

**SHUTTLE MENU STS-127**

**Stow By Day**

**CHRIS CASSIDY, MS-1 (BLUE)**

Meal	Days 1*, 9 & 17**	Days 2 & 10 (EVA)	Days 3 & 11	Days 4 & 12 (EVA)	Days 5 & 13	Day 6	Day 14 ◇
<b>A</b>	Mexican Scrambled Eggs (R) Red Beans & Rice (I) Tortilla (FF) Breakfast Sausage Link (I) Orange-Mango Drink (B)	Seasoned Scrambled Eggs (R) Granola (R) Trail Mix (IM) Sausage Pattie (R) Strawberry Breakfast Drink (B) Orange-Pineapple Drink (B)	Oatmeal w/ Brown Sugar (R) Breakfast Roll (FF) Strawberries (R) Breakfast Sausage Links (I) Apple Cider (B)	Granola w/ Blueberries (R) Scrambled Eggs (R) Applesauce (I) Sausage Pattie (R) Vanilla Breakfast Drink (B) Orange Drink (B)	Mexican Scrambled Eggs (R) Black Beans (I) Tortilla (FF) Granola Bar (NF) Orange-Pineapple Drink (B)	Cranapple Dessert (I) Granola (R) Breakfast Roll (FF) Breakfast Sausage Links (I) Apple Cider (B)	Cranapple Dessert (FF) Granola (FF) Breakfast Sausage Links (FF) Apple Cider (FF)
<b>B</b>	Peanut Butter (FF) Crackers (NF) x2 Sweet and Sour Pork (I) Fettucine (R) Nut & Fruit Granola Bar (NF) Chocolate Pudding Cake (I) Peach-Apricot Drink (B)	Tuna Salad Spread (I) Crackers (NF) x2 BBQ Beef Brisket (I) Asparagus (R) Applesauce (I) Almonds (NF) Shortbread Cookies (NF) Lemonade (B)	Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Cashews (NF) Brownie (NF) x2 Tea w/ Lemon & Sugar (B)	Lasagna w/ Meat (I) Meatloaf (I) Potatoes au Gratin (R) Creamed Spinach (R) Candy Coated Chocolates (NF) x2 Orange-Mango Drink (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Salmon (I) Rice Pilaf (R) Broccoli au Gratin (R) Shortbread Cookies (NF) Lemonade (B)	Peanut Butter (FF) Crackers (NF) x2 Fiesta Chicken (I) Southwestern Corn (I) Tortilla (FF) x2 Brownie (NF) x2 Orange-Pineapple Drink (B)	<b>NO MEAL</b>
<b>C</b>	Shrimp Cocktail (R) Seafood Chowder (R) Seafood Gumbo (I) Cauliflower w/ Cheese (R) Brownie (NF) x2 Apple Cider (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Chicken Strips in Salsa (I) Creamed Spinach (R) Tortillas (FF) x2 Cranapple Dessert (I) Orange-Pineapple Drink (B)  <b>EVA Snack (day 10 only)</b> Clif Bar, Carrot Cake (NF) Wheat Tortilla (FF) Peanut Butter (FF) Orange-Pineapple Drink (B)	Peanut Butter (FF) Crackers (NF) x2 Chicken w/ Corn and Black Beans (I) Mashed Potatoes (R) Broccoli au Gratin (R) Chocolate Pudding Cake (I) Lemonade (B)	Cashew Curry Chicken (R) Curry Sauce w/ Vegetables (I) Mashed Potatoes (R) Strawberries (R) Vanilla Pudding (I) Shortbread Cookies (NF) Tea w/ Sugar (B)  <b>EVA Snack (day 12 only)</b> Clif Bar, Blueberry Crisp (NF) Wheat Tortilla (FF) Peanut Butter (FF) Orange Drink (B)	Turkey Tetrazzini (R) Italian Vegetables (R) Applesauce (I) Macadamia Nuts (NF) Butter Cookies (NF) Cocoa (B) Apple Cider (B)	Chicken Salad Spread (I) Crackers (NF) x2 Crawfish Etouffee (I) Vegetarian Chili (R) <b>Candy Coated Chocolates (NF)</b> Candy Coated Peanuts (NF) Lemonade (B)	Crackers (FF) x2 Crawfish Etouffee (FF) Vegetarian Chili (FF) <b>Candy Coated Peanuts (FF)</b> Lemonade (FF)

◇ Day 14 will be stowed in the fresh food locker

\*Day 1 consists of Meal C only

\*\*Day 17 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (T) - Thermostabilized

Days 7 & 15	Days 8 (EVA) & 16
Seasoned Scrambled Eggs (R) Red Beans & Rice (I) Tortilla (FF) Nut & Fruit Granola Bar (NF) Kona Coffee w/ Cream & Sugar (B)	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Sausage Pattie (R) Tortilla (FF) Orange-Mango Drink (B)
Seafood Gumbo (I) Fettucine (R) Creamed Spinach (R) Strawberries (R) Macadamia Nuts (NF) Butter Cookies (NF) Lemonade (B)	Seafood Chowder (R) Seafood Gumbo (I) Mashed Potatoes (R) Asparagus (R) Candy Coated Almonds (NF) Shortbread Cookies (NF) Tea w/ Sugar (B)
Peanut Butter (FF) Crackers (NF) x2 Spicy Chicken & Vegetables (R) Macaroni & Cheese (R) Cashews (NF) Chocolate Pudding Cake (I) Tea w/ Sugar (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Cranapple Dessert (I) Pineapple Drink (B)  <b>EVA Snack (day 8 only)</b> Orange-Mango Drink (B) Clif Bar, Blueberry Crisp (NF)  Wheat Tortilla (FF) Peanut Butter (FF)