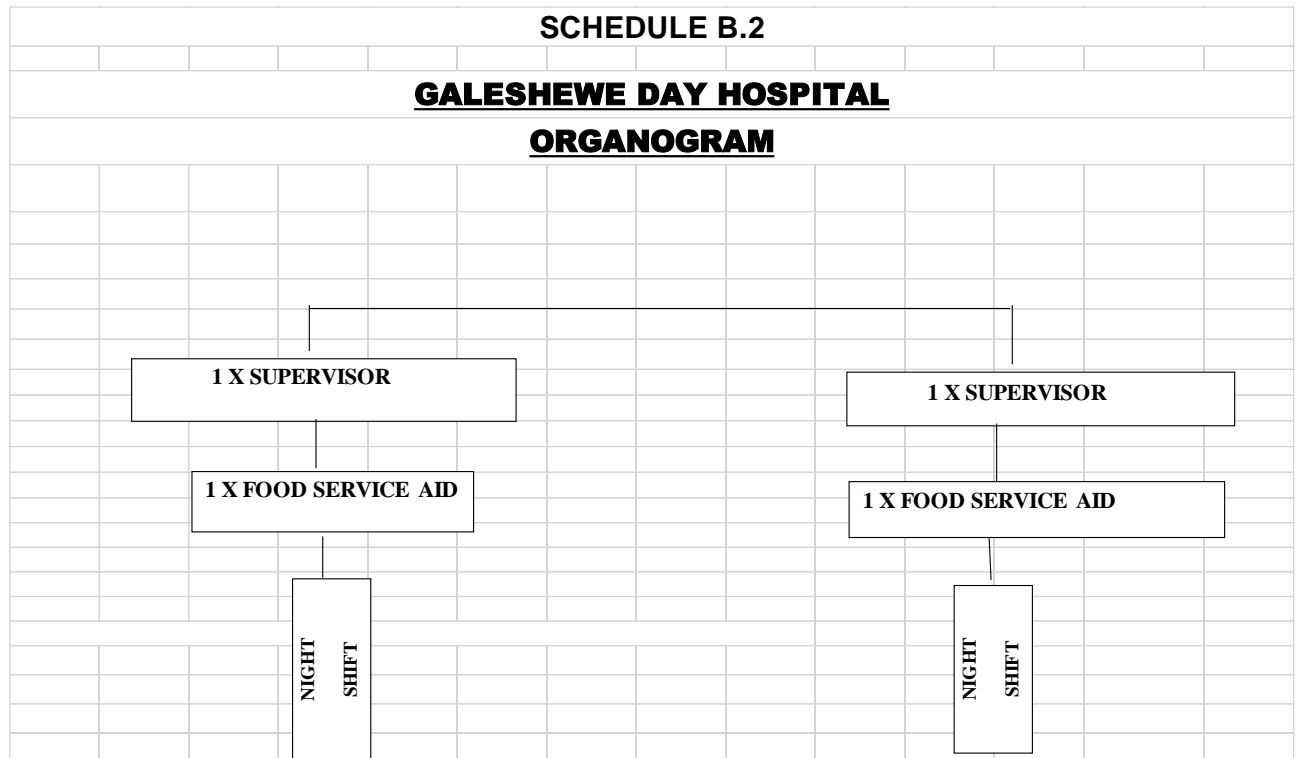
MENTAL HEALTH HOSPITAL & WEST END - TB HOSPITAL
ORGANOGRAM



<u>SCHEDULE B.3</u>						
<u>NORTHERN CAPE MENTAL HEALTH HOSPITAL + WESH-TB</u>						
<u>ORGANOGRAM</u>						
BID NUMBER: NC/ DOH/						
NAME OF BIDDER:						
<u>See attached organogram</u>						
<u>From NCMHH + WESH-TB</u>						
Project manager						
Admin support						
Labour Relations officer						
Floor / Catering manager						
Assistant Catering Manager						
Supervisors						
Storemen						
Drivers						
Rest of day staff						
Rest of night staff						
Total Staff of NCMHH +WESH-TB						

SCHEDULE B.1

Galashewe day Hospital has no Management and Incidental charges as only meals are served there.



<u>SCHEDULE B.3</u>						
<u>GALESHEWE DAY HOSPITAL</u>						
<u>ORGANOGRAM</u>						
BID NUMBER: NC/ DOH/						
NAME OF BIDDER:						
<u>See attached organogram</u>						
Supervisors						
Night Shift						
Total Staff of GDH						

NEXURE: BID EVALUATION METHOD

The following method of evaluation will be used:

1. Four will be three phases of evaluation; phase 1: compliance evaluation; phase 2: transformation evaluation, phase 3: technical/functional evaluation; and Phase 4: Price and BEE evaluation.
2. After the closing date, a compliance evaluation (phase 1) will be conducted by SCM and a compliance evaluation report will be submitted to the BEC.
 - a. All bids will be measured against the qualifying criteria stipulated in section XXX of the tender document;
 - b. Only bids that comply with the set criteria will be considered for further evaluation.
3. Bidders who were successful at the compliance phase will be evaluated on transformation (phase 2).
 - a. Bidders' proposals will be evaluated against criteria as tabulated in phase 3 below.
 - b. Bidders must score full points 50 points for transformation evaluation criteria to qualify for further evaluation on technical evaluation criteria.
 - c. Failure to score the full 50 points will disqualify your bid from further evaluation.
4. Bidders who were successful at the transformation phase will be evaluated on technical/functional evaluation (phase 3).
 - a. Bidders' proposals will be evaluated against criteria and weights as tabulated in phase 4 below. **Bidders must use the scope of work as a guide for information required in their proposal.**
 - b. The bidder will be expected to score a minimum of 70% to qualify for evaluation on Price and B-BBEE (Phase 4)
2. Only bidders who reach a minimum threshold of 70% and above will be subjected for due diligence

ANNEXURE: PHASE 1: ADMINISTRATIVE COMPLIANCE

The following documents/requirements will be mandatory during the administrative compliance

NB: Failure to submit and adhere to the following requirements with the proposal will dis-qualify the bidder's proposal

Administrative Compliance	Accept	Not Accept
i. Provide MAAA Central Supplier Database (CSD) number		
ii. . Bidder must submit the bid response at the correct place within the stipulated date and time.		
iii. Letter for tender purposes obtainable from Department of Labour (Letter of Good Standing).		
iv. . Public Liability Insurance or Proof of quotation from registered insurers or a Letter of arrangement from the insurance companies		
v. Audited financial Statement		
vi. Authority of signatory		
vii. Proof of accreditation by Development Quality Assurance Body for food handlers training.		

ANNEXURE: PHASE 2: TRANSFORMATION EVALUATION CRITERIA

1. The bidder must score **full points 50 points for transformation evaluation criteria** to qualify for further evaluation on the technical evaluation criteria.
2. Failure to score the full 50 points will disqualify your bid from further evaluation.

Category	Maximum score	Criteria
TRANSFORMATION EVALUATION CRITERIA		
1. Ownership: Participation Of Black Owned Enterprise		
The tenderer must demonstrate the participation of black owned entity(ies) in the contract	16	30% participation of black owned enterprise on the value of work = 2
		Two point for every 10% value off work above 30% value of work participation to a maximum of 14 points.
2. Employment		
MANCO	4	10% participation of Black people in the MANCO: 0 points
		2 points for every 10% black people in the MANCO above 10% up to a maximum of 4 points
Black employees at senior employment level (refer to personnel to operate the plant for employment levels)	6	10% participation of black people at senior employment: 0 points
		3 points for every 10% black people at senior employment level above 10% up to a maximum of 6 points.
Black employees at middle employment level (refer to personnel to operate the plant for employment levels)	6	30% participation of black people at middle employment: 0 points
		3 points for every 10% black people at middle employment level above 30% up to a maximum of 6 points.
Black employees at junior employment level (refer to personnel to operate the plant for employment levels)	6	30% participation of black people at junior employment: 0 points
		1.5 points for every 10% black people at junior employment level above 30% up to a maximum of 6 points.
2. Skills Development		
Allocation of internship opportunities for professional cookery qualification.	12	Four interships:0 points
		3 points for every allocation of 10 internships per annum allocated above four to a maximum of 12 points
TOTAL	50	

ANNEXURE: PHASE 3: TECHNICAL EVALUATION CRITERIA

1. Bidders' proposals will be evaluated against criteria and weights as tabulated below
2. The bidder will be expected to score a minimum of 70% to qualify for evaluation on Price and B-BBEE (Phase 4)
3. Bidders who reach a minimum threshold of 70% and above will be subjected for due diligence.

Category	Maximum score	Criteria
TECHNICAL EVALUATION CRITERIA		
1. Company experience		
Bidder must demonstrate experience in operating in high risk volume environment with minimum of 3 years uninterrupted period, no record of adverse incidents. Attach contactable references as a source of evidence.	12	High Risk Volume Environment <ul style="list-style-type: none"> ▪ 3 < years = 0 ▪ 3 years = 4 points ▪ 3 > years < 5 = 9 points ▪ 5 > years = 12
	5	Minimum uninterrupted period <ul style="list-style-type: none"> ▪ < 3 years = 0 ▪ 3 years = 3 points ▪ 3 > years = 5 points
	3	Any adverse incidents <ul style="list-style-type: none"> ▪ Adverse incidents recorded = 0 ▪ No adverse incident recorded in three years = 3
	10	List of contactable references <ul style="list-style-type: none"> ▪ No reference letter = 0 ▪ 1 reference letter = 4 ▪ 2 > < 3 = 7 ▪ 3 > = 10
2. Capacity		
Bidder must demonstrate the ability to serve in high density accommodation; and serving high quantities.	7	Ability to serve high density accommodation <ul style="list-style-type: none"> ▪ Bidder has not served in high density accommodation = 0 ▪ Bidder has served at a high density accommodation, e.g. hospital, Correctional Centre, Boarding House, etc. = 7
	3	Ability to serve high quantities: <ul style="list-style-type: none"> ▪ Bidder has served less than 500 people a day = 0 ▪ Bidder has served over 500 people = 3 points <i>Reference letter indicating the number of people served must be attached as source of evidence</i>
3. Kitchen Management		
Bidder must submit a project plan indicating: <ul style="list-style-type: none"> ▪ Activity definition; ▪ Activity sequencing; ▪ Activity resource estimating; ▪ Activity duration estimation; and ▪ Schedule development. <i>Refer to section 6 : scope of work to as a guide</i>	15	Project Plan: <ul style="list-style-type: none"> ▪ 0.5 points deducted for every missing aspect of the scope of work <i>Cover all aspects of the scope of work in section 6</i>
	5	Process Flow Chart: <ul style="list-style-type: none"> ▪ No process flow chart = 0 ▪ Process flow chart with procedures and management principles how they are going to manage the pre-implementation and ongoing management of the contract as well as monitoring of activities related to this project. = 5
4. Proof of competent suppliers		
Bidder must demonstrate the ability to purchase and supply of food items	5	Valid copies of certificates of acceptability from suppliers: <ul style="list-style-type: none"> ▪ No certificates = 0 ▪ Certified valid copy/copies of Certificate of Acceptability (CoA) in terms of Regulation 962 from their food items' supplier = 5
5. Provision of staff and registered		

Category	Maximum score	Criteria
service providers		
<ul style="list-style-type: none"> Employee Experience of key resources *Key Resources: Project Manager; Head Chef Accreditation/proof of access to registered and accredited service providers Proof of agreements with manufacturers or certified providers 	3	<ul style="list-style-type: none"> No accreditation/proof of access to registered and accredited service providers =0 Accreditation/proof of access to registered and accredited service providers approved =3
	5	<ul style="list-style-type: none"> Key resources 3< years = 0 Key Resources =3<4 =5 <i>Attach certified CV's and certified copies of qualifications as a source of evidence</i>
	7	<ul style="list-style-type: none"> Key Resources =4><5 Key Resources 5<=7 <i>Attach certified CV's and certified copies of qualifications as a source of evidence</i>
6.Vetting Process		
Bidder must submit format of screening and vetting process	6	<ul style="list-style-type: none"> No proof of vetting process and format = 0 Proof of vetting process and format attached = 7
7.Computerised accounting system		
Bidder must provide details of a functional, integrated and open standards based Computerised accounting system	20	<ul style="list-style-type: none"> No Computerised accounting system = 0 Proof of successful management of Computerised Accounting System for 3 years = 10 Accounting System GAAP compliant = 10
8.Emergency Services		
Bidder must provide a plan : <ul style="list-style-type: none"> on how uninterrupted power supply will be provided for in the bidders' emergency management; and for food provision during power and water interruptions 	9	Plan on uninterrupted power supply will be provided for in the bidders' emergency management= 10
	5	Plan for food provision during power and water interruptions = 10
Total		

ANNEXURE: PHASE 4: COMMERCIAL EVALUATION CRITERIA**Price points scoring system**

In line with the PPPFA requirements, this bid will be evaluated in accordance with the following preferential points scoring system (please mark with “X”):

80/20 scoring system	90/10 scoring system
X	

The table below depicts the point allocation for various BBBEE status levels of contributors:

B-BBEE status level of contributor	Procurement up to R50 000 000 (all taxes incl.) Number of points (80/20 system)	Procurement above R50 000 000 (all taxes incl.) Number of points (90/10 system)
1	20	10
2	18	9
3	14	6
4	12	5
5	8	4
6	6	3
7	4	2
8	2	1
Non-Compliant contributor	0	0

SBD 3.2

PRICING SCHEDULE – NON-FIRM PRICES (PURCHASES)

NOTE: PRICE ADJUSTMENTS WILL BE ALLOWED AT THE PERIODS AND TIMES SPECIFIED IN THE BIDDING DOCUMENTS.

**IN CASES WHERE DIFFERENT DELIVERY POINTS INFLUENCE THE PRICING,
A SEPARATE PRICING SCHEDULE MUST BE SUBMITTED FOR EACH DELIVERY POINT**

Name of Bidder.....	Bid number.....
Closing Time 11:00	Closing date.....

OFFER TO BE VALID FOR.....DAYS FROM THE CLOSING DATE OF BID.

ITEM NO.	QUANTITY	DESCRIPTION	BID PRICE IN RSA CURRENCY **(ALL APPLICABLE TAXES INCLUDED)
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Required by:

- At:

- Brand and model

- Country of origin

- Does the offer comply with the specification(s)? *YES/NO

- If not to specification, indicate deviation(s)

- Period required for delivery

- Delivery: *Firm/not firm

** "all applicable taxes" includes value- added tax, pay as you earn, income tax, unemployment insurance fund contributions and skills development levies.

*Delete if not applicable

SBD 3.2

PRICE ADJUSTMENTS

A NON-FIRM PRICES SUBJECT TO ESCALATION

1. IN CASES OF PERIOD CONTRACTS, NON FIRM PRICES WILL BE ADJUSTED (LOADED) WITH THE ASSESSED CONTRACT PRICE ADJUSTMENTS IMPLICIT IN NON FIRM PRICES WHEN CALCULATING THE COMPARATIVE PRICES
2. IN THIS CATEGORY PRICE ESCALATIONS WILL ONLY BE CONSIDERED IN TERMS OF THE FOLLOWING FORMULA:

$$Pa = (1 - V)Pt \left(D1 \frac{R1t}{R1o} + D2 \frac{R2t}{R2o} + D3 \frac{R3t}{R3o} + D4 \frac{R4t}{R4o} \right) + VPt$$

Where:

Pa	=	The new escalated price to be calculated.
(1-V)Pt	=	85% of the original bid price. Note that Pt must always be the Original bid price and not an escalated price.
D1, D2..	=	Each factor of the bid price e.g. labour, transport, clothing, footwear, etc.
R1t, R2t.....	=	The total of the various factors D1, D2...etc. must add up to 100%. Index figure obtained from new index (depends on the number of factors used).
R1o, R2o	=	Index figure at time of bidding.
VPt	=	15% of the original bid price. This portion of the bid price remains firm i.e. it is not subject to any price escalations.

3. The following index/indices must be used to calculate your bid price:

Index..... Dated..... Index..... Dated..... Index..... Dated.....

Index..... Dated..... Index..... Dated..... Index..... Dated.....

4. FURNISH A BREAKDOWN OF YOUR PRICE IN TERMS OF ABOVE-MENTIONED FORMULA.
THE TOTAL OF THE VARIOUS FACTORS MUST ADD UP TO 100%.

FACTOR (D1, D2 etc. eg. Labour, transport etc.)	PERCENTAGE OF BID PRICE