

		New England Sikh Study Circle Langar Menu Recommendations				
Basic items	Amount		Salad			
Onions	100 lb		Lettuce	15 heads		
Red Onions	25 lb		Cucumbers	20 each		
Garlic	5 lb		Carrots	5 lb		
Ginger	5 lb					
Tomatoes	25 lb		Morning Snacks (optional)			
Mirch (Green Chili)	5 lb		Eggless Cookies	2 box		
Cilantro (Fresh Dhaniyan)	10 bunches		Bread	6 packs		
Fresh Mint	10 bunches		Cream Cheese	2 -3 boxes		
Canola Oil	70 lb		Chips	2 - 3 bags		
Ghee	4 jars 2.5 lb each		Rusk	1 box		
Atta (Whole Wheat Flour)	100 lb					
Rice	40 lb		Pakorras			
Boondi	2 packets		Besan	24 lb		
Pachranga Achar	4 cans		Cauliflower	3 heads		
Ketchup	2 cans		Palak	8 lb		
Salt	3 containers		Moongi Atta	2 pack		
Zira (Cumin seeds)	500 gms		Eggplant	3 each		
Dhania (Whole, Dry coriander)	500 gms		Potatoes	15 lb		
Dhania (Coriander Powder)	ask					
Elaichi green	200 gm		Desert Chose 1 item			
Gulab Jamun or your choice of sweet	1 bucket 300 ct					
Ajwain	200 gm		Kheer			
Whole Milk	25 gal		Rice	10 lb		
Tea (Loose Tea)	1 box		Whole Milk	incl in basic list		
Imli (Tamarind seedless)	5 packets		Condensed Milk	4 -6 cans		
Haldi (Turmeric)	500 gms		Heavy Cream	1 qt		
Unsalted butter (quarters)	12 lb		White Raisins	3 -4 lb		
Sugar	25 lb					
Mango Chutney	1 jar (500 gms)		Sevian			
			Sevian	6 large packets		

Fruit			Whole Milk	incl in basic list		
Cantaloupes	3 each		Condensed Milk	4 -6 cans		
Grapes	6 - 8 lb		Heavy Cream	1 qt		
Strawberries	5 lb					
Watermelon	2 each		Custard			
Apples	10 lb		Custard Powder	4 big boxes		
Juice (optional); NO Soda Please			Whole Milk	incl in basic list		
			Mixed Fruits	10 lb		
			Ice Cream			
			Ice Cream 2.5 gal	5 buckets		
		New England Sikh Study Circle Langar Menu Recommendations (Choose any two menu items)				
Punjabi Kadhi			Aloo Gajar Matar			
Besan	20 lb		Carrots	80 lb		
Dahi (Yogurt)	additional 10 gal milk		Potatoes	50 lb		
Pakorاس (make extra from morning)			Peas	30 lb		
Aloo Baingan			Mixed Vegetables			
Eggplant	5 cases		Carrots	75 lb		
Potatoes	80 lb		Potatoes	50 lb		
			Peas	30 lb		
Rajma			Green Peppers cut	15 lb		
Rajma (Red Kidney Beans Dry)	50 lb		Green Peppers	10 lb		
Potatoes	20 lb					
			Shahi Paneer			
Saag Paneer			Paneer	60 lb		
Frozen Chopped Spinach	4 cases		Tomato Puree	6 big cans		
Fresh Garlic	5 lb		Tomato Paste	2 big cans		
Fresh Ginger	5 lb		Heavy Cream	12 qt		
Paneer	30 lb		Bell Peppers (mixed colors) - optional	1 cs		
Makki Da Atta	20 lb					

Kasoori Methi	1 box if needed		Daal			
Heavy Cream	8 qt		Desert Choose 1 item	42 lb		
Yellow Onion	50 lb		Rajma	12 lb		
Cabbage	1 case					
			Sholey (White)			
Matar Paneer			White Sholey (chickpeas, dry)	50 lb		
Paneer	40 lb		Potatoes	50 lb		
Tomato Puree	3 big cans					
Peas	3 case		Sholey (Black)			
Tomato Paste	3 big cans		Black sholey (dry)	50 lb		
Heavy Cream	6 qt		Potatoes	50 lb		
Aloo Gobhi						
Gobhi (Cauliflower)	7 cases					
Potatoes	50 lb					
Nutrela Soybean badi						
Soybean Badi	2 cases					
Potatoes	50 lb					
Peas (optional)	1 case					