

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		Pakorاس		
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					