

SHUTTLE MENU STS-121

PIERS SELLERS, MS-4 (BROWN)

Meal	Days 1* & 7	Days 2 & 13**	Days 3, 6 & 9	Days 4 & 10
<b>A</b>	Dried Apricots (IM) Oatmeal w/Brown Sugar (R) Mashed Potatoes (R) Choc. Uncoated Genisoy Bar (FF) Tropical Punch (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Oatmeal w/Brown Sugar (R) Choc. Uncoated Genisoy Bar (FF) Lemonade (B) Kona Coffee w/ C & S (B) x2	Beef Enchiladas (I) Tortilla (FF) Choc. Mint Genisoy Bar (FF) Grapefruit Drink (B) Kona Coffee w/ C & S (B) x2	Dried Apricots (IM) Oatmeal w/Brown Sugar (R) Mashed Potatoes (R) Toasted Oats/Spice Bar SlimFast Bar (FF) Tropical Punch (B) Kona Coffee w/ C & S (B) x2
<b>B</b>	Shrimp Cocktail (R) Beef Tips w/Mushrooms (I) Candied Yams (I) Cashews (NF) Candy Coated Chocolates (NF) Lemonade (B) X2	Beef Stroganoff w/Noodles (R) X2 Tomatoes & Eggplant (I) Asparagus (R) X2 Candy Coated Chocolates (NF) Tropical Punch (B) X2	Shrimp Cocktail (R) BBQ Beef Brisket (I) Italian Vegetables (R) Cashews (NF) Candy Coated Chocolates (NF) Grapefruit Drink (B) X2	Shrimp Cocktail (R) Chicken Teriyaki (I) Mashed Potatoes (R) Cashews (NF) Candy Coated Chocolates (NF) Lemonade (B) X2
<b>C</b>	Hot & Sour Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Chicken Teriyaki (I) Candied Yams (I) X2 Curry Sauce w/Vegetables (I) Cashews (NF) Banana Pudding (I) Grapefruit Drink (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Grilled Pork Chop (I) Mashed Potatoes (R) X2 Creamed Spinach (R) Cashews (NF) Cherry Blueberry Cobbler (I) Lemonade (B)	Hot & Sour Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Meatloaf (I) Potatoes au Gratin (R) Tortilla (FF) Cashews (NF) Tropical Punch (B)	Hot & Sour Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Chicken Teriyaki (I) Candied Yams (I) X2 Curry Sauce w/Vegetables (I) Cashews (NF) Banana Pudding (I) Grapefruit Drink (B)

\* Day 1 consists of Meal B & C only

\*\* 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 5	Day 8	Day 11	Day 12
<b>A</b>	Dried Peaches (IM) Breakfast Sausage Links (I) Clif Bar (FF) Lemonade (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Toasted Oats/Spice Bar SlimFast Bar (FF) Lemonade (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Clif Bar (FF) Lemonade (B) Kona Coffee w/ C & S (B) x2	Beef Enchiladas (I) Tortilla (FF) Clif Bar (FF) Grapefruit Drink (B) Kona Coffee w/ C & S (B) x2
<b>B</b>	Beef Stroganoff w/Noodles (R) X2 Tomatoes & Eggplant (I) Asparagus (R) X2 Macadamia Nuts (NF) Candy Coated Chocolates (NF) Tropical Punch (B) X2	Beef Stroganoff w/Noodles (R) X2 Tomatoes & Eggplant (I) Asparagus (R) X2 Macadamia Nuts (NF) Candy Coated Chocolates (NF) Tropical Punch (B) X2	Beef Stroganoff w/Noodles (R) X2 Tomatoes & Eggplant (I) Asparagus (R) X2 Macadamia Nuts (NF) Candy Coated Chocolates (NF) Tropical Punch (B) X2	Shrimp Cocktail (R) BBQ Beef Brisket (I) Italian Vegetables (R) Cashews (NF) Candy Coated Chocolates (NF) Grapefruit Drink (B) X2
<b>C</b>	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Grilled Pork Chop (I) Mashed Potatoes (R) X2 Creamed Spinach (R) Cashews (NF) Cherry Blueberry Cobbler (I) Lemonade (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) X2 Grilled Pork Chop (I) Mashed Potatoes (R) X2 Creamed Spinach (R) Cashews (NF) Cherry Blueberry Cobbler (I) Lemonade (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) Grilled Pork Chop (I) Candied Yams (I) X2 Creamed Spinach (R) Cherry Blueberry Cobbler (I) Lemonade (B)	Chicken Fajitas (I) Beef Enchiladas (I) Southwestern Corn (I) Creamed Spinach (R) Tortilla (FF) X2 Cherry Blueberry Cobbler (I) Lemonade (B) X2

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