

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

Date: 13 April 2016

Quotations are invited for messing for **125 persons** per day during sports summer Camp 2016 at IIT Kanpur.

**Enquiry No: IITK/PES/Summer Mess/42**

**Opening Date: April 13, 2016**

**Closing Date: April 27, 2016**

**Tentative camp dates:** Friday, 06 May 2016 to Saturday, June 11, 2016

**The specific requirements for messing are given below:**

I. Quote only one final price per head per day inclusive of all taxes, catering and other charges

**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 / Sports camp mess in government residential educational institutes will be preferred.

III. One or two days of camp may increase or decrease if required so.

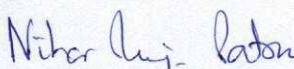
IV. No. of persons may increase or decrease if required so.

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/Summer Mess/42** at the following address before 4:00 PM of 27<sup>th</sup> April, 2016

  
(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 SPORTS SUMMER CAMP - 2016**

Day	Breakfast	Lunch	Dinner
	<p><b>Daily:</b> Amul toned Milk (200ml),Proteinex,Bournvita, Coffee, 2 boiled Eggs OR Two eggs omlette,2 Banana, Bread (Brown &amp; White), Amul Butter(20 Gm), Kissan Jam(20 Gm), Sprouted Chana and Moong(With lemon onion &amp; tomato) , Cornflakes,Doodhdaliya</p>	<p><b>Daily:</b> Salad(Kheera,cucumber,Beetroot,radish,c arrot,onion), Aachar, Rice, Tawa Roti, sambhar &amp; Rasam on alternate days,Curd (125Gm) Mango/water melon/orange (To be served daily but on alternate basis)</p>	<p><b>Daily:</b> Salad(Kheera,cucumber,Beetroot,radish,carrot,onion), Aachar, Rice, Tawa Roti, sambhar &amp; Rasam on alternate days,Paapad, Adarak/BadamAmul toned milk 200 ml</p>
Friday	Dosa(Masala & Plain) with Nariyal Chutney &Sambhar, Veg Cutlets	Arhar Dal Tadka,BhindiAlooPyaz Fry,kadhi with pakodi	Rajma, TavaSabji, Cold Kheer with dry fruits
Saturday	SoojiHalwa with dry fruits, Chana Dry (Ghoonghri)	MoongDal tadka,Nutrella,AlooGobhi Fry, DahiVada	Arhar Dal, Mutter Paneer,Aaloo Tinda, Ice cream
Sunday	MutarPoha,Jalebi,Curd&NamkeenBhujjiya	Arhar Dal, Mix veg, Tavasabji (Brinzal, Tomato, Capsicum,Aloo), Sweet Lassi	Jeera Rice, Dal fry, MalaiKofta, Kalakand(75 Gm.)
Monday	Idli &Vada, with Sambhar,Nariyal Chutney.	PalakPaneer, Rajma,AlooParwal, BoondiRaita	ChilliPaneer, ArharDal,Lemon Rice,2 GulabJamun
Tuesday	AlooPyaj,GobhiParatha& MixVegParathe ,curd ,Achar, Green Chutney	Dal Tadka, Aloo Gobhi Mutter, French Fries	Dal Makhani,DumAloo, Pulao, Sweet boondi with rabri
Wednesday	Uttapam,DalVada with Sambhar&Nariyal Chutney	Dal Arhar,KashmiriAloo Dum,mix veg kofta	KadhaiPaneer,Naan,Stuff Tomato, Arhar Dal, 1Rasmalai.
Thursday	Poori With Aloo Mutter Tamatar gravi sabji, SujiHalwa with dry fruits	Arhar Dal,Mix Veg,Baingan Bhurta	Chhola Bhatura, Green Peas Pulav, Boondi Raita, jalebi with rabri

**(NiharRanjanPatra)**  
 Chairman SPEC