

**SHUTTLE MENU STS-118  
(Stow by Person)**

**BARBARA MORGAN, MS-4 (BROWN)**

Meal	Day 1*	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>A</b>		Vanilla Breakfast Drink (B) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Applesauce (I) Orange-Grapefruit Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Dried Peaches (NF) Mexican Scrambled Eggs (R) Sausage Pattie (R) Tortilla (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B)	Granola w/ Blueberries (R) Grits w/ Butter (R) Peach-Apricot Drink (B) Kona Coffee w/ Cream (B)	Blueberry-Raspberry Yogurt (I) Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Tortilla (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Applesauce (I) Orange-Grapefruit Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)
<b>B</b>		Chicken Consomme (B) Tortilla (FF) Vanilla Pudding (I) Almonds (NF) Lemonade (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Cheddar Cheese Spread (I) Tortilla (FF) Tomato Basil Soup (I) Peach Ambrosia (R) Cashews (NF) Peach-Apricot Drink (B) Tea w/ Lemon (B)	Macaroni & Cheese (R) Italian Vegetables (R) Pineapple (I) Granola Bar (NF) Grape Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Chicken Salad (R) Crackers (NF) x2 Mushroom Soup (R) Brownie (NF) Cashews (NF) Mocha (FF) Tea w/ Lemon (B)	Beef Stroganoff (R) Peaches (I) Granola Bar (NF) Candy Coated Almonds (NF) Lemonade (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Dried Beef (IM) Tomato Basil Soup (I) Candy Coated Chocolates (NF) Tea w/ Lemon (B) Mocha (FF)
<b>C</b>	Chicken Consomme (B) Meatloaf (I) Mashed Potatoes (R) Broccoli Au Gratin (R) Cherry-Blueberry Cobbler (I) Tea w/ Lemon (B)	Chicken Fajitas (I) Corn (R) Tortilla (FF) Applesauce (I) Blueberry-Raspberry Yogurt (I) Shortbread Cookies (NF) Tea w/ Lemon (B)	BBQ Beef Brisket (I) Mashed Potatoes (R) Green Beans & Mushrooms (R) Tortilla (FF) Strawberries (R) Vanilla Pudding (I) Tea w/ Lemon (B)	Beef Stroganoff (R) x2 Tomatoes & Eggplant (I) Almonds (NF) Cherry-Blueberry Cobbler (I) Peach-Apricot Drink (B) Tea w/ Lemon (B)	Vegetarian Chili (R) Rice Pilaf (R) Italian Vegetables (R) Peach Ambrosia (R) Candy Coated Almonds (NF) Tea w/ Lemon (B)	Spicy Chicken & Vegetables (R) Broccoli Au Gratin (R) Pineapple (I) Chocolate Pudding Cake (I) Orange-Grapefruit Drink (B) Tea w/ Lemon (B)	Grilled Chicken (I) Red Beans & Rice (I) Corn (R) Peaches (I) Tortilla (FF) X2 Cherry Blueberry Cobbler (I) Lemonade (B) Tea w/ Cream (B)

\*Day 1 consists of Meal C only

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

Special Meal

3/21/2007

**SHUTTLE MENU STS-118  
(Stow by Person)**

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15**
<b>A</b>	Dried Peaches (NF) Mexican Scrambled Eggs (R) Sausage Pattie (R) Tortilla (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B)	Granola w/ Blueberries (R) Grits w/ Butter (R) Peach-Apricot Drink (B) Kona Coffee w/ Cream (B)	Blueberry-Raspberry Yogurt (T) Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Tortilla (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Applesauce (T) Orange-Grapefruit Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Granola w/ Blueberries (R) Grits w/ Butter (R) Peach-Apricot Drink (B) Kona Coffee w/ Cream (B)	Blueberry-Raspberry Yogurt (T) Grits w/ Butter (R) Mexican Scrambled Eggs (R) Tortilla (FF) Orange-Mango Drink (B) Kona Coffee w/ Cream (B)	Vanilla Breakfast Drink (B) Sausage Pattie (R) Mexican Scrambled Eggs (R) Tortilla (FF) Orange Juice (B) Kona Coffee w/ Cream (B)	Strawberry Breakfast Drink (B) Grits w/ Butter (R) Breakfast Sausage Links (I) Cocoa (B) Kona Coffee w/ Cream (B)
<b>B</b>	Chicken Salad (R) Crackers (NF) x2 Mushroom Soup (R) Brownie (NF) Tropical Punch (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Beef Enchiladas (I) Green Beans w/ Mushroom (R) Cashews (NF) Butterscotch Pudding (T) Orange-Grapefruit Drink (B) Mocha (FF)	Cheddar Cheese Spread (T) Crackers (NF) x2 Dried Beef (IM) Chocolate Pudding (T) Granola Bar (NF) Lemonade (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Chicken Salad (R) Crackers (NF) x2 Mushroom Soup (R) Candy Coated Almonds (NF) Grape Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Cheddar Cheese Spread (T) Crackers (NF) x2 Tomato Basil Soup (T) Dried Beef (IM) Granola Bar (NF) Brownie (NF) Applesauce (T) Tea w/ Lemon (B)	Cheddar Cheese Spread (T) Crackers (NF) x2 Tuna Salad Spread (T) Dried Beef (IM) Granola Bar (NF) Almonds (NF) Butterscotch Pudding (T) Grape Drink (B)	Cheddar Cheese Spread (T) Crackers (NF) Dried Beef (IM) Granola Bar (NF) Peanut Butter (T) Grape Jelly (NF) Tortilla (FF) Brownie (NF) Tea w/ Lemon (B)	
<b>C</b>	Vegetarian Chili (R) Rice Pilaf (R) Italian Vegetables (R) Peach Ambrosia (R) Almonds (NF) Tea w/ Lemon (B)	Turkey Tetrazzini (R) Tomatoes & Eggplant (T) Blueberry-Raspberry Yogurt (T) Almonds (NF) Lemonade (B) Tea w/ Lemon (B)	Chicken Fajitas (T) Corn (R) Tortilla (FF) Applesauce (T) Cocoa (B)	Beef Stroganoff (R) x2 Italian Vegetables (R) Strawberries (R) Vanilla Pudding (T) Almonds (NF) Apple Cider (B)	Tuna Noodle Casserole (T) Green Beans & Mushrooms (R) Candied Yams (T) Tortilla (FF) Cashews (NF) Candy Coated Chocolates (NF) Lemonade (B)	Mushroom Soup (R) Crackers (NF) Curry Sauce w/ Vegetables (T) Fettucine (R) Tortilla (FF) Trail Mix (IM) Brownie (NF) Tea w/ Lemon (B)	Tomato Basil Soup (T) Crackers (NF) Fiesta Chicken (T) Mashed Potatoes (R) Tortilla (FF) Cherry-Blueberry Cobbler (T) Lemonade (B)	

\*\*Day 15 consists of Meal A only

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

3/21/2007