

SHUTTLE MENU STS-115

HEIDE STEFANYSHYN-PIPER, MS-3 (ORANGE)

Meal	Days 1* & 13**	Day 2	Day 3	Day 4	Day 5
A	Dried Peaches (IM) Oatmeal w/Raisins (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Blueberry-Raspberry Yogurt (FF) Granola w/Blueberries (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Pears (IM) Oatmeal w/Brown Sugar (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Blueberry-Raspberry Yogurt (FF) Granola Bar (NF)X2 Dried Peaches (IM) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Oatmeal w/Raisins (R) Orange Drink (B) Kona Coffee w/Cream & Sugar
B	NO MEAL	Beef Fajitas (I) Tortilla (FF) X2 Applesauce (I) Almonds (NF) Lemonade (B) X2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Trail Mix (IM) Grape Drink (B) X2	Chocolate Brownie Clif Bar (FF) Vanilla Breakfast Drink (B) Almonds (NF) Orange-Mango Drink (B)	Smoked Turkey (I) Tortillas (FF) x2 Dried Pears (IM) Almonds (NF) Orange-Grapefruit Drink (B) X
C	Grilled Pork Chop (I) Mashed Potatoes (R) Broccoli au Gratin (R) Peach Ambrosia (R) Apple Cider (B) Tea w/Lemon & Sugar (B)	Shrimp Cocktail (R) Grilled Chicken (I) Macaroni & Cheese (R) Green Beans w/Mushrooms (R) Candy Coated Chocolates (NF) Lemonade (B) Tea w/Lemon & Sugar (B)	Shrimp Cocktail (R) Crawfish Etouffee (I) Vegetable Risotto (R) Creamed Spinach (R) Dried Peaches (IM) Apple Cider (B) Tea w/Lemon & Sugar (B)	Split Pea Soup (I) Teriyaki Chicken (R) Rice Pilaf (R) Broccoli au Gratin (R) Peach Ambrosia (R) Apple Cider (B) Tea w/ Lemon & Sugar (B)	Vegetarian Vegetable Soup Chicken Fajitas (I) Tortilla (FF) X2 Cherry-Blueberry Cobbler (R) Orange Drink (B) Tea w/Lemon & Sugar (B)

*Day 1 consists of Meal C only

**Day 13 consists of Meal A only

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

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Meal	Day 6	Day 7	Day 8	Day 9	Day 10
A	Blueberry-Raspberry Yogurt (FF) Granola w/ Blueberries (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Pears (IM) Oatmeal w/Brown Sugar (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Blueberry-Raspberry Yogurt (FF) Granola w/Raisins (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Oatmeal w/Raisins (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Blueberry-Raspberry Yogur Granola w/Blueberries (R) Orange Drink (B) Kona Coffee w/Cream & Sugar
B	Chicken Strips in Salsa (I) Tortilla (FF) X2 Applesauce (I) Cashews (NF) Lemonade (B) X2	Chocolate Brownie Clif Bar (FF) Vanilla Breakfast Drink (B) Almonds (NF) Orange-Mango Drink (B)	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Dried Peaches (IM) Macadamia Nuts (NF) Grape Drink (B) X2	Beef Fajitas (I) Tortilla (FF) X2 Dried Pears (IM) Almonds (NF) Orange-Grapefruit Drink (B) X2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) X2 Almonds (NF) Grape Drink (B) X2
C	Chicken Noodle Soup (I) Beef Stroganoff w/Noodles (R) Broccoli au Gratin (R) Dried Peaches (IM) Apple Cider (B) Tea w/Lemon & Sugar (B)	Seafood Gumbo (I) Grilled Chicken (I) Mashed Potatoes (R) Cauliflower w/Cheese (R) Peach Ambrosia (R) Apple Cider (B)	Cheese Tortellini (I) Italian Vegetables (R) Black Beans (I) Peach Ambrosia (R) Strawberry Drink (B) Tea w/ Lemon & Sugar (B)	Grilled Pork Chop (I) Mashed Potatoes (R) Broccoli au Gratin (R) Peach Ambrosia (R) Apple Cider (B) Tea w/Lemon & Sugar (B)	Shrimp Cocktail (R) Grilled Chicken (I) Macaroni & Cheese (R) Green Beans w/Mushroom Almonds (NF) Lemonade (B) Tea w/Lemon & Sugar (B)

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HEIDE STEFANYSHYN-PIPER, MS-3 (ORANGE)

Meal	Day 11	Day 12
A	Dried Pears (IM) Oatmeal w/Brown Sugar (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Blueberry-Raspberry Yogurt (FF) Granola w/Raisins (R) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2
B	Smoked Turkey (I) Tortillas (FF) x2 Dried Pears (IM) Shortbread Cookies (NF) Orange-Grapefruit Drink (B) X2	Chicken Strips in Salsa (T) Tortilla (FF) X2 Dried Peaches (IM) Almonds (NF) Lemonade (B) X2
C	Shrimp Cocktail (R) Crawfish Etouffee (T) Vegetable Risotto (R) Creamed Spinach (R) Dried Peaches (IM) Apple Cider (B) Tea w/Lemon & Sugar (B)	Split Pea Soup (T) Teriyaki Chicken (R) Rice Pilaf (R) Broccoli au Gratin (R) Strawberries (R) Apple Cider (B) Tea w/Lemon & Sugar (B)

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