

SHUTTLE MENU STS-123

Stow by Day

TAKAO DOI, MS-3 (ORANGE)

Meal	Days 1*, 5, 9, 13 & 17	Days 2, 6, 10, 14 & 18**	Days 3, 7, 11, & 15	Days 4, 8, 12, & 16
A	Dried Apricots (IM) Rice Porridge (FF) Breakfast Sausage Links (I) Nut & Fruit Granola Bar (NF) Candy Coated Chocolates (NF) Orange Pineapple Drink (B) x2 Tea w/ Lemon & Sugar (B)	Dried Pears (IM) x2 Rice Porridge (FF) Rice & Chicken (R) Trail Mix (IM) Peach-Apricot Drink (B) x2 Decaf Coffee w/ Cream & Sugar (B)	Dried Apricots (IM) Scrambled Eggs (R) Grits w/ Butter (R) Mocha Yogurt (I) Candy Coated Chocolates (NF) Orange Drink (B) x2 Tea w/ Lemon & Sugar (B)	Dried Peaches (IM) x2 Rice Porridge (FF) Rice & Chicken (R) Trail Mix (IM) Orange-Grapefruit Drink (B) x2 Decaf Coffee w/ Cream & Sugar (B)
B	Space Noodles, Soy Sauce Flavor (FF) (days 1, 5, 9, & 13 only) Spaghetti w/ Meat Sauce (R) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Pineapple (I) Tropical Punch (B) x3	Ankake Gomoku Udon (FF) Crawfish Etouffe (I) Broccoli au Gratin (R) Tortilla (FF) x2 Peaches (I) Tropical Punch (B) x3	Tempura Soba (FF) Space Okonomi (FF) x2 Beef Stew (I) Potatoes au Gratin (R) Tortilla (FF) x2 Peach Ambrosia (R) Orange-Mango Drink (B) x3	Space Noodles, Seafood Flavor (FF) Turkey Tetrazzini (R) Macaroni & Cheese (R) Space Oinari-San (FF) Tortilla (FF) x2 Candy Coated Almonds (NF) Apple Cider (B) x3
C	Shrimp Cocktail (R) Tempura Soba (FF) (days 1, 5, 9, & 13 only) Space Negima (FF) (days 1, 5, 9, & 13 only) Sardines w/ Tomato Sauce (FF) (days 1, 5, 9, & 13 only) Tortilla (FF) x2 Beef Stroganoff w/ Noodles (R) Rice, Plain (FF) Tapioca Pudding (I) Lemonade (B) x2	Shrimp Cocktail (R) Space Noodles, Curry Flavor (FF) Pork Curry (FF) Tortilla (FF) x2 Meatloaf (I) Rice, Plain (FF) Corn (R) Peach Ambrosia (R) Orange-Mango Drink (B) x2	Shrimp Cocktail (R) Space Negima (FF) Tortilla (FF) x2 Rice & Chicken (R) Beef Stroganoff w/ Noodles (R) Rice, Plain (FF) Sardines w/ Tomato Sauce (FF) Tapioca Pudding (I) Lemonade (B) x2	Shrimp Cocktail (R) Egg Soup (FF) Space Negima (FF) Tortilla (FF) x2 Pork Curry (FF) Rice, Plain (FF) Green Beans & Mushrooms (R) Pineapple (I) Peach Apricot Drink (B) x2

*Day 1 consists of Meal C only

**Day 18 consists of Meal A only

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