

**Indian Institute of Technology Kanpur
Physical Education Section**

Date: 29 October 2015

Quotations are invited for messing for **185 persons** per day during Inter IIT sports Camp 2015 at IIT Kanpur.

Enquiry No: IITK/PES/Mess/153

Opening Date: October 29, 2015

Closing Date: November 10th 2015

Tentative camp dates: Friday, 27 November 2015 to Thursday, December 10, 2015

The specific requirements for messing are given below:

- I. Quote only one final price per head per day (With Break up price for Breakfast, Lunch & Dinner) inclusive of all taxes, catering, service charges & Special dinner on one day during camp.

Terms and Conditions:

- I. Quotation should be submitted in the properly sealed envelope along with a copy of attached mess menu. The enquiry no. and date should invariably be quoted at the top of the envelope.
- II. Firms having experience of running regular mess in government residential educational institutes will be preferred.
- III. One or two days of camp may Increase or decrease if required so.
- IV. No. of persons may decrease if required so.
- V. The Institute reserves the right of accepting or rejecting any quotations without assigning any Reason.
- VI. Mess establishment charges will be charged as per IIT Kanpur norms.
- VII. Quantity, taste of food and service has to be maintained throughout the camp, failure to do so will result in appropriate levies.

Send your quotation/offer in a sealed envelope vide enquiry **No. IITK/PES/Mess/153**
At the following address before 4:00 PM of 10th November, 2015

(Nihar Ranjan Patra)
Chairman SPEC
Physical Education Section
Institute Sports stadium
IIT Kanpur
Kanpur- 208016 (UP)

**INDIAN INSTITUTE OF TECHNOLOGY KANPUR
PHYSICAL EDUCATION SECTION**

MESS MENU FOR INTER IIT SPORTS CAMP- 2015

Day	Breakfast	Lunch	Dinner	
	Daily: Amul toned Milk (200ml),Proteinex,Bournvita, Coffee, 2 boiled Eggs OR Two eggs omlette,2 Banana, Bread (Brown & White), Amul Butter(30 Gm), Kissan Jam(30 Gm), tomato Sauce,Sprouted Chana and Moong(With lemon,onion & tomato) , Cornflakes, Doodh daliya &	Daily: Salad(Kheera, Tomato, Beetroot, radish, carrot, onion, lemon), Achar, Rice, Tawa Roti, Curd (150Gm), Two egg/omlette Packed Fruit Juice 200 ml(Real/Tropicana), one guava/apple (To be served daily but on alternate basis) &	Daily: Salad(Tomato, Beet root, radish, carrot, onion, lemon), Achar, Rice, Tawa Roti, Paapad, Tomato Soup/Sweet corn soup (To be served daily but on alternate basis) Adarak/Badam mix Amul toned milk 200 ml & Non Veg(Less Spicy) & Veg Desert	
Friday	Dosa(Masala & Plain) with Nariyal Chutney & Sambhar,	Arhar Dal Tadka, Bhindi fry, Aloo Palak	Chicken Curry With Chicken 250 Gm. Piece , 1 Rajbhog	Shahi Paneer, Chana, Dal , Tandoori Roti, Veg Pulao
Saturday	Aloo Pyaj Paratha & Gobhi Paratha, Curd, Achar	Mix Dal, Nutrella, Aloo Gobhi Fry, Sambhar	Roasted Chicken, Milk cake 75 Gms	Palak Paneer, Arhar dal, Missi Roti
Sunday	Pav Bhaji, Mutar Poha, Jalebi, Curd	Arhar Dal, Mix veg with paneer, Tava sabji (Brinjal, Tomato, Capsicum, Aloo)	Mutton Massala 250 gm, Moong dal Halwa 75 Gms.	Kadhai Paneer, Chola, French Fries, Stuffed Kulcha
Monday	Idli & Vada, with Sambhar, Nariyal Chutney, Veg Cutlets	Palak Paneer, Rajma, Pattagobhi mutter Gajar sabji	Chicken Biryani, 2 Safed Rasgulla	Methi Malai Paneer, Aloo Gobhi fry, Arhar dal tadka, Jeera rice
Tuesday	Methi Parathe & Mix Veg Parathe , curd, Achar	Moong Dal, Veg Kofta, Aloo Mutter Gobhi, Sambhar	Fish Curry 1 fish: 180 Gms dry weight, 2 Rasmalai	Paneer Do Pyaja, Arhar Dal tadka, Pulao, Missi roti
Wednesday	Uttapam, Dal Vada with Sambhar & Nariyal Chutney, Veg Cutlets	Dal Arhar, Kashmiri Aloo Dum, Kadhi with pakodi	Butter Chicken, 2 Imarati with rabri	Shahi Paneer, Chana dal, Tava sabji (Brinjal, Tomato, Capsicum, Aloo, Bhindi)
Thursday	Poori/Palak poori With Aloo Mutter Tamatar gravi sabji, Suji Halwa with dry fruits	Dal Makhani, Gobhi Mutter Korma Fry, Jeera Rice	Mutton Curry 250 gms , 2 Hot Gulab Jamun	Chilli Paneer, Chole masala, Naan, Veg. Biryani

(Nihar Ranjan Patra)
Chairman SPEC