

SHUTTLE MENU STS-121

STEVE LINDSEY, CDR (RED)

Meal	Day 1*	Day 2	Day 3	Day 4
A		Oatmeal w/Raisins (R) Breakfast Sausage Links (I) Fruit Cocktail (I) Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Granola w/ Blueberries (R) Granola Bar (NF) Pears (I) Strawberry Breakfast Drink (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Fruit Cocktail (I) Breakfast Sausage Links (I) Breakfast Roll (FF) Tortilla (FF) X2 Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)
B	Cheddar Cheese Spread (I) X2 Tortilla (FF) X2 Fuji Apple (FF) Butter Cookies (NF) Cashews (NF) Gum (FF) Tea w/Sugar (B) X2	Dried Beef (IM) Fuji Apple (FF) Tortilla (FF) X2 Cashews (NF) Tapioca Pudding (I) Tea w/Sugar (B) X2	Cheddar Cheese Spread (I) x2 Tortilla (FF) X2 Fuji Apple (FF) Brownie (NF) Gum (FF) Tea w/Sugar (B) X2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Trail Mix (IM) Almonds (NF) Granola Bar (NF) Tea w/Sugar (B) X2
C	Cream of Mushroom Soup (R) Grilled Pork Chop (I) Mashed Potatoes (R) Tortilla (FF) X2 Brownie (NF) Dove Miniatures (FF) Cherry Drink w/ A/S (B)	Shrimp Cocktail (R) Chicken Teriyaki (I) Macaroni & Cheese (R) Chocolate Pudding (I) Brownie (NF) Dove Miniatures (FF) Lemonade (B)	Mushroom Soup (R) Chicken Fajita (I) Macaroni & Cheese (R) Tortilla (FF) X2 Butterscotch Pudding (I) Candy Coated Almonds (FF) Orange-Mango Drink (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Cheese Tortellini (I) Tortilla (FF) X2 Dove Miniatures (FF) Peach-Apricot Drink (B)

* Day 1 consists of Meals B & C only

B- Beverage

FF- Fresh Food

I- Irradiated

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized

Meal	Day 5	Day 6	Day 7	Days 8 & 13**
A	Pears (I) Mexican Scrambled Eggs (R) Granola w/Blueberries (R) Chocolate Breakfast Drink (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Peaches (I) Breakfast Roll (FF) Oatmeal w/Raisins (R) Cocoa (B) Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Fruit Cocktail (I) Granola w/ Raisins (R) Breakfast Sausage Links (I) Tortilla (FF) X2 Strawberry Breakfast Drink (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Pears (I) Breakfast Roll (FF) Granola w/Blueberries (R) Cocoa (B) Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)
B	Cheddar Cheese Spread (I) Tortilla (FF) X2 Fuji Apple (FF) Dove Miniatures (FF) Butter Cookies (NF) Gum (FF) Tea w/Sugar (B) X2	Dried Beef (IM) Tortilla (FF) X2 Brownie (NF) Trail Mix (IM) Cashews (NF) Tea w/Sugar (B) X2	Cheddar Cheese Spread (I) X2 Tortilla (FF) X2 Dried Pears (IM) Butterscotch Pudding (I) Almonds (NF) Gum (FF) Tea w/Sugar (B) X2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Trail Mix (IM) Fuji Apple (FF) Brownie (NF) Tea w/Sugar (B) X2
C	Beef Enchiladas (I) Mashed Potatoes (R) Broccoli au Gratin (R) Chocolate Pudding (I) Apple Cider (B)	Shrimp Cocktail (R) Teriyaki Beef Steak (I) Green Beans w/ Mushrooms (R) Tapioca Pudding (I) Dove Miniatures (FF) Orange-Mango Drink (B)	Mushroom Soup (R) Fiesta Chicken (I) Tortilla (FF) X2 Bread Pudding (I) Strawberry Drink (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Macaroni & Cheese (R) Tortilla (FF) X2 Butterscotch Pudding (I) Dove Miniatures (FF) Peach-Apricot Drink (B)

** Day 13 consists of Meal A only

B- Beverage

FF- Fresh Food

I- Irradiated

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized

Meal	Day 9	Day 10	Day 11	Day 12
A	Peaches (I) Granola Bar (NF) Oatmeal w/Raisins (R) Chocolate Breakfast Drink (B) Kona Coffee w/ C&S (B) X2 Earl Grey Tea w/ Sugar (FF)	Fruit Cocktail (I) Breakfast Sausage Links (I) Breakfast Roll (FF) Tortilla (FF) X2 Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Granola w/Raisins (R) Mexican Scrambled Eggs (R) Pears (I) Strawberry Breakfast Drink (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)	Granola w/Blueberries (R) Breakfast Roll (FF) Fruit Cocktail (I) Orange Juice (B) Kona Coffee w/C & S (B) X2 Earl Grey Tea w/ Sugar (FF)
B	Cheddar Cheese Spread (I) X2 Tortilla (FF) X2 Trail Mix (IM) Dove Miniatures (FF) Gum (FF) Tea w/Sugar (B) X2	Dried Beef (IM) Fuji Apple (FF) Tortilla (FF) X2 Granola Bar (NF) Tapioca Pudding (I) Tea w/Sugar (B) X2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Dried Peaches (IM) Brownie (NF) Gum (FF) Tea w/Sugar (B) X2	Cheddar Cheese Spread (I) X2 Tortilla (FF) X2 Trail Mix (IM) Macadamia Nuts (NF) Brownie (NF) Tea w/Sugar (B) X2
C	Spicy Chicken & Vegetables (R) Mashed Potatoes (R) Broccoli au Gratin (R) Bread Pudding (I) Candy Coated Chocolates (NF) Orange-Mango Drink (B)	Shrimp Cocktail (R) Chicken Teriyaki (I) Potatoes au Gratin (R) Candy Coated Almonds (FF) Chocolate Pudding (I) Brownie (NF) Dove Miniatures (FF) Lemonade (B)	Cream of Mushroom Soup (R) BBQ Beef Brisket (I) Macaroni & Cheese (R) Tortilla (FF) X2 Butterscotch Pudding (I) Candy Coated Chocolates (NF) Dove Miniatures (FF) Apple Cider (B)	Shrimp Cocktail (R) Tofu w/ Hoisin Sauce (I) Teriyaki Chicken (R) Tortilla (FF) X2 Dove Miniatures (FF) Strawberry Drink (B)

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