

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

<b>Basic items</b>	<b>Amount</b>		<b>Fruit</b>	
Onion	100 lb		Cantaloupes	3 each
Red Onion	25 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 bunches		Lettuce	15 heads
Fresh Mint (optional)	10 bunches		Cucumbers	20 each
Canola oil	70 lb		Carrots	5 lb
Atta (Whole Wheat flour)	5 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
Katchup			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	24 lb
Dhania (Coriender Powder)	ask		Cauliflower	3 heads
Ellaichi green	200 gm		Palak	8 lb
Gulab Jamun or your choice of sweet	1 Bucket 300 ct		Moongi Atta	2 pack
Ajwain	200 gm		Egg Plant	3 each
Milk	25 gal		Potatoes	15 lb
Tea (loose tea)	1 box		<b>Dessert</b>	
Imli (Tamarind seedless)	5 packs		<b>Kheer</b>	
Haldi (Turmeric)	200 gms		Rice	10 lb
Unsalted butter (quarters)	20 lbs		Milk	incl in basic list
Sugar	25 lb		Condensed milk	4-6 cans
Hand Soap			<b>Sevian</b>	
Dish Soap			Sevian	6 packets
Steel Scrubies			Milk	10 gal
Scrubies			Condensed milk	4-6 cans
			<b>Custard</b>	
			Custard powder	4 big boxes
			Milk	incl in basic list
			Mixed fruits	10 lb
<b>Juice (optional); NO Soda Please</b>			<b>Ice Cream</b>	
			Ice Cream 2.5 gallon	5 Buckets

**New England Sikh Study Circle Langer Menu Recommendations ( Choose any two menu items)**

<b>Punjabi Kurry</b>		<b>Aloo Gajar, Matar</b>	
Besan	20 lb	Carrots	80 lb
Dahi (Yogurt)	additional 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)	5 cases	Carrots	75 lb
Potatoes	80 lb	Potatoes	50 lb
		Peas	30 lb
<b>Rajma</b>		Green Beans cut	15 lb
Rajma (Red beans Dry)	50 lb	Green Peppers	10 lb
Potatoes	20 lb		
		<b>Shahi Paneer</b>	
<b>Saag Paneer</b>		Paneer	80 lb
Frozen Chopped Spinach	5 case	Tomato Puree	6 big cans
Fresh Garlic	Add 5 lb	Tomato Paste	2 big can
Fresh Ginger	Add 5 lb	Heavy Cream	20 quarts
Paneer	30 lb	Bell peppers	1 cs
Makee Da Atta	20 lb		
Kasoori Methi	1 box if needed	<b>Daal</b>	
Heavy Cream	12 Quarts	Daal (Black urd daal)	35 lb
Additional yellow onion	50 lb	Chana Daal	8 lb
		Rajma	8 lb
<b>Matar Paneer</b>			
Paneer	60 lb	<b>Sholey (White)</b>	
Tomato Puree	6 big Cans	White sholey (Chick peas, dry)	50 lb
Peas	3 case	Potatoes	50 lb
Heavy Cream	6-9 Quarts		
		<b>Sholey (Black)</b>	
<b>Aloo Gobhi</b>		Black sholey (dry)	50 lb
Gobhi (Cauliflower)	6 case	Potatoes	50 lb
Potatoes	50 lb		
<b>Nutrela Soybean baddi</b>			
Soyabeen badi	2 case		
Potatoes	50 lb		
Peas (optional)	1 Case		