

St. LOUIS 2025
62nd GENERAL CONFERENCE SESSION



Daily Session Meals

Thursday, July 3 - Saturday, July 12

Main Dish:

- **Haystacks (includes)**
 - Frito corn chips
 - White long-grain rice
 - Saucy black beans
 - Shredded lettuce
 - Diced fresh tomatoes
 - Chopped onions
 - Chopped black and green olives
 - Shredded cheddar cheese
 - Sour cream
 - Guacamole
 - Red and green salsa (mild and hot)

Dessert:

- Chocolate chip cookies
- Lemon cookie
- Seasonal whole fruit

Beverage:

- One bottle of water per guest

LUNCH

Salad:

- Cabbage slaw with a lime cilantro vinaigrette
- Roasted red pepper hummus and plain hummus with garlic
- Dipping vegetables: carrot, celery sticks, and different pepper strips

Main Dishes:

- Hearty lentil soup
- Asian salt and pepper tofu
- Long-grain white rice mixed with brown rice

Sides:

- Flat breads:
 - Naans
 - Pita bread
 - Multi grain
 - White bread

Dessert:

- Seasonal whole fruit
- Assorted fruit yogurts or plain

Beverage:

- One bottle of water per guest

SUPPER

Market Street salad:

- Baby greens
- Sliced cucumbers
- Corn
- Croutons
- **On the side:** Freshly grated parmesan cheese
- **Salad dressings:** Fresh lemon juice & olive oil

Main Dish:

- Steamed red potatoes garnished with fresh parsley
- Long-grain plain white rice
- Ratatouille vegetables with sauce, black olives, and garbanzo beans

Sides:

- Whole-grain bread, assorted soft rolls, and pita

Dessert:

- Assorted cookies:
 - Chocolate chip
 - Oatmeal raisin
- Fresh whole fruit:
 - Bananas
 - Apples

Beverage:

- One bottle of water per guest

LUNCH

Salad:

- Garden fresh salad romaine and greens
- Grape tomatoes
- Cucumbers
- Carrot strips
- Roasted corn
- Garbanzo beans
- **On the side:** sunflower, pumpkin seeds, and craisins
- **Salad dressings:** extra virgin olive oil and fresh lemon juice

Main Dishes:

- Long-grain white rice mixed with brown rice
- Black beans, tomato, and root vegetable stew
- Meatless roasted vegetable lasagna

Sides:

- Whole grain bread, hawaiian bread or rolls

Dessert:

- Assorted yogurts
- Fresh whole fruit:
 - Bananas
 - Apples

Beverage:

- One bottle of water per guest

SUPPER

Salad:

- Fresh broccoli salad with black beans and corn (*on the side*)
- **Salad dressings:** fresh lemon juice and olive oil

Main Dishes:

- Roasted assorted potatoes in olive oil
- Summer squash medley with sautéed red onion slivers
- Plain white jasmine rice

Sides:

- Multi-grain sliced bread and soft hawaiian rolls

Dessert:

- Fresh whole fruit:
 - Bananas
 - Apples
 - Oranges
- Assorted cookies:
 - Lemon cookies
 - Chocolate chip
 - Oatmeal raisin

Beverage:

- One bottle of water per guest

Salad:

- Roasted corn salad with roasted red peppers, diced onion and fresh lime juice

Main Dish:

- Multi-grain ciabatta rolls or white kaiser rolls (*with*):
 - Fresh tomato slices
 - Leaf lettuce or shredded lettuce
 - Black bean chipotle burgers and vegetable burger
 - Swiss cheese and provolone slices
- Waffle sweet potato fries
- Minestrone stew, with navy beans
- White long-grain jasmine rice

Dessert:

- Fresh whole fruit:
 - Bananas
 - Apples
- Brownie squares

Beverage:

- One bottle of water per guest

Salad:

- Romaine ribbons and baby spinach mix
 - Black olives
 - Cucumbers
 - On the side:** boiled eggs crumble
- Bowls of shaved baby carrots and fresh celery sticks:
 - House ranch dressing, lemon Juice, and olive oil in pour bottles

Main Dish:

- Penne pasta american with artichokes
- Long-grain white rice
- Pinto bean and tomato stew

Sides:

- Whole grain, italian bread & pita bread options

Dessert:

- Fresh whole wruit
- Lemon bars/cookies

Beverage:

- One bottle of water per guest

Salad:

- Tossed salad with romaine hearts, red cabbage slivers, carrots, and sweet-cut corn
- **Salad dressings:** house ranch, lemon Juice and olive oil

Main Dishes:

- Vegetarian chili
- Cilantro and lime long-grain white rice
- Creamy polenta (no dairy)
- Southern-style cornbread
- Roasted tomato, zucchini, and pepper medley
- Steamed baby green beans

Sides:

- Whole-grain bread and white soft rolls

Dessert:

- Whole fruit: chef's selection
- Italian lemon ice

Beverage:

- One bottle of water per guest

Salad:

- Romaine ribbons with layers of mandarin orange slices
- **Salad dressings:** olive oil/fresh lemon and lime juice

Main Dish:

- Jasmine white and brown rice
- Crispy baked sesame tofu
- Vegetarian spring rolls with sweet thai chili and plum sauce
- Stir fry fresh vegetables with tofu
- Fresh sweet potatoes baked or fresh yams baked in skins

Sides:

- Multi-grain breads and soft dinner rolls

Dessert:

- Fresh whole fruit:
 Bananas
 Apples

Beverage:

- One bottle of water per guest

Salad:

- Quinoa Salad
 - Diced tomatoes
 - Edamame and red onions
 - Diced persian cucumbers drizzled with fresh lemon juice and olive oil

Main Dish:

- Baked potato bar (*includes*)
 - Butter pats
 - Sour cream (regular and vegan)
 - Shredded cheese
 - Scallions
 - Fresh broccoli florets garnished (*with carrots julienne*)
- Saucy lentil stew with fresh diced carrots
- Vegetarian chili
- Corn grits
- White jasmine rice

Sides:

- Assorted breadbasket

Dessert:

- Fresh seasonal fruit
- Chocolate chip cookies

Beverage:

- One bottle of water per guest

LUNCH

Salad:

- Cabbage slaw with a lime cilantro vinaigrette
- **Salad dressing:** olive oil, fresh lemon and lime Juice

Main Dish:

- Roasted fresh cauliflower and tofu with smoked paprika and fresh garlic
- Long-grain basmati rice
- Red bean savory stew
- Roasted red potatoes with olive oil

Sides:

- Whole-grain pita bread and naans

Dessert:

- Assorted regular and fruit yogurts
- Watermelon slices

Beverage:

- One bottle of water per guest

SUPPER

Salad:

- Greek Salad:
 - Plum tomato wedges
 - Persian cucumbers
 - Red onions
 - Seedless kalamata olives mixed with fresh oregano
- **Salad dressing:** fresh lemon juice and olive oil

Main Dish:

- Hummus bowls
- Steamed couscous drizzled with extra virgin olive oil
- Jasmine white rice
- Moroccan stew with garbanzos, fresh cauliflower, zucchini and small potatoes

Sides:

- Pita Bread: whole wheat and white

Dessert:

- Baklava
- Bananas

Beverage:

- One bottle of water per guest

LUNCH

Main Dish:

- **Haystacks** (*includes*)
 - Frito corn chips
 - White long-grain rice
 - Saucy black beans
 - Shredded lettuce
 - Diced fresh tomatoes
 - Chopped onions
 - Chopped black and green olives
 - Shredded cheddar cheese
 - Sour cream
 - Guacamole
 - Red and green salsa (mild and hot)

Dessert:

- Chocolate chip cookies
- Lemon cookie
- Seasonal whole fruit

Beverage:

- One bottle of water per guest

SUPPER

Salad:

- Cucumber/fava beans and grape tomatoes
- **Salad dressings:** fresh lemon juice, italian seasonings, and olive oil marinade

Main Dish:

- Steamed couscous drizzled with olive oil
- Long-grain white rice
- Sautéed summer squash medley with diced cabbage, red onion slivers, and garbanzos
- Small grilled potatoes with olive oil/garlic

Sides:

- Whole-grain & italian bread

Dessert:

- Fresh Whole Fruit:
Bananas
- Assorted yogurts
Plain greek and fruit yogurts

Beverage:

- One bottle of water per guest