

SHUTTLE MENU STS-121

THOMAS REITER, MS-5 (PURPLE)

MEAL	DAY 1*	DAY 2	DAY 3	DAY 4**
A		Seasoned Scrambled Eggs (R) Yogurt Covered Granola Bar (FF) Breakfast Roll (FF) Beef Pattie (R) Orange Drink (B) Coffee w/ Sugar (B) x2	Blueberry-Raspberry Yogurt (FF) Granola w/ Raisins (R) Scrambled Eggs (R) Fruit Cocktail (I) Orange-Grapefruit Drink (B) Coffee w/ Sugar (B) x2	Seasoned Scrambled Eggs (R) Rice Krispies (R) Blueberry-Raspberry Yogurt (FF) Trail Mix (IM) Pineapple Drink (B) Coffee w/ Sugar (B) x2
B	Beef Tips w/ Mushrooms (I) Mashed Potatoes (R) Tortillas (FF) Pears (I) Butterscotch Pudding (I) Tea w/ Lemon & Sugar (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Black Beans (I) Tortillas (FF) Almonds (NF) Tea w/ Lemon & Sugar (B)	Hot & Sour Soup (I) Tofu w/ Hot Mustard (I) Sweet & Sour Chicken (R) Rice Pilaf (R) Pineapple (I) Tea w/ Lemon & Sugar (B)	Minestrone Soup (I) Beef Ravioli (I) Spaghetti w/ Meat (R) Asparagus (R) Strawberries (R) Tea w/ Lemon & Sugar (B)
C	Grilled Chicken (I) Broccoli au Gratin (R) Peach Ambrosia (R) Butter Cookies (NF) Grapefruit Drink (B) Lemon-Lime Drink (B)	Teriyaki Chicken (R) Tomatoes & Eggplant (I) Peaches (I) Brownie (NF) Orange-Mango Drink (B) Tropical Punch (B)	Beef Stroganoff (R) Curry Sauce w/ Vegetables (I) Peanuts (NF) Vanilla Pudding (I) Orange-Pineapple Drink (B) Lemonade (B)	

* Day 1 consists of Meals B & C only

** Day 4 consists of Meals A & B only

B- Beverage

FF- Fresh Food

I- Irradiated

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized