



**RETURN BIDS TO:**  
**RETOURNER LES SOUMISSIONS À:**  
Public Works and Government Services / Travaux  
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86 Clarence Street, 2nd floor  
Kingston  
Ontario  
K7L 1X3  
Bid Fax: (613) 545-8067

**SOLICITATION AMENDMENT**  
**MODIFICATION DE L'INVITATION**

The referenced document is hereby revised; unless otherwise indicated, all other terms and conditions of the Solicitation remain the same.

Ce document est par la présente révisé; sauf indication contraire, les modalités de l'invitation demeurent les mêmes.

**Comments - Commentaires**

**Vendor/Firm Name and Address**  
**Raison sociale et adresse du**  
**fournisseur/de l'entrepreneur**

**Issuing Office - Bureau de distribution**  
Public Works and Government Services / Travaux  
publics et services gouvernementaux  
Kingston Procurement  
Des Acquisitions Kingston  
86 Clarence Street, 2nd floor  
Kingston  
Ontario  
K7L 1X3

<b>Title - Sujet</b> FOOD SERVICES - STAFF COLLEGE	
<b>Solicitation No. - N° de l'invitation</b> 21120-199710/A	<b>Amendment No. - N° modif.</b> 003
<b>Client Reference No. - N° de référence du client</b> 21120-19-9710	<b>Date</b> 2018-09-21
<b>GETS Reference No. - N° de référence de SEAG</b> PW-\$KIN-650-7554	
<b>File No. - N° de dossier</b> KIN-8-50034 (650)	<b>CCC No./N° CCC - FMS No./N° VME</b>
<b>Solicitation Closes - L'invitation prend fin</b> <b>at - à 02:00 PM</b> <b>on - le 2018-10-10</b>	
<b>F.O.B. - F.A.B.</b> <b>Plant-Usine:</b> <input type="checkbox"/> <b>Destination:</b> <input type="checkbox"/> <b>Other-Autre:</b> <input type="checkbox"/>	
<b>Address Enquiries to: - Adresser toutes questions à:</b> Rombough, Lori	<b>Buyer Id - Id de l'acheteur</b> kin650
<b>Telephone No. - N° de téléphone</b> (613) 545-8061 ( )	<b>FAX No. - N° de FAX</b> (613) 545-8067
<b>Destination - of Goods, Services, and Construction:</b> <b>Destination - des biens, services et construction:</b>	

**Instructions: See Herein**

**Instructions: Voir aux présentes**

<b>Delivery Required - Livraison exigée</b>	<b>Delivery Offered - Livraison proposée</b>
<b>Vendor/Firm Name and Address</b> <b>Raison sociale et adresse du fournisseur/de l'entrepreneur</b>	
<b>Telephone No. - N° de téléphone</b> <b>Facsimile No. - N° de télécopieur</b>	
<b>Name and title of person authorized to sign on behalf of Vendor/Firm</b> <b>(type or print)</b> <b>Nom et titre de la personne autorisée à signer au nom du fournisseur/</b> <b>de l'entrepreneur (taper ou écrire en caractères d'imprimerie)</b>	
<b>Signature</b>	<b>Date</b>

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**THIS DOCUMENT CONTAINS A SECURITY REQUIREMENT  
AMENDMENT #003**

**Refer:** Closing Date/Time

**Delete:** In its Entirety

**Insert:** Closing Date/Time

Solicitation Closes at - 02:00 PM, 10 October 2018

The intent of this amendment is to revise some areas of the Request for Proposal document.

**1. UNDER: PART 1 - GENERAL INFORMATION**

Within: 1.2.1 delete in its entirety & insert:

1.2.1 CSC requires a Contractor to provide goods and services necessary to operate the kitchen and dining areas, located at the National Training Academy, 443 Union Street West Kingston ON, for up to 365 days per year (366 days on leap year). The period of the Contract is from 01 November 2018 to 31 March 2020 inclusive with three additional 1 year option periods.

**2. UNDER: PART 7 - RESULTING CONTRACT CLAUSES**

Within: **7.4.1 Period of the Contract - delete in its entirety & insert:**

The period of the Contract is from 01 November 2018 to 31 March 2020, inclusive.

**3. UNDER ANNEX "A"**

**3.1 Within: 9.1 Individual-Paid**

**Insert:** The Contractor may sell coffee, tea, beverages or snack items to CSC NTA staff and recruits during their break times. All items are Individual-paid.

**3.2 Insert: Annex A-4: Regular Meal Pattern**

<b>Breakfast</b>
Juice
Fruit
Breakfast entrée
Breakfast meat or alternative
Cheese or yogurt
Breakfast starch
Breakfast vegetable
Bread product
Two beverages
Condiments/Preserves

## Lunch

Soup  
Main Entrée

- Choice of freshly prepared protein dish, pasta (optional), or sandwich

Starch  
Cooked vegetable  
Salad Bar  
Fruit  
Dessert  
Bread product  
Three beverages  
Condiments

## Supper

Soup  
Main Entrée dish

- Choice of freshly prepared protein dish or pasta (optional)

Starch  
Cooked vegetable  
Salad Bar  
Fruit  
Dessert  
Bread product  
Three beverages  
Condiments

### 3.3 Insert: Annex A-5: Standard Meal Item Availability Table

<b>BREAKFAST</b>			
<b>Category</b>	<b>Meal Item Availability Standard</b>	<b>Definition/ Specification</b>	<b>Healthier Choices</b>
<b>Fruit</b>	<b>6 - 8 varieties IAW season</b>	May include a maximum of 2 canned and 1 dried varieties.	Fresh, frozen without added sugar or canned unsweetened fruit juice.
<b>Entrée</b>	<b>Eggs any style</b>  <b>Cereals:</b> <b>1 hot variety</b> <b>7 varieties ready to eat</b>  <b>1 breakfast entrée</b>	In accordance with the <u>Egg Regulations</u> under the Canadian Agricultural Products Standards Act and <u>Canadian Food And Drug Regulations</u> or equivalent.  A minimum of 4 varieties must have a minimum of 3 grams of fibre and a maximum of 12 g of sugar (may exceed 12 g of sugar if high fibre cereal containing dried fruit).  e.g. pancakes, French toast, waffles, etc.	Cooked with little or no fat.  Hot cereal prepared without sugar rather than instant with sugar.
<b>Meats</b>	<b>1 - 2 hot breakfast meats</b>	e.g. bacon, ham, sausage, back bacon. Meat from federally <u>inspected source and CFIA approved</u> or equivalent.	Lean meat (less than 5 g fat/serving).
	<b>2 cold meats or 1 cold meat and 1 meat spread</b>	1 cold meat must be must be lean (less than 5 g fat/serving). Meat from <u>federally inspected source and CFIA approved</u> or equivalent.	Lean meat (less than 5 g fat/serving).
<b>Cheese/Yogurt</b>	<b>2 - 3 varieties of cheese</b>	Cheese products produced in a dairy establishment registered by CFIA.	Cheese less than 20% M.F. Cottage cheese less than 2% M.F.
	<b>4 varieties of yogurt</b>	To include a minimum of 2 with M.F. 2% or less.	Less than 2% M.F.
<b>Starch</b>	<b>1 - 2 breakfast starch items</b>	e.g. baked beans, potatoes, etc.	Prepared with little or no fat.
<b>Vegetable</b>	<b>1 breakfast vegetable</b>	e.g. sliced tomatoes, stewed tomatoes, etc.	
<b>Bread Products</b>	<b>1 - 2 freshly baked products</b>	e.g. muffins, sweet buns, etc. If 2 are provided, 1 must be low fat/high fibre (less than 30% of calories from fat and a minimum of 3 g of fibre per serving).	Low fat, high fibre whole grain products.
	<b>2 - 4 varieties of sliced bread</b>	Minimum of 50% must be whole grain with a minimum of 2.5 g of fibre per slice.	
	<b>1 - 2 varieties of specialty bread</b>	e.g. bagels, English muffins, etc. If 2 are provided, 1 must be whole grain containing a minimum of 2.5 g of fibre per serving.	
<b>Beverage<sup>1</sup></b>	<b>3 hot beverages</b>	Tea (regular, decaffeinated, herbal), Coffee <sup>2</sup> (regular, decaffeinated) and Hot Chocolate.	Decaffeinated/ Caffeine-free.  Less than 2% M.F.
	<b>Fruit juice: 2 - 3 varieties</b> <b>Vegetable juice: 1 - 2 varieties</b>	Pasteurized 100% juice with no sugar added, IAW <u>Canadian Food And Drug Regulations</u> ( B.11.101) and <u>the Canadian Food Inspection Agency (CFIA)</u> . 1 fruit juice may have sugar added, such as cranberry cocktail.	
	<b>Dairy (2 - 3 varieties)</b>	A minimum of 1 must be skim milk or 1% M.F. Pasteurized cow's milk with vitamins D and A added IAW <u>Canada's Food and Drug Regulations</u> .	

<b>BREAKFAST</b>			
	<p><b>Optional: fruit flavoured drinks</b>  <b>(0 - 2 varieties)</b></p> <p><b>Non-dairy beverages, up to 2 varieties, if required</b></p>	<p><b>If provided</b>, to include a maximum of 2 flavours. Made of natural fruit flavour extract and/or artificial fruit flavours. Shall contain 24 - 48 mg of vitamin C per 100 ml of ready to serve portion IAW <u>Canada's Food and Drug Regulations</u>.</p> <p>Lactose free containing calcium, vitamin D and vitamin A in comparable quantities to cow's milk e.g. soy beverage, etc.</p>	<p>Low calorie, low sugar.</p> <p>Less than 2% fat.</p>
<b>Condiments</b>	<p><b>2 types of spreads</b></p> <p><b>3 - 5 varieties jam/jellies</b></p> <p><b>plus:</b></p> <ul style="list-style-type: none"> <li><b>-honey</b></li> <li><b>-syrup</b></li> <li><b>-butter and/or margarine</b></li> <li><b>-ketchup</b></li> <li><b>-mustard</b></li> <li><b>-mayonnaise</b></li> <li><b>-hot sauce</b></li> <li><b>-meat sauce</b></li> </ul>	<p>e.g. peanut butter, chocolate nut spread, cheese spread, etc.</p>	<p>Reduced sugar and fat varieties.</p>

<sup>1</sup>Where potable water is available, bottled water shall not be provided. Canned soda pop, sports drinks, energy drinks, thirst quenchers, flavoured/sparkling/fortified bottled water products are not authorized.

<sup>2</sup>Single item hot beverage dispensers products.

<b>LUNCH</b>			
<b>Category</b>	<b>Meal Item Availability Standard</b>	<b>Definition/ Specification</b>	<b>Healthier Choices</b>
<b>Soup</b>	<b>1 soup</b>		Broth based or milk based using milk with less than 2% M.F.
<b>Entrées</b> At least one choice is to be a healthier choice prepared with little or no fat. One Vegetarian Protein Choice to be included. Vary on a rotating basis.	<b>2-3 freshly prepared hot protein dishes with appropriate accompaniments</b>  <b>1 pasta dish (optional)</b>  <b>Sandwiches</b> <b>2 - 6 varieties of sandwich fillings</b>	1 is to be a healthier choice. Vary on a rotating basis.  1 is to be a Vegetarian Protein Choice with a source of protein. 1 option can be used to fill both the healthier choice and the Vegetarian Protein Choice requirement if it meets both criteria  Provide fish option at least twice per week. Meat must be <u>federally inspected and CFIA approved</u> .  Whole grain pasta with minimum 7 g of fibre per 85 g dry serving to be offered as 25% of pasta menu items. 2 varieties of sauce, one of which contains a source of protein.  1 - 2 mixed fillings e.g. tuna, salmon, egg, etc. 1 - 4 sliced meats, at least 1 lean meat containing less than 5 grams of fat per serving and containing less than 1,000 mg of sodium per serving. Low calorie condiments (calorie reduced mayo, mustard, etc.) to be provided to meet the Federal standard  2 - 4 varieties of sliced bread, at least 50% must be whole grain containing a minimum of 2.5 g of fibre per slice.  1 - 2 varieties of specialty bread, e.g. roll/bun, flat bread, sliced bread, tortilla wraps, etc. If 2 are provided, 1 must be whole grain containing a minimum of 2.5 g of fibre per serving.	Lean meat, fish, seafood and Vegetarian Protein Choice prepared with a source of protein, little or no added fat or salt.  Whole grain pasta, 2% M.F. or less sauce, tomato sauce.  Lean meat (ham, turkey), salmon or tuna packed in water. Cheese made from less than 20% M.F.  Whole grain products.
<b>Starch</b>	<b>1 -2 starch items</b>	e.g. potato, rice, couscous, etc. At least one prepared with little or no fat.	Brown/wild rice. Whole grain. Potatoes with skin. Prepared with little/ no fat.
<b>Vegetables</b>	<b>1 -2 cooked vegetables</b>	At least 1 prepared with no added fat. Offer at least one dark green and one orange vegetable daily.	Fresh or frozen vegetables, prepared with little or no added fat, sugar or salt.
<b>Salads</b>	<b>Salads</b>	Selection of salads as per the Salad Bar standard.	Made with little or no fat
<b>Fruit</b>	<b>6 - 8 varieties IAW season</b>	May include a maximum of 2 canned and 1 dried varieties.	Fresh, frozen without added sugar or canned unsweetened fruit juice.
<b>Dessert</b>	<b>1 - 2 prepared desserts</b>	e.g. milk puddings, gelatin, fruit based desserts (i.e. cobblers, crisps),	2% or less M.F and whole grains.

<b>LUNCH</b>			
<b>Category</b>	<b>Meal Item Availability Standard</b>	<b>Definition/ Specification</b>	<b>Healthier Choices</b>
	<p><b>2 - 4 baked desserts</b></p> <p><b>Ice cream/frozen yogurt (1 - 2 flavours)</b></p> <p><b>Yogurt (4 flavours)</b></p>	<p>cereal squares.</p> <p>e.g. cakes, cookies, pies, squares.</p> <p>To include low fat varieties.</p> <p>To include a minimum of two with M.F. 2% or less.</p>	<p>Lower fat, trans fat free and whole grain.</p> <p>2% or less M.F.</p> <p>2% or less M.F.</p>
<b>Bread Products</b>	<p><b>2 - 4 varieties of sliced bread</b></p> <p><b>1 - 2 types of specialty bread products</b></p>	<p>Minimum of 50% must be whole grain with a minimum of 2.5 g of fibre per slice.</p> <p>e.g. bagels, pita bread etc.</p> <p>If 2 are provided, 1 must be 100% whole wheat or multi- grain containing a minimum of 2.5 g of fibre per serving.</p>	<p>Whole grain products.</p> <p>Whole grain products.</p>
<b>Beverage<sup>1</sup></b>	<p><b>3 hot beverages</b></p> <p><b>Dairy (2 - 3 varieties)</b></p> <p><b>Fruit juice ( 2 - 3 varieties)</b>  <b>Veg juice (1 - 2 varieties)</b></p> <p><b>Non-dairy beverages, up to 2 varieties, if required</b></p> <p><b>Optional: fruit flavoured drinks (0- 2 varieties)</b></p> <p><b>Optional: pop (0 - 4 varieties)</b></p>	<p>Tea (regular, decaffeinated, herbal), Coffee<sup>2</sup> (regular, decaffeinated) and Hot Chocolate.</p> <p>A minimum of 1 must be skim milk or 1% M.F. Pasteurized cow's milk with vitamins D and A added IAW <a href="#">Canada's Food and Drug Regulations</a>.</p> <p>Pasteurized 100% juice with no sugar added IAW <a href="#">Canada's Food and Drug Regulations</a> and the <a href="#">Canadian Food Inspection Agency</a> (CAFIA). 1 fruit juice may have sugar added, such as cranberry cocktail</p> <p>Lactose free containing calcium, vitamin D and vitamin A in comparable quantities to cow's milk e.g. soy beverage.</p> <p><b>If provided</b>, to include a maximum of 2 flavours. Made of natural fruit flavour extract and/or artificial fruit flavours. Shall contain 24 - 48 mg of vitamin C per 100 ml of ready to serve portion IAW <a href="#">Canada's Food and Drug Regulations</a>.</p> <p><b>If provided</b>, to include a minimum of one low-calorie variety and a maximum of 4 flavours.</p>	<p>Decaffeinated/ Caffeine-free.</p> <p>Less than 2% M.F.</p> <p>Less than 2% M.F.</p> <p>Low calorie, low sugar.</p>

<sup>1</sup> Where potable water is available, bottled water shall not be provided. Canned soda pop, sports drinks, energy drinks, thirst quenchers, bottled water, flavoured, sparkling, fortified or other bottled water products are not authorized.

<sup>2</sup> Single item hot beverage dispensers products.

**SUPPER - Same as Lunch Except:**

Category	Meal Item Availability Standard	Definition/ Specification	Healthier Choices
<p><b>Entrées</b>  <b>At least one choice is to be a healthier choice<sup>2</sup> prepared with little or no fat. One Vegetarian Protein Choice to be included<sup>3</sup> <sup>3</sup>. Vary on a rotating basis.</b></p>	<p><b>2-3 freshly prepared hot protein dishes with appropriate accompaniments.</b></p> <p><b>1 pasta (optional) or sandwich choice</b></p>	<p>1 is to be a healthier choice. Vary on a rotating basis.</p> <p>1 is to be a Vegetarian Protein Choice with a source of protein. 1 option can be used to fill both the healthier choice and the Vegetarian Protein Choice requirement if it meets both criteria</p> <p>Provide fish option at least twice per week. Meat must be <u>federally inspected and CFIA approved</u>.</p> <p>Whole grain pasta with minimum 7 g of fibre per 85 g dry serving to be offered as 25% of pasta menu items. 2 varieties of sauce, one of which contains a source of protein.</p> <p>1 - 2 mixed fillings e.g. tuna, salmon, egg, etc.          1 - 4 sliced meats, at least 1 lean meat containing less than 5 g of fat per serving and containing less than 1,000 mg of sodium per serving. Low calorie condiments (calorie reduced mayo, mustard, etc.) to be provided to meet the Federal standard</p> <p>2 - 4 varieties of sliced bread, at least 50% must be whole grain containing a minimum of 2.5 g of fibre per slice.</p> <p>1 - 2 varieties of specialty bread, e.g. roll/bun, flat bread, sliced bread, tortilla wraps, etc. If 2 are provided, 1 must be whole grain containing a minimum of 2.5 g of fibre per serving.</p>	<p>Lean meat, fish, seafood and Vegetarian Protein Choice prepared with a source of protein, little or no added fat or salt.</p> <p>Whole grain pasta, 2% M.F. or less sauce, tomato sauce.</p> <p>Lean meat (ham, turkey), salmon or tuna packed in water. Cheese made from less than 20% M.F.</p> <p>Whole grain products.</p>

<b>SALAD BAR - Each lunch, and supper shall offer:</b>			
<b>Category</b>	<b>Meal Item Availability Standard</b>	<b>Definition/ Specification</b>	<b>Healthier Choices</b>
<b>Leaf</b>	<b>1 leaf salad without dressing/ ingredients containing fat</b>  <b>Optional: 1 other salad that may contain dressing/ ingredients containing fat</b>	e.g. Tossed salad, Spinach salad, etc.  e.g. Caesar salad, Spinach salad, etc.	Prepared with little or no fat/high fat ingredients.
<b>Raw Vegetables</b>	<b>5 - 8</b>	e.g. radishes, green onions, celery sticks, carrot sticks, turnip sticks, sliced cucumber, tomato wedges, mushrooms, sliced zucchini, green/red pepper, broccoli, cauliflower, etc.	
<b>Starch, Bean, or Marinated Salad</b>	<b>3 - 4</b>	e.g. coleslaw, pasta salad, three-bean salad, marinated vegetable salad, etc. Ensure a variety at each meal.	Prepared with little or no fat.
<b>Protein Choice</b>	<b>1 type of protein choice</b>	e.g. sliced meat, fish product, etc. Meat from <u>federally inspected source and CFIA approved</u> only.	Fish and lean meat/poultry, less than 5 g of fat per serving.
<b>Vegetarian Protein Choice</b>	<b>1 Vegetarian Protein Choice and</b>  <b>2 - 4 types of cheese</b>	e.g. chick peas, other legumes, egg, hummus, bean dip, etc.  Cheese products produced in a dairy establishment registered by CFIA or equivalent. To include at least one low fat variety such as cottage cheese containing less than 2% M.F.	Prepared with little or no fat.  Less than 20% M.F. Cottage cheese less than 2% M.F.
<b>Pickles/Olives</b>	<b>2 - 3 varieties of pickles/olives</b>	e.g. olives, beets, onions, dill pickles, gherkin pickles, etc.	
<b>Condiments</b>	<ul style="list-style-type: none"> <li>➤ <b>mustard, ketchup, mayonnaise (regular and light), vinegar, oil</b></li> <li>➤ <b>3 varieties of meat sauce</b></li> <li>➤ <b>salad dressings:</b> <ul style="list-style-type: none"> <li>• <b>3 - 5 varieties of regular</b></li> <li>• <b>3 - 5 varieties of low fat</b></li> </ul> </li> <li>➤ <b>2 - 3 varieties of crackers</b></li> <li>➤ <b>salt, pepper, and other assorted spices</b></li> <li>➤ <b>butter and/or margarine</b></li> </ul>	e.g. BBQ Sauce, hot sauce, etc.      e.g. melba toast, bread sticks, biscuits, etc.	3g or less of total fat per 15 ml      Margarine 2 g total or less of trans and sat fat per 10 ml

### 3.4 Insert: Annex A-6 - Portion Size Standard

<b><i>Breakfast</i></b>	
Eggs, large	2 each
Ham/Back Bacon	45 g (raw)
Bacon	3 slices (40/48 slices per kg raw)
Sausages	2 each (12/500 g raw)
Hot cakes	2 X 90 ml ladles of batter
French toast	2 slices
Cereal w/milk	
- hot	175 ml (cooked) plus 125 ml of milk
- cold	Ind pkg or 250 ml plus 125 ml of milk
Cheese	30 g
Muffin	1 each (130 g)
Bagel	1 each (110 g)
Croissants	1 each (60 g)
Toast/bread	2 slices (each 35 g)
<b><i>Lunch and Supper</i></b>	
Soup	250 ml
Steaks and chops (bone in)	250g (raw)
Chicken pieces (bone-in)	275g (raw)
Steak (boneless)	225 g (raw)
Boneless meat/poultry	150 g cooked (180 g raw)
Fish (steaks, fillet)	150 g (raw)
Fish (battered)	150 g (cooked)
Stews	300 g (cooked) (250 ml ladle)
Casserole dishes	300g (cooked) (250 ml ladle)
Pasta w/ sauce (main entrée)	150 g of pasta, 175 ml of sauce
Three decker sandwich	1 each (90 g of meat total)
Hamburger	1 each (167 g raw)
Hot dog	80 g (2 ea @ 40 g or 1 ea @ 80 g)
Pizza	1 each (1/6 of a 40 cm diameter pizza) 240 g
Tacos	2 each
Burritos	1 each (150g)
Submarine (15 cm long)	1 each (90 g sliced meat or 110 g mixed filling)
Sandwich	1 each
Sandwich filling - salad	110 g
Sandwich filling - sliced meat	90 g
Sliced meat – for cold plate	90 g
Starch Item - potatoes, rice, pasta	125 g (cooked) (2 ea 125 ml spoon, 2 ea #16 scoop)
Vegetables	90 g (125 ml spoon)
Salad Items	6" bowl or 8" plate
Canned fruit	175 ml
Fresh fruit (individual)	1 each
Fresh grapes/berries/sliced fruits	125 ml or 90 g
Pudding	125 ml
Gelatin dessert	125 ml
Ice cream	125 ml
Fruit yogurt	175 ml

<b>Portion Size Standard</b>	
<i>Lunch and Supper(continued)</i>	
Cake	1 piece (5 cm X 5 cm X 7 cm)
Pie	1 piece (1/8 of a 22 cm diameter pie)
Squares	1 piece (5 cm X 5 cm X 2.5 cm)
Cookies (7.5 cm diam.)	2 each
Cookies (12.5 cm diam.)	1 each
Doughnuts / Sweet Buns	1 each
Bread	1 slice (35 g)
Dinner Roll	1 each
<i>Beverages</i>	
Juice	250 ml
Milk (2%, 1%, skim, choc, non dairy)	250 ml
Fruit Drinks	250 ml
Pop	250 ml
Hot Beverages	250 ml

**4. UNDER: ANNEX "B" - BASIS OF PAYMENT**

Within: **Pricing Periods**

Delete: Period #1 – date of award to 31 March 2019

Insert: Period #1 – 01 November 2018 to 31 March 2019

**5. UNDER: English Annex B-1**

Within: **Pricing Periods**

Delete: Period #1 – date of award to 31 March 2019

Insert: Period #1 – 01 November 2018 to 31 March 2019