

# LANGAR QUANTITY GURU TEGH BAHADUR JI FOUNDATION



ITEMS	SUNDAY LANGAR*	FRIDAY LANGAR**
Rice	3 LB	3 LB
Mutter Paneer with gravy	15 pound Paneer + 12 LB Green Peas	15 pound Paneer + 15LB Green Peas
Paneer w/Peppers	30 Pound Pepper + 16 Pound Paneer	20 Pound Pepper + 12 Pound Paneer
Dal	8 LB	6 LB
Kari Pakora	Baisan - 6 LB, Yogurt - 2 pound	Baisan - 4 LB, Yogurt - 1 pound
Palak Paneer	15 Pound Palak + 10 Pound Paneer	10 Pound Palak + 8 Pound Paneer
Mix Veg	Total 35 Pounds of Veg	Total 30 Pounds of Veg
Rajmah	15 pound or 6 Large Containers	10 Pound or 5 Large Containers
Saag	1 Box Mustard Leave + 2 Pound Palak + Maki Da Atta	1 Box Mustard Leave + 2 Pound Palak + Maki Da Atta
Gajar Mattar	18 Pound Gajjar + 7 Pound Mattar	15 Pound Gajjar + 5 Pound Mattar
Channa	35 LB in cans or 7 Large Chick-Pea cans (Dry 8 LBs)	25 LB in cans or 5 Large Chick-Pea cans (Dry 7 LBs)
Aaloo Gobi	15 Pieces Cauliflower + 20 LB Potato	12 Pieces Cauliflower + 15 LB Potato
Yogurt	5 gallons of Milk or 8 large tubs	3 gallons of Milk or 7 large tubs
Kheer	5 gallons of Milk + 4 LB of Rice	4 gallons of Milk + 2 LB of Rice
Roti	1 bag of Aatta (App. 250 Parshade)	1 bag of Aatta (App. 200 Parshade)
Prashaad	Atta + 5 LB Sugar + 5 ( 4 strip ) boxes of Butter. Please note that Prashaade is usually made in the Gurdwara. Cash Contribution can be made instead of preparing it your-self.	Atta + 5 LB Sugar + 5 ( 4 strip ) boxes of Butter. Please note that Prashaade is usually made in the Gurdwara. Cash Contribution can be made instead of preparing it your-self.
Onions	15 LB bag to prepare Masala	10 LB bag to prepare Masala
Salad	Lettuce - 3 big pieces, Cucumber - 3 Pieces, Tomato - 4 pieces	Lettuce - 2 big pieces, Cucumber - 3 Pieces, Tomato - 4 pieces
<b>BREAKFAST - PLEASE BRING TWO GALLONS OF MILK IN ADDITION TO BREAKFAST ITEMS</b>		
Ice-Cream	150 Scoop	125 Scoop