

New England Sikh Study Circle Langer Menu Recommendations				
Basic items	Amount		Fruit	
Onion	50 lb		Cantaloupes	3 each
Red Onion	10 lb		Grapes	6 - 8 lb
Garlic	3 lb		Strawberries	5 lb
Ginger	5 lb		Watermelon	2 each
Tomatoes	20 lb		Apples	10 lb
Mirch (Green Chili)	5 lb		<b>Salad</b>	
Cilantro (Fresh Dhaniyan)	10 bunch		Lettuce	10 heads
Fresh Mint (optional)	3 bunches		Cucumbers	10 -15 each
Canola oil	70 lb		Carrots	3-5 lb
Atta (Whole Wheat flour)	3 bags (20 lb each)		<b>Morning Snacks</b>	
Bhakri Atta	8 lb		Eggless cookies	2 box
Rice	30 lb		Bread	6 packs
Boondi	2 packets		Cream cheese	2 - 3 boxes
Puchranga Achar	2 cans		Chips	2 - 3 bags
Ketchup	2 big bottles		Punjabi Biscuits	1-2 box
Salt	2 containers		<b>Pakorras</b>	
Zira (Cumin seeds)	200 gm		Besan	25 lb
Dhania (Whole, Dry coriender)	200 gm		Cauliflower	7 heads
Dhania (Coriender Powder)	200 gm		Palak	8 lb
Ellaichi	200 gm		Moongi Atta	2 pack
Kasoori Methi	1 box		Egg Plant	5 each
Ajwain	200 gm		Potatoes	15 lb
Milk	16 - 20 gal.		<b>Dessert</b>	
Tea (loose tea)	1 box		<b>Kheer</b>	
Imli (Tamarind seedless)	2 packs		Rice	2 lb
Haldi (Turmeric)	200 gm		Milk	6 gal
Unsalted butter	15 lb		<b>Sevian</b>	
Suger	20 lb		Sevian	2 pack
Hand Soap			Milk	6 gal
Dish Soap			<b>Custard</b>	
Steel Scrubies			Custard powder	2 big boxes
Scrubies			Milk	6 gal
			Mixed fruit of your choice	5 lb

<b>Punjabi Kurry</b>			<b>Aloo Gajar, Matar</b>	
Besan	10 lb		Carrots	40 lb
Dahi (Yogurt)	5 gal milk		Potatoes	25 lb
Pakoras (make extra from morning)			Peas	15 lb
<b>Aloo Bangen</b>			<b>Mixed Vegetables</b>	
Bangen (egg plant)	2 cases		Carrots	25 lb
Potatoes	30 lb		Potatoes	20 lb
			Peas	15 lb
<b>Rajma</b>			Green Beans cut	8 lb
Rajma (Red beans Dry)	35 lb		Green Peppers	5 lb
Potatoes	10 lb			
<b>Saag Paneer</b>			<b>Shahi Paneer</b>	
Frozen Chopped Spinach	36 lb (one case)		Paneer	30 lb
Fresh Garlic	3 lb		Tomato Puree	3 big cans
Fresh Ginger	3 lb		Tomato Paste	1 big can
Paneer	10 lb		Heavy Cream	10 quarts
Makee Da Atta	8 - 10 lb			
			<b>Daal</b>	
<b>Matar Paneer</b>			Daal (Black urd daal)	14 lb
Paneer	15 lb		Chana Daal	4 lb
Peas	35 lb		Rajma	4 lb
<b>Aloo Gobhi</b>			<b>Sholey (White)</b>	
Gobhi (Cauliflower)	36 heads		White sholey (Chick peas, dry)	35 lb
Potatoes	25 lb		Potatoes	10 lb
			<b>Sholey (Black)</b>	
			Black sholey (dry)	40 lb
			Potatoes	10 lb