

SHUTTLE MENU STS-120

(Stow By Day)

PAOLO NESPOLI, MS-4 (BROWN)

MEAL	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Days 4 & 11	Day 12
A	Dried Pears (IM) Granola w/ Blueberries (R) Blueberry-Raspberry Yogurt (I) Vanilla Breakfast Drink (B) Orange Juice (B) Almonds (NF) Tea, Plain (B) Peach-Apricot Drink (B)	Peaches (I) Mexican Scrambled Eggs (R) Granola w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Strawberry Breakfast Drink (B) Orange Juice (B) Cashews (NF) Tea, Plain (B)	Dried Apricots (IM) Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Chocolate Breakfast Drink (B) Orange Juice (B) Macadamia Nuts (NF) Tea, Plain (B)	Pears (I) Scrambled Eggs (R) Granola w/ Blueberries (R) Blueberry-Raspberry Yogurt (I) Vanilla Breakfast Drink (B) Orange Juice (B) Granola Bar (NF) Tea, Plain (B) Peach-Apricot Drink (B)	Granola (R) Blueberries (R) Orange Juice (B) Tea, Plain (B)
B	Split Pea Soup (I) Crackers (NF) Chicken w/ Corn & Black Beans (I) Asparagus (R) Tortilla (FF) X2 Strawberries (R) Vanilla Pudding (I) Tea, Plain (B)	Tomato Basil Soup (I) Crackers (NF) Teriyaki Beef Steak (I) Broccoli au Gratin (R) Tortilla (FF) X2 Pears (I) Tapioca Pudding (I) Tea, Plain (B) Peach-Apricot Drink (B)	Potato Soup (I) Crackers (NF) x2 Tuna Salad Spread (I) Smoked Turkey (I) Cauliflower w/ Cheese (R) Tortilla (FF) X2 Strawberries (R) Butterscotch Pudding (I) Tea, Plain (B)	Minestrone Soup (I) Crackers (NF) x2 Cheddar Cheese Spread (I) BBQ Beef Brisket (I) Asparagus (R) Tortilla (FF) X2 Peaches (I) Chocolate Pudding (I) Tea, Plain (B)	Beech (I) Broccoli (R) Tortilla (FF) X2 Strawberries (R) Vanilla Pudding (I) Tea, Plain (B)
C	Shrimp Cocktail (R) Beef Pattie (R) Potatoes Au Gratin (R) Rice Pilaf (R) Tortilla (FF) X2 Pears (I) Trail Mix (NF) Tea, Plain (B)	Tuna (I) Brown Rice (I) Asparagus (R) Tortilla (FF) X2 Strawberries (R) Candy Coated Almonds (NF) Tea, Plain (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Broccoli au Gratin (R) Tortilla (FF) X2 Peaches (I) Peanuts (NF) Tea, Plain (B) Peach-Apricot Drink (B)	Seafood Gumbo (I) Macaroni & Cheese (R) Green Beans & Mushrooms (R) Rice Pilaf (R) Tortilla (FF) X2 Strawberries (R) Trail Mix (NF) Tea, Plain (B)	Beech (I) Crackers (NF) Asparagus (R) Peaches (I) Tea, Plain (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meal A only

***Day 5 will be stowed in the fresh food locker

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

SHUTTLE MENU STS-120

(Stow By Day)

PAOLO NESPOLI, MS-4 (BROWN)

MEAL	Days 6 & 13	Days 7 & 14	Day 12
A	Pears (I) Mexican Scrambled Eggs (R) Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Chocolate Breakfast Drink (B) Orange Juice (B) Cashews (NF) Tea, Plain (B)	Dried Apricots (IM) Cornflakes (R) Blueberry-Raspberry Yogurt (I) Vanilla Breakfast Drink (B) Orange Juice (B) Macadamia Nuts (NF) Tea, Plain (B) Peach-Apricot Drink (B)	Dried Peaches (IM) Granola w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Strawberry Breakfast Drink (B) Orange Juice (B) Almonds (NF) Tea, Plain (B)
B	Tomato Basil Soup (I) Crackers (NF) Fiesta Chicken (I) Cauliflower w/ Cheese (R) Tortilla (FF) X2 Peaches (I) Tapioca Pudding (I) Tea, Plain (B)	Potato Soup (I) Crackers (NF) Beef Fajitas (I) Cauliflower w/ Cheese (R) Rice Pilaf (R) Tortilla (FF) X2 Strawberries (R) Butterscotch Pudding (I) Tea, Plain (B)	Split Pea Soup (I) Crackers (NF) Beef Pattie (R) Broccoli au Gratin (R) Tortilla (FF) X2 Strawberries (R) Vanilla Pudding (I) Tea, Plain (B) Peach-Apricot Drink (B)
C	Seafood Chowder (I) Smoked Turkey (I) Brown Rice (I) Broccoli au Gratin (R) Tortilla (FF) X2 Strawberries (R) Granola Bar (NF) (Day 6 only) Tea, Plain (B) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Tuna (I) Macaroni & Cheese (R) Tortilla (FF) X2 Peaches (I) Candy Coated Almonds (NF) Tea, Plain (B)	Teriyaki Chicken (R) Tortilla (FF) x2 Black Beans (I) Asparagus (R) Pears (I) Chocolate Pudding Cake (I) Tea, Plain (B)

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

