

SHUTTLE MENU  
STS-122

STEVE FRICK, CDR (RED)

Meal	Days 1* & 7	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 & 11
<b>A</b>	Blueberry-Raspberry Yogurt (I) Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar(R) Orange-Grapefruit Drink (B) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Metamucil Beverage, Unflavored (FF)	Grapefruit Drink (B) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Sausage Pattie (R) Mexican Scrambled Eggs (R) Metamucil Beverage, Unflavored (FF)	Mocha Yogurt (I) Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar (R) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Metamucil Beverage, Unflavored (FF)	Granola w/ Raisins (R) Orange-Grapefruit Drink (B) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Sausage Pattie (R) Mexican Scrambled Eggs (R) Metamucil Beverage, Unflavored (FF)	Mocha Yogurt (I) Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar (R) Apple Cider (B) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Metamucil Beverage, Unflavored (FF)
<b>B</b>	Cream of Mushroom Soup (R) x2  Meatloaf (I) Applesauce (I) Lemonade (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Turkey Tetrizzini (R) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2	Chicken Noodle Soup (I)  Beef Stroganoff (R) x2 Peach Ambrosia (R) Tropical Punch (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2	Cream of Mushroom Soup (R) x2  Smoked Turkey (I) Applesauce (I) Grapefruit Drink (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Noodles & Chicken (R) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2	Split Pea Soup (I) <b>Sweet &amp; Sour Pork (T) (day 4); Beef Stroganoff (R) x2 (day 10)</b> Pears (I) Lemonade (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Rice & Chicken (R) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2	Cream of Mushroom Soup (R) x2  Tofu w/ Hot Mustard Sauce (I) Dried Pears (IM) Tropical Punch (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Mashed Potatoes (R) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2
<b>C</b>	Spaghetti w/ Meat Sauce (R) Cauliflower w/ Cheese (R) Italian Vegetables (R) Bread Pudding (I) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)	Smoked Turkey (I) Mashed Potatoes (R) Tomatoes & Eggplant (I) Rice & Chicken (R) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)	Beef Stroganoff (R) x2 Macaroni & Cheese (R) Rice & Chicken (R) Apricot Cobbler (I) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)	BBQ Beef Brisket (I) Red Beans & Rice (I) Cauliflower w/ Cheese (R) Macadamia Nuts (NF) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)	Turkey Tetrizzini (R) x2 Spicy Chicken & Vegetables (R) Rice & Chicken (R) Tomatoes & Eggplant (I) Bread Pudding (I) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)

\*Day 1 consists of Meal C only

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

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Days 6 & 12**
Granola w/ Raisins (R) Pineapple Drink (B) Kona Coffee w/ C & S (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Sausage Pattie (R) Metamucil Beverage, Unflavored (FF)
Chicken Noodle Soup (I)  Chicken Salad Spread (I) Tortilla (FF) x2 Turkey Tetrazzini (R) Pears (I) Grape Drink (B) Kashi Bar, Oatmeal Raisin Cookie (FF) Metamucil Beverage, Unflavored (FF) Dried Beef (FF) x2
Beef Stroganoff (R) x2 Mashed Potatoes (R) Split Pea Soup (I) Bread Pudding (I) Tropical Punch (B) Tea w/ Cream (B) Metamucil Beverage, Unflavored (FF)

\*\*Day 12 consists of Meal A only

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