

**New England Sikh Study Circle Langer Menu Recommendations**

<b>Basic items</b>	<b>Amount</b>		<b>Fruit</b>	
Onion	60 lb		Cantaloupes	3 each
Red Onion	10 lb		Grapes	6 - 8 lb
Garlic	5 lb		Strawberries	5 lb
Ginger	5 lb		Watermelon	2 each
Tomatoes	25 lb		Apples	10 lb
Mirch (Green Chili)	5 lb		<b>Salad</b>	
Cilantro (Fresh Dhaniyan)	10 bunch		Lettuce	15 heads
Fresh Mint (optional)	5 bunches		Cucumbers	20 each
Canola oil	70 lb		Carrots	5 lb
Atta (Whole Wheat flour)	4 bags (20 lb each)		<b>Morning Snacks</b>	
Rice	40 lb		Eggless cookies	2 box
Boondi	2 packets		Bread	6 packs
Puchranga Achar	4 cans		Cream cheese	2 - 3 boxes
Ketchup	2 big bottles (ask)		Chips	2 - 3 bags
Salt	3 containers		Rusk	1 box
Zira (Cumin seeds)	500 gms		<b>Pakorras</b>	
Dhania (Whole, Dry coriender)	500 gms		Besan	30 lb
Dhania (Coriender Powder)	ask		Cauliflower	7 heads
Ellaichi green	200 gm		Palak	8 lb
Kasoori Methi	1 box		Moongi Atta	2 pack
Ajwain	200 gm		Egg Plant	5 each
Milk	25 gal		Potatoes	15 lb
Tea (loose tea)	1 box		<b>Dessert</b>	
Imli (Tamarind seedless)	2 packs		<b>Kheer</b>	
Haldi (Turmeric)	200 gms		Rice	5 lb
Unsalted butter	15 lb		Milk	10 gal
Sugar	20 lb		<b>Sevian</b>	
Hand Soap			Sevian	3 pack
Dish Soap			Milk	10 gal
Steel Scrubies			<b>Custard</b>	
Scrubies			Custard powder	3 big boxes
			Milk	10 gal
			Mixed fruit of your choice	5 lb
			<b>Juice (optional); No soda please</b>	

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<b>Punjabi Kurry</b>			<b>Aloo Gajar, Matar</b>	
Besan	20 lb		Carrots	50 lb
Dahi (Yogurt)	10 gal milk		Potatoes	50 lb
Pakorras (make extra from morning)			Peas	30 lb
<b>Aloo Bangen</b>			<b>Mixed Vegetables</b>	
Bangen (egg plant)	4 cases		Carrots	50 lb
Potatoes	60 lb		Potatoes	40 lb
			Peas	30 lb
<b>Rajma</b>			Green Beans cut	15 lb
Rajma (Red beans Dry)	45 lb		Green Peppers	10 lb
Potatoes	20 lb			
<b>Saag Paneer</b>			<b>Shahi Paneer</b>	
Frozen Chopped Spinach	3 Cases		Paneer	60 lb
Fresh Garlic	6 lb		Tomato Puree	6 big cans
Fresh Ginger	6 lb		Tomato Paste	2 big can
Paneer	20 lb		Heavy Cream	20 quarts
Makee Da Atta	20 lb			
<b>Matar Paneer</b>			<b>Daal</b>	
			Daal (Black urd daal)	28 lb
Paneer	30 lb		Chana Daal	8 lb
Peas	70 lb		Rajma	8 lb
<b>Aloo Gobhi</b>			<b>Sholey (White)</b>	
Gobhi (Cauliflower)	40 heads		White sholey (Chick peas, dry)	40 lb
Potatoes	50 lb		Potatoes	20 lb
			<b>Sholey (Black)</b>	
			Black sholey (dry)	40 lb
			Potatoes	20 lb