



केन्द्रीय विद्यालय, योल छावनी
जिला कौण्डा (हिमाचल-प्रदेश) - 176052
Kendriya Vidyalaya, Yol Cantt.
Distt. Kangra (Himachal Pradesh - 176052)
CBSE AFF: 600002 CBSE School Code: 44814 KV CODE: 1346

Website www.yolcantt.kvs.ac.in दूरभाष/Tel: 01892-236167 E-mail: kvyolcantthp@gmail.com

KV YOL CANTT REGIONAL SPORTSMEET 2023-24

FACILITIES TO BE PROVIDED BY THE FIRMS

FOOD ARRANGEMENTS: -Each venue Principal/Institute should make proper kitchen arrangement in centre for preparing nutritious and healthy & tasty food in hygienic environment. To ensure neat and hygienic cooking environment the food should be tasted before serve by the Committee/Venue Principal and Staff as well as any official visiting the venue. The Menu for the Meet is given below as :

S.NO.	ITEMS	ITEMS/MATERIALS & QUANTITY
1	Break-fast	1. Milk-200 ml or more 2. Breads with butter & Jam 3. Idli & Bada with Sambhar / Chatni/ Dalia/Paha (any one) Or Aloo Parantha & Curd or Puri + Sabji 4. Two pcs. of Bananas or one pcs. of Apple (100gm.) / Seasonal fruits or Eggs Boiled-02pcs. Or Sprouts or drv fruits
2	Lunch & Dinner	1. Chapati (Tawa / Tandoor etc.) 2. Plane Rice/ Jeera Rice/Rice Pulab 3. Daal or Razma or Chhole (any one) 4. Mixed Veg (Seasonal veg)/ Kofta / Beson curry 5. Paneer Veg for Vegetarian and Egg /Fish/Chicken/ Mutton curry (once in a day for nonvegetarian) <u>For lunch & Dinner it is Mandatory</u> 6. Salad & Pickle 7. Pa pad (Branded) 8. Curd/ Rayta 9. Sweet dish /Fruits Custard/ Kheer/Fruits (any one)
3	Evening (Snacks & Juice)	1. Juice-150-200 ML. (Packed) 2. Snack- Sandwich / Samosa / Aaloo Bonda / Patties == 02 or Juice) more (100-150 Gram)
4	Night (before sleep)	Milk with flavor & Sugar - 200-250 ML. minimum or more/ Ice-Cream - 50-60 ML. (as per feasibilities/weather)

LODGING AND BOARDING ARRANGEMENT (Guideline for Expenditures)

NOTE: An amount of Rs. 450/- (Food + Accommodation & Bed roll=Rs.400/- + Cot Rs. 50/-) for Lodging and Boarding arrangements for participating Students/Teachers/Escorting /Coaches teachers etc as per KVS norms. Rs. 50/- is admissible only if cot is given to the Participants otherwise, it is Rs. 400/- per day only.

प्राचार्य/Principal
केन्द्रीय विद्यालय
Kendriya Vidyalaya
योल छावनी (हि.प्र.)
Yol Cantt. (H.P.)
10/08/2023
PRINCIPAL