

New England Sikh Study Circle Langer Menu Recommendations

Basic items	Amount		Salad	
Onion	100 lb		Lettuce	15 heads
Red Onion	25 lb		Cucumbers	20 each
Garlic	5 lb		Carrots	5 lb
Ginger	5 lb		Morning Snacks	
Tomatoes	25 lb		Eggless cookies	2 box
Mirch (Green Chili)	5 lb		Bread	6 packs
Cilantro (Fresh Dhaniyan)	10 bunches		Cream cheese	2 - 3 boxes
Fresh Mint	10 bunches		Chips	2 - 3 bags
Canola oil	70 lb		Rusk	1 box
Atta (Whole Wheat flour)	5 bags (20 lb each)		Pakorras	
Rice	40 lb		Besan	24 lb
Boondi	2 packets		Cauliflower	3 heads
Puchranga Achar	4 cans		Palak	8 lb
Katchup			Moongi Atta	2 pack
Salt	3 containers		Egg Plant	3 each
Zira (Cumin seeds)	500 gms		Potatoes	15 lb
Dhania (Whole, Dry coriender)	500 gms		Dessert	
Dhania (Coriender Powder)	ask		Kheer	
Ellaichi green	200 gm		Rice	10 lb
Gulab Jamun or your choice of sweet	1 Bucket 300 ct		Milk	incl in basic list
Ajwain	200 gm		Condensed milk	4-6 cans
Milk	25 gal		Heavy Cream	1 qt
Tea (loose tea)	1 box		White Raisens	3-4 lb.
Imli (Tamarind seedless)	5 packs		Sevian	
Haldi (Turmeric)	500 gms		Sevian	6 large packets
Unsalted butter (quarters)	20 lbs		Milk	10 gal
Sugar	25 lb		Condensed milk	4-6 cans
Mango chutney	1 jar (500 gms)		Heavy Cream	1 qt
Fruit			Custard	
Cantaloupes	3 each		Custard powder	4 big boxes
Grapes	6 - 8 lb		Milk	incl in basic list
Strawberries	5 lb		Mixed fruits	10 lb
Watermelon	2 each		Ice Cream	
Apples	10 lb		Ice Cream 2.5 gallon	5 Buckets
Juice (optional); NO Soda Please				

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Punjabi Kurry			Aloo Gajar, Matar	
Besan	20 lb		Carrots	80 lb
Dahi (Yogurt)	additional 10 gal milk		Potatoes	50 lb
Pakorras (make extra from morning)			Peas	30 lb
Aloo Bangen			Mixed Vegetables	
Bangen (egg plant)	5 cases		Carrots	75 lb
Potatoes	80 lb		Potatoes	50 lb
Rajma			Peas	30 lb
Rajma (Red beans Dry)	50 lb		Green Beans cut	15 lb
Potatoes	20 lb		Green Peppers	10 lb
Saag Paneer				
Frozen Chopped Spinach	4 case		Shahi Paneer	
Fresh Garlic	Add 5 lb		Paneer	60 lb
Fresh Ginger	Add 5 lb		Tomato Puree	6 big cans
Paneer	30 lb		Tomato Paste	2 big can
Makee Da Atta	20 lb		Heavy Cream	12 quarts
Kasoori Methi	1 box if needed		Bell peppers (mixed colors) - optional	1 cs
Heavy Cream	8 Quarts			
Additional yellow onion	50 lb		Daal	
Cabbage	1 case		Daal (Black urd daal)	42 lb
Matar Paneer			Rajma	12 lb
Paneer	40 lb			
Tomato Puree	3 big Cans			
Peas	3 case		Sholey (White)	
Heavy Cream	6 Quarts		White sholey (Chick peas, dry)	50 lb
Tomato Paste	3 big Cans		Potatoes	50 lb
Aloo Gobhi				
Gobhi (Cauliflower)	7 case		Sholey (Black)	
Potatoes	50 lb		Black sholey (dry)	50 lb
Nutrela Soybean baddi			Potatoes	50 lb
Soyabeen badi	2 case			
Potatoes	50 lb			
Peas (optional)	1 Case			