



SIKH SABHA OF NEW JERSEY

LANGAR GROCERY LIST



1. It is the responsibility of the host/sponsoring family/sewadars to keep the Gurudwara Sahib and **Kitchen clean after the langar is over.**
2. **PLEASE DO NOT LEAVE LEFTOVER LANGAR IN THE KITCHEN/REFRIGERATOR.** It is the responsibility of the sponsoring family to distribute or take home the leftover langar.
3. Please **check the availability of grocery/materials in the kitchen before purchasing** the grocery (You can substitute the items available in the kitchen with other required items)
4. This two page list is for regular diwans on Friday and Sunday. For special occasions like Vaisakhi, Gurpurabs, New Year's, etc, appropriate increased grocery may be purchased.
5. Please help ensure the Guru ka Langar is **not self-service or buffet style.**
6. Sewadars to ensure that **ladles/ karchis do not touch the plates while serving.**
7. We encourage the sangats/sewadars to **keep the langar simple and light** (please avoid use of too much fat, creams, spices etc.). This list is a guide to help you plan and is not a required menu/item list. A good guide is to limit the items to number of compartments of our lunch thali (trays) (five including achaar and raita)
8. **PLEASE DO NOT SERVE ANY PRODUCTS CONTAINING EGGS.**
9. **ABSOLUTELY NO NUTS IN THE LANGAR** - There are sangat members that are allergic to nuts

| <input checked="" type="checkbox"/> | ITEMS DESCRIPTION | SUNDAY LANGAR (for approx. 300 people) | FRIDAY LANGAR (for approx. 100 people) |
|-------------------------------------|-----------------------------|-------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> | 1. Atta | 44 lbs. (2 bags of 22 lbs. each) | 1 bag of 22 lbs. |
| <input type="checkbox"/> | 2. Rice | 30 lbs. | 10 lbs. |
| <input type="checkbox"/> | 3. Dal | 30 lbs. | 14 lbs. |
| <input type="checkbox"/> | 4. Subzi | 75 lbs. | 35 lbs. |
| <input type="checkbox"/> | 5. Cooking oil | 35 lbs. (1 tin) | 10 lbs. (35 lbs. if pakoras) |
| <input type="checkbox"/> | 6. Unsalted butter | 10 lbs. | 5 lbs. |
| <input type="checkbox"/> | 7. Sugar | 10 lbs. | 4 lbs. |
| <input type="checkbox"/> | 8. Milk for tea/coffee | 5 gallons | 2 gallons |
| <input type="checkbox"/> | 9. Milk for Kheer or Sevian | 10 gallons Sevian = 5 lbs. | 4 gallons Sevian= 2 lbs. |
| <input type="checkbox"/> | 10. Yogurt/Dahi | 10 containers of 5 lbs. each | 4 containers of 5 lbs. each |
| <input type="checkbox"/> | 11. Boondi for raita | 2 large pack | 1 large pack |
| <input type="checkbox"/> | 12. Tea bags | 2 boxes of 100 each | 1 box of 100 each |
| <input type="checkbox"/> | 13. Onions | 50 lbs. | 20 lbs. |
| <input type="checkbox"/> | 14. Fresh Tomatoes | 30 lbs. | 15 lbs. |
| <input type="checkbox"/> | 15. Crushed tomatoes | 3 large cans (6 lbs. each) | 1 large can of 6 lbs. |
| <input type="checkbox"/> | 16. Salad/achhar | 2 cans of Panchranga | 1 can of Panchranga |

→ NO NUTS AND EGGS (or related products) in LANGAR←

| | | | |
|--------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 17. Package/masalas/ Spices | Salt. 2 box Lal Mirch: 2 packs MDH Haldi: 2 lbs. Jeera whole: 4 lbs. Dhania powder: 1 lb. Kali mirch Chhoti Ilaychi Kasoori methi Garam Masala: 1 pack MDH | Salt 1 box Lal Mirch: 1 pack MDH Haldi: 1 lb. Jeera whole: 2 lbs. Dhania powder: 1 lb. Kali mirch Chhoti Ilaychi Kasoori methi Garam masala: 1 pack MDH |
| <input type="checkbox"/> | 18. Fresh masalas | Ginger: 8 lbs. Garlic 6 lbs. Coriander/Dhania: 10 bunches Green chilies: 2 lbs. | Ginger: 4 lbs. Garlic 2 lbs. Coriander/Dhania: 5 bunches Green chilies: 1 lbs. |
| <input type="checkbox"/> | 19. For Pakoras | Onions: 20 lbs. Methi fresh: 10 bunches Potatoes: 10 lbs. Besan: 16 lbs. Chat masala: 1 large pack Ajwain: 1 lb. Dhania: 10 bunches Mint: 4 bunch Sandwich bread: 16 loaves | Onions: 10 lbs. Methi fresh: 4 bunches Potatoes: 5 lbs. Besan: 8 lbs. Chat Masala: 1 small pack Ajwain: 1 lb. Dhania: 5 bunches Mint 2 bunches Sandwich bread: 3-4 loaves |
| <input type="checkbox"/> | 20. For Karhi Pakora | Onion: 20 lbs. Methi fresh: 5 bunch Besan: 10 lbs. Dahi: 50 lbs. Mustard seed: 1 lb. Methi dana: 1 lb. Karhi patta 2 packs Hing: 1 box | Onion: 10 lbs. Methi fresh: 3 bunch Besan: 5 lbs. Dahi: 20 lbs. Mustard seed: 1 lb. Methi dana: 1 lb. Karhi Patta: 2 packs Hing: 1 box |
| <input type="checkbox"/> | 21. For Poha | Thick Poha: 3 large packs Karhi Patta: 2 packs Mix Veg/sweet corn: 10 lbs. Hing: 1 box Mustard seeds: 1 lb. | Thick Poha: 1 large pack Karhi Patta: 1 pack Mix veg/sweet corn: 5 lbs. Hing: 1 box Mustard seeds: 1 lb. |
| <input type="checkbox"/> | 22. Snack – Namkeen | 4 big trays | 1-2 big tray |
| <input type="checkbox"/> | 23. Snack – Sweet / Mithai | 2 big trays | 1 big tray |
| <input type="checkbox"/> | 24. Juices (Orange / Apple) | 4-6 big bottles | 2-3 big bottles |
| <input type="checkbox"/> | 25. Rags | 1 Box | 1Bag |