

SAN CARLOS CITY HOSPITAL
SAN CARLOS CITY, NEGROS OCCIDENTAL
NUTRITION & DIETETICS SERVICE

Request for all admitted patients

1. REGULAR FULL DIET

BREAKFAST

Fruits or Juice:

Any of the following:

1. Latundan 10x4cm 55 gms
2. Pineapple slice 10x6x2cm or ½ cup 75 gms
3. Rambutan 8pcs.
4. Papaya slice 10x6x2cm or ¾ cup
5. Watermelon 1 sliced 12x6x3cm or 1cup

Meat /Fish Viand

Any of the following:

- Corned beef 3T or 40gms
- Ham sausage 3pcs or 55gms
- Longganisa 25gms
- Tocino 45gms (11x4x.5cm)
- Salami 3slices 50gms
- Vienna sausage 4pcs 70 gms
- Hotdog 60gms (chicken/pork)
- Tuna sardines 50gms
- Pork & beans 1/2cup 65gms

Eggs

1 chicken egg 60gms

Rice/bread

1 cup (200 calories) or 4 sliced bread

Beverages

4T Non-fat milk 30gms 80 calories

4T Full cream 30gms 170 calories

LUNCH/DINNER

Soup

1 cup

Meat/Fish Viand

100gms

Vegetable

45gms or ½ cup

Rice

200gms 1 cup

Dessert sweets

 

2. SPECIAL DIET

DIABETIC WITH 2 SNACKS

BREAKFAST:

Fruits :

Any of the following:

1. Latundan 10x4cm 55 gms
2. Pineapple slice 10x6x2cm or ½ cup 75 gms
3. Rambutan 8pcs.
4. Papaya slice 10x6x2cm or ¾ cup
5. Watermelon 1 sliced 12x6x3cm or 1cup

Meat /Fish Viand

Ham sausage 3pcs or 55gms
Chicken Longganisa 25gms
Vienna sausage 4pcs 70 gms
Chicken Hotdog 60gms
Tuna sardines 50gms

Eggs

1 chicken egg 60gms 86 calories

Rice/bread

1 cup (200 calories) or 4 sliced bread

Beverages

4T Non-fat milk 30gms

AM/PM SNACKS:

1 pack plain biscuit

LUNCH/DINNER

Soup

1 cup

Meat/Fish Viand

100gms

Vegetable

45gms or ½ cup

Rice

200gms 1 cup

Fresh fruit



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3.OSTEORIZED TUBE FEEDING

4. Should provide:

1. 2 cook
2. 6- food server/dishwasher
3. 2- administrative aide

A. Submit menu for a month, bi annual or weekly basis and should be submitted together with the BID form during the bidding.

B. Should serve the 3 meals on the following specified time;

BREAKFAST	6:30-7:30 AM
LUNCH	11:00-12:00 NOON
DINNER	5:00-6:00PM

- C. Should be able to collect the patients food tray 1(one) hour after serving food.
- D. Should maintain cleanliness and sanitary measures, proper hygiene inside the kitchen premises.
- E. Should provide the following kitchen utensils and equipments.
1. Can opener-2
 2. Bottle opener-1
 3. Funnel-1 set
 4. Coriander-4pcs
 5. Spider strainer-2
 6. Rubber bowl scraper-2
 7. Cutting boards- for vegetable-2
-for meat-2
-for fish- 2
 8. Strainer, small, medium, large- 1 each
 9. Slicing knife – 4
 10. Carving knife -2
 11. Peeler – 2
 12. Kitchen shear – 2
 13. Sharpening steel – 1



14. Grater – 2
15. Wooden spoon – 2
16. Basting spoon – 8
17. Slotted spoon – 4
18. Ladle – 4
19. Turner – 4
20. Off set spatula – 2
21. Tongs – 6
22. Kitchen forks – 4
23. Dietetic scale – 1
24. Kitchen scale – 1
25. Measuring cups – 4 sets
26. Pots and pans
 - Frying pan with cover – 4
 - Sauce pan – 2
 - Casserole – 4
 - Stock pot – 4
 - Wok – 2
 - Kawa – 4
27. Rice cooker heavy duty – 4 (40 cups)
28. Heavy duty burner – 4
29. Freezer upright – 1
30. Refrigerator – 1
31. Food Tray with partition – 275
32. Bowl – 500
33. Plastic wrap – 8 rolls/week
34. Hand towels / dish towels
35. Dishwashing soap
36. Trash bins –
37. Disinfectant
38. Insect sprays
39. Blender heavy duty – 2
40. Dishwashing rack – 10
41. Smokeless griller – 1
42. Smokeless pan fryer
43. Kitchen towels – 6
44. Paper kitchen towels – 4 rolls/month (850 pulls)





F. Food should be prepared in the Hospital Kitchen

G. Uniform For Kitchen Staff

1. 3 white shirt w/ collar
2. Black pants
3. Closed shoes
4. Apron
5. Hairnet or Caps
6. Face Masks

Prepared by.



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APPROVED BY:

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