

**St. LOUIS 2025**  
62<sup>nd</sup> 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