

SHUTTLE MENU STS-116
(Stow By Meal)

MARK POLANSKY, CDR (RED)

Meal	Days 1* & 12**	Day 2	Day 3	Day 4
A	Shrimp Cocktail (R) Fruit Cocktail (T) Beef Ravioli (T) Creamed Spinach (R) Crackers (NF) x2 Pineapple Drink (B) x2 Kona Coffee w/ C & S (B)	Shrimp Cocktail (R) Fruit Cocktail (T) Beef Stroganoff w/ Noodles (R) Chocolate Breakfast Drink (B) Tea w/ Sugar (B) Orange-Grapefruit Drink (B) x2	Shrimp Cocktail (R) Pineapple (T) Chicken Salad (R) Crackers (NF) x2 Tortilla (FF) x2 Orange-Mango Drink (B) x2 Kona Coffee w/ C & S (B)	Shrimp Cocktail (R) Fruit Cocktail (T) Meatloaf (T) Corn (R) Pineapple Drink (B) x2 Tea w/ Sugar (B)
B		Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Tropical Punch (B) x2	Shrimp Cocktail (R) Teriyaki Chicken (R) Southwestern Corn (T) Crackers (NF) x2 Tortilla (FF) x2 Cashews (NF) Lemonade (B) x2	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans Rice Pilaf (R) Crackers (NF) x2 Trail Mix (IM) Apple Cider (B) x2
C	Shrimp Cocktail (R) Meatloaf (T) Creamed Spinach (R) Crackers (NF) x2 Cashews (NF) Butter Cookies (NF) Lemonade (B) x2	Shrimp Cocktail (R) Seafood Gumbo (T) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) Apple Cider (B) x2	Shrimp Cocktail (R) Fiesta Chicken (T) Rice Pilaf (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Drink (B) x2	Shrimp Cocktail (R) Seafood Gumbo (T) Potatoes au Gratin (R) Butter Cookies (NF) Almonds (NF) Lemonade (B) x2

*Day 1 consists of Meal C only

**Day 12 consists of Meal A only

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

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MARK POLANSKY, CDR (RED)

Meal	Day 5	Day 6	Day 7	Day 8
A	Shrimp Cocktail (R) Pineapple (T) Red Beans & Rice (T) Tortilla (FF) x2 Orange-Grapefruit Drink (B) x2 Kona Coffee w/ C & S (B)	Shrimp Cocktail (R) Fruit Cocktail (T) Chicken Salad (R) Crackers (NF) x2 Pineapple Drink (B) x2 Tea w/ Sugar (B)	Shrimp Cocktail (R) Pineapple (T) Beef Stroganoff w/ Noodles (R) Chocolate Breakfast Drink (B) Tea w/ Sugar (B) Orange-Grapefruit Drink (B) x2	Shrimp Cocktail (R) Fruit Cocktail (T) Red Beans & Rice (T) Tortilla (FF) x2 Orange-Grapefruit Drink (B) x2 Kona Coffee w/ C & S (B)
B	Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Tropical Punch (B) x2	Shrimp Cocktail (R) Meatloaf (T) Creamed Spinach (R) Crackers (NF) x2 Potatoes au Gratin (R) Butter Cookies (NF) Lemonade (B) x2	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans (T) Rice Pilaf (R) Crackers (NF) x2 Trail Mix (IM) Orange Drink (B) x2	Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Tropical Punch (B) x2
C	Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Tropical Punch (B) x2	Shrimp Cocktail (R) Fiesta Chicken (T) Rice Pilaf (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Drink (B) x2	Shrimp Cocktail (R) Seafood Gumbo (T) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) Apple Cider (B) x2	Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Orange Drink (B) x2

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MARK POLANSKY, CDR (RED)

Meal	Day 9	Day 10	Day 11
A	Shrimp Cocktail (R) Pineapple (T) Chicken Salad (R) Crackers (NF) x2 Pineapple Drink (B) x2 Tea w/ Sugar (B)	Shrimp Cocktail (R) Fruit Cocktail (T) Chicken w/ Corn & Black Beans (T) Rice Pilaf (R) Crackers (NF) x2 Orange-Mango Drink (B) x2 Kona Coffee w/ C & S (B)	Shrimp Cocktail (R) Pineapple (T) Red Beans & Rice (T) Tortilla (FF) x2 Orange-Grapefruit Drink (B) x2 Tea w/ Sugar (B)
B	Shrimp Cocktail (R) Fiesta Chicken (T) Rice Pilaf (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Drink (B) x2	Shrimp Cocktail (R) Beef Stroganoff w/ Noodles (R) Southwestern Corn (T) Almonds (NF) Butter Cookies (NF) Tropical Punch (B) x2	Shrimp Cocktail (R) Beef Ravioli (T) Split Pea Soup (T) Applesauce (T) Almonds (NF) Apple Cider (B) x2
C	Shrimp Cocktail (R) Seafood Gumbo (T) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) Lemonade (B) x2	Shrimp Cocktail (R) Fiesta Chicken (T) Potatoes au Gratin (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Drink (B) x2	Shrimp Cocktail (R) Meatloaf (T) Rice Pilaf (R) Applesauce (T) Almonds (NF) Tropical Punch (B) x2

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