

Langar food List (approximately 100 people)

**The main dishes – Morning – Pakoras, something sweet, tea, Juice
Lunch - Daal, Sabji, Dhai(Yougart), Rice, Salad,
dessert, water**

- Atta 20 lbs (1 bag)
- Onions 20-25 lbs
- Dal (4-5 lbs) - Kaali Maah and Chole
- Besan (5-7 lbs) - 2 bags
- Rice (10 lbs) - 4 glass plain rice – Kheer – 2 glasses – 2 gallon milk
- Milk (6 gallons) - 2 Kheer + 2 Tea + 2 Yougart
- Dhaniya (2 bunches)
- Ginger (3lbs)
- Potato 20 lbs. (5 for pakora + 15 for sabzi)
- Gobi (1)
- Salt - 1 box
- Sugar - 2 lbs
- Cooking Oil (3 gallons)
- Peas (5 lbs.) - If making this sabji
- Haldi (2 lbs.)
- Garam Masala (1 lbs.)
- Dahi (2 gallon milk – stated above)
- Green Chilli Peppers (1 lbs.)
- Zeera (3 lbs.)
- Tomatoes (2 lbs.)
- Tomato Sauce (32 Oz.)
- Achaar
- 100 Tea Bags
- Tea Masala, Laachiyan,
- Butter (4 lbs.) – for ghee and roti's
- Sabzi
- Water (10 gallons)
- Soft Drinks (7 Two-liter bottles)
- Orange Juice (1 gallon)
- Ketchup (Large 1 bottle)
- Dish Soap
- Trash Bags (40 gallon Heavy Duty)
- Boondi for yogurt

Pkoras Ingredients:

- Besan (1 bag) – stated above
- Gobi (1 head) – stated above
- Spanish – 4 lb (2 bunches)