

SHUTTLE MENU STS-116

(Stow By Meal)

NICHOLAS PATRICK, MS-1 (BLUE)

Meal	Days 1 * & 8	Days 2 & 9	Days 3 & 10	Days 4 & 11
A	Dried Pears (IM) Mexican Scrambled Eggs (R) Bran Chex (R) Breakfast Roll (FF) Apple Cider (B) X2	Sausage Pattie (R) Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Juice (B)	Dried Apricots (IM) Seasoned Scrambled Eggs (R) Granola w/ Blueberries (R) Chocolate Breakfast Drink (B) Grapefruit Drink (B)	Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (FF) Mexican Scrambled Eggs (R) Orange-Mango Drink (B) X2 Cocoa (B)
B	Beef Fajitas (I) Southwestern Corn (T) Tortilla (FF) X2 Macadamia Nuts (NF) Pineapple (T) Strawberry Drink (B) X2	Vegetarian Vegetable Soup (T) Crackers (NF) X2 Chicken w/ Peanut Sauce (T) Rice Pilaf (R) Pears (T) Trail Mix (IM) X2 Pineapple Drink (B) X2	Beef Stew (T) Tuna Salad Spread (T) Crackers (NF)X2 Peaches (T) Granola Bar (NF) Peanuts (NF) Peach-Apricot Drink (B) X2	Teriyaki Chicken ® X2 Applesauce (T) Shortbread Cookies (NF) Almonds (NF) X2 Banana Pudding (T) Peach-Apricot Drink (B) X2
C	Turkey Tetrazzini (R) X2 Asparagus (R) Tortilla (FF) X2 Peach Ambrosia (R) Grape Drink (B)	BBQ Beef Brisket (I) X2 Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FF) X2 Strawberries (R) Lemonade (B) X2	Smoked Turkey (I) Candied Yams (T) Tortilla (FF) X2 Italian Vegetables (R) Cherry Blueberry Cobbler (T) Apple Cider (B) X2	Beef Tips w/ Mushrooms (I) Potatoes Au Gratin (R) Creamed Spinach (R) Tortilla (FF) X2 Candy Coated Chocolates (NF) Orange Drink (B)

*Day 1 consists of Meal C only

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

SHUTTLE MENU STS-116

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NICHOLAS PATRICK, MS-1 (BLUE)

Meal	Days 5 & 12**	Day 6	Day 7
A	Dried Peaches (IM) Breakfast Sausage Links (I) Breakfast Roll (FF) Grits w/ Butter (R) Orange Juice (B)	Blueberry-Raspberry Yogurt (T) Granola w/ Raisins (R) Applesauce (T) Strawberry Breakfast Drink (B) Orange-Grapefruit Drink (B)	Peaches (T) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Orange-Pineapple Drink (B) X2
B	Beef Stroganoff w/Noodles (R) X2 Carrot Coins (T) Cheddar Cheese Spread (T) Crackers (NF) X2 Fruit Cocktail (T) Candy Coated Peanuts (NF) Strawberry Drink (B) X2	Sweet & Sour Chicken (R) X2 Mashed Potatoes (R) Tortilla (FF) X2 Pears (T) Cashews (NF) Orange Drink (B) X2	Grilled Chicken (T) Pasta Vegetable Parmesan (R) Tomatoes & Eggplant (T) Butter Cookies (NF) Peanuts (NF) X2 Grape Drink (B) X2
C	Chicken Strips in Salsa (T) Vegetable Risotto (R) Cauliflower w/ Cheese (R) Tortilla (FF) X2 Butterscotch Pudding (T) Pineapple Drink (B) X2	Cheese Tortellini (T) Corn (R) Tortilla (FF) X2 Italian Vegetables (R) Strawberries (R) Tapioca Pudding (T) Lemonade (B) X2	Shrimp Cocktail (R) Teriyaki Beef Steak (I) Rice Pilaf (R) Broccoli au Gratin (R) Tortilla (FF) X2 Brownie (NF) Peach-Apricot Drink (B) X2

**Day 12 consists of Meal A only

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