

**SHUTTLE MENU  
STS-122**

**HANS SCHLEGEL, MS-3 (ORANGE)**

**HANS SCI**

Meal	Days 1* & 10	Days 2 & 11	Days 3 & 12**	Day 4	Day 5	Day 6
<b>A</b>	Dried Peaches (IM) Sausage Pattie (R) Scrambled Eggs (R) Cornflakes (R) Orange-Pineapple Drink (B) Cocoa (B)	Dried Pears (IM) Granola w/ Raisins (R) Mexican Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange-Grapefruit Drink (B)	Dried Apricots (IM) Seasoned Scrambled Eggs (R) Granola w/ Blueberries (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Cocoa (B)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Cornflakes (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Grapefruit Drink (B)	Cream of Mushroom Soup (R) Dried Pears (IM) Mexican Scrambled Eggs (R) Granola w/ Raisins (R) Orange-Pineapple Drink (B)	Cream of M Beef Fajitas Tortilla (FF) Granola w/ Vanilla Brea Tea w/ Len
<b>B</b>	Vegetarian Vegetable Soup (I) Beef Fajitas (I) x2 Tortilla (FF) x2 Pineapple (I) Cashews (NF) Orange-Mango Drink (B) x2	Beef Tips w/ Mushrooms (I) x2 Tortilla (FF) x2 Peaches (I) Trail Mix (IM) Apricot Cobbler (I) Lemonade (B) x2	Tomato Basil Soup (I) <b>Dried Beef (FF)</b> Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2	Tomato Basil Soup (I) Teriyaki Chicken (R) x2 Tortilla (FF) x2 Pears (I) Butter Cookies (NF) Orange-Mango Drink (B) x2	Chicken Noodle Soup (I) Chicken Strips in Salsa (I) x2 Tortilla (FF) x2 Applesauce (I) Macadamia Nuts (NF) Orange-Mango Drink (B) x2	Beef Steak (I) Beef Fajitas Tortilla (FF) Tomatoes & Cashews (N) Granola Ba Tea w/ Len
<b>C</b>	Teriyaki Chicken (R) x2 Green Beans w/ Mushrooms (R) Mashed Potatoes (R) Tapioca Pudding (I) Tea w/ Lemon (B) x2	Tomato Basil Soup (I) Spaghetti w/ Meat Sauce (R) x2 Italian Vegetables (R) x2 Tapioca Pudding (I) Tea w/ Lemon (B) x2	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Cauliflower w/ Cheese (R) Macaroni & Cheese (R) Strawberries (R) Vanilla Pudding (I) Lemonade (B) x2	Beef Tips w/ Mushrooms (I) x2 Mashed Potatoes (R) x2 Creamed Spinach (R) Cashews (NF) Chocolate Pudding Cake (I) Tea w/ Lemon (B) x2	Vegetarian Vegetable Soup (I) Turkey Tetrazzini (R) Tomatoes & Eggplant (I) x2 Brownie (NF) Lemonade (B) x2	Meatloaf (I) Mashed Pot Cauliflower Strawberries Candy Coat Orange-Ma

\*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, (I) - Thermostabilized

(B) - Beverage

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<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>
Dried Pears (IM) Beef Pattie (R) Mexican Scrambled Eggs (R) Granola w/ Blueberries (R) Orange-Mango Drink (B) x2	Dried Apricots (IM) Granola w/ Raisins (R) x2 Nut & Fruit Granola Bar (NF) Orange Juice (B) Cocoa (B)	Dried Peaches (IM) Mexican Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (R) Orange-Pineapple Drink (B) x2
Chicken Strips in Salsa (I) Tortilla (FF) x2 Italian Vegetables (R) Nut & Fruit Granola Bar (NF) Peach Ambrosia (R) Lemonade (B) x2	Beef Fajitas (I) Tortilla (FF) x2 Red Beans & Rice (I) Pears (I) Macadamia Nuts (NF) Peach-Apricot Drink (B) x2	Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2
Shrimp Cocktail (R) x2 Beef Steak (I) Cauliflower w/ Cheese (R) Peaches (I) Cashews (NF) Cherry-Blueberry Cobbler (I) Tea w/ Lemon (B) x2	Shrimp Cocktail (R) Beef Tips w/ Mushrooms (I) Creamed Spinach (R) Peach Ambrosia (R) Orange-Mango Drink (B) x2	Tomato Basil Soup (I) Sweet & Sour Chicken(R) x2 Mashed Potatoes (R) x2 Cauliflower w/ Cheese (R) Strawberries (R) Tea w/ Lemon (B) x2

Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized