

SHUTTLE MENU STS-121

STEPHANIE WILSON, MS-3 (ORANGE)

Meal	Days 1* & 13**	Day 2	Day 3	Day 4
A	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Pineapple (I) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Fruit Cocktail (I) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Strawberries (R) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Trail Mix (IM) Granola w/ Raisins (FF) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2
B	Rice Pilaf (R) Trail Mix (IM) Peaches (NF) Shortbread Cookies (NF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Minestrone Soup (I) Asparagus (R) Pineapple (I) Cashews (NF) Dried Apricots (IM) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Beef Stew (I) Corn (R) Peaches (I) Macadamia Nuts (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Rice & Chicken (R) Grilled Pork Chop (I) Candied Yams (I) Pineapple (I) Cashews (NF) Dried Peaches (IM) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)
C	Dried Beef (IM) Crackers (NF) x3 Fruit Cocktail (I) Corn (R) Vanilla Pudding (I) Pineapple Drink (B)	Grilled Chicken (I) Tomatoes & Eggplant (I) Tortilla (FF) Rice Pilaf (R) Brownie (NF) Peach-Apricot Drink (B)	Teriyaki Chicken (R) Green Beans w/ Mushrooms (R) Candied Yams (I) Shortbread Cookies (NF) Tropical Punch (B)	Chicken Fajitas (I) Tortillas (FF) x2 Italian Vegetables (R) Strawberries (R) Brownie (NF) Pineapple Drink (B)

* Day 1 consists of Meals 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 6	Days 7 & 10	Day 8
A	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Fruit Cocktail (I) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Strawberries (R) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Trail Mix (IM) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2
B	Vegetarian Vegetable Soup (I) Dried Beef (IM) Shrimp Cocktail (R) Fruit Cocktail (I) Banana Pudding (I) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Minestrone Soup (I) Asparagus (R) Pineapple (I) Cashews (NF) Dried Apricots (IM) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Beef Stew (I) Corn (R) Peaches (I) Macadamia Nuts (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Vegetarian Vegetable Soup (I) Dried Beef (IM) Shrimp Cocktail (R) Fruit Cocktail (I) Banana Pudding (I) Dried Peaches (IM) Pineapple Drink (B) Kona Coffee w/ C & S (B)
C	Beef Steak (I) Rice Pilaf (R) Tortilla (FF) Carrot Coins (I) Almonds (NF) Peach-Apricot Drink (B)	Grilled Chicken (I) Carrot Coins (I) Tortilla (FF) Rice Pilaf (R) Brownie (NF) Peach-Apricot Drink (B)	Teriyaki Chicken (R) Green Beans w/ Mushrooms (R) Candied Yams (I) Shortbread Cookies (NF) Tropical Punch (B)	Chicken Fajitas (I) Tortillas (FF) x2 Rice Pilaf (R) Strawberries (R) Macadamia Nuts (IM) Orange-Mango Drink (B)

B- Beverage

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Meal Days 9 & 12

Day 11

- A** Scrambled Eggs (R)
- Sausage Pattie (R)
- Granola w/ Raisins (FF)
- Granola Bar (NF)
- Orange Juice (B)
- Kona Coffee w/ C & S (B) x2

- Scrambled Eggs (R)
- Sausage Pattie (R)
- Trail Mix (IM)
- Granola Bar (NF)
- Orange Juice (B)
- Kona Coffee w/ C & S (B) x2

- B** Rice & Chicken (R)
- Grilled Pork Chop (I)
- Peaches (I)
- Brownie (NF)
- Orange-Pineapple Drink (B)
- Kona Coffee w/ C & S (B)

- Vegetarian Vegetable Soup (I)
- Shrimp Cocktail (R)
- Fruit Cocktail (I)
- Cashews (NF)
- Vanilla Pudding (I)
- Dried Apricots (IM)
- Pineapple Drink (B)
- Kona Coffee w/ C & S (B)

- C** Beef Steak (I)
- Tomatoes & Eggplant (I)
- Tortilla (FF)
- Candied Yams (I)
- Almonds (NF)
- Tropical Punch (B)

- Chicken Fajitas (I)
- Tortillas (FF) x2
- Italian Vegetables (R)
- Strawberries (R)
- Orange-Mango Drink (B)

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