

**SIKH SOCIETY OF CENTRAL FLORIDA
OVIEDO GURDWARA SAHIB
LANGAR LIST**

Langar is prepared for approximately 200 people for a regular Sunday diwan. If the sponsoring family invites additional friends, it will add extra quantities to the Langar menu.

A sponsoring family's members can either shop the supplies listed below and prepare the Langar themselves or contribute cash for these items and request preparation, which will cost extra.

The Langar list is given below:

1. Atta : 2 bags @ 20 lbs each.
2. Rice : 1 bag @ 20 lbs.
3. Sugar : 10 lbs
4. Dal : Total 12 lbs
: If you want to mix dals, for example, you can use 8 lbs whole uraad dal, 2lbs Rajma, and 2lbs channa dal
5. Vegetables: Total 40 lbs.
: For example, Aloo/Gobi will require 20 heads of cauliflower and 20 lbs of potatoes.
: Aloo/Matar will require 20 lbs of peas and 20lbs of potatoes.
6. Tomatoes : 15 lbs (Fresh)
7. Onions : 25 lbs
8. Garlic : 5 lbs-preferably peeled
9. Ginger : 5 lbs
10. Green Chilies: 2 lbs
11. Dhania (Cilantro): 4 bunches
12. Salad ingredients: Lettuce, carrots, tomatoes, etc.
13. Milk : 10 gallons
14. Cooking Oil: 2 gallons
15. Butter: Unsalted 10 lbs

Dry Spices

1. salt : 1 container
2. Haldi/turmeric : 2 bags @ 400 gm/14 oz.
3. Jeera : 1 packet @ 200 gm/7 oz.
4. Red Chilies : 1 packet @ 200 gm/ 7 oz.
5. Garam Masala : 1 packet @ 200 gm/ 7 oz.
6. Dhania/coriander powder : 1 packet @ 200 gm/ 7 oz.
7. Small Elaichi/cardamom : 1 packet @ 200 gm/ 7 oz.
8. Loose Tea Leaves : 1 packet @ 250 gm

