

**SHUTTLE MENU STS-123**

**Stow by Day**

**DOMINIC GORIE, CDR (RED)**

<b>Meal</b>	<b>Days 1*, 6, 11 &amp; 16</b>	<b>Days 2, 7 &amp; 12, &amp; 17</b>	<b>Days 3, 8, 13 &amp; 18**</b>	<b>Days 4, 9, &amp; 14</b>	<b>I</b>
<b>A</b>	Oatmeal w/ Raisins (R) Grits w/ Butter (R) Sausage Pattie (R) Orange-Pineapple Drink (B) Cocoa (B)	Dried Peaches (IM) Oatmeal w/ Raisins (R) Breakfast Roll (FF) Grits w/ Butter (R) Orange-Mango Drink (B) Cocoa (B)	Grits w/ Butter (R) Granola w/ Raisins (R) Breakfast Roll (FF) Orange-Grapefruit Drink (B) Apple Cider (B)	Dried Apricots (IM) Oatmeal w/ Raisins (R) Grits w/ Butter (R) Yogurt Covered Granola Bar (NF) Grapefruit Drink (B) Cocoa (B)	C C E T E
<b>B</b>	Sweet 'n Sour Pork (I) Pears (I) Butter Cookies (NF) Candy Coated Peanuts (NF)  Orange-Mango Drink (B) x2	Chicken Salad Spread (I) Crackers (NF) x2 Tortilla (FF) x2 Pineapple (I)  Candy Coated Almonds (NF) x2 - days, 2, 7 & 12; Candy Coated Peanuts (NF) x2 - day 17  Granola Bar (NF) Peach-Apricot Drink (B) x2	Seafood Chowder (R) Fruit Cocktail (I) Yogurt Covered Granola Bar (NF) Candy Coated Peanuts (NF)  Tropical Punch (B) x2	Spicy Chicken & Vegetables (R) Pears (I) Peaches (I) Candy Coated Chocolates (NF)  Trail Mix (IM)  Orange-Mango Drink (B) x2	M C E C  N E
<b>C</b>	Shrimp Cocktail (R) Seafood Chowder (R) Space Negima (FF) Tortilla (FF) X2 Butterscotch Pudding (I) Grape Drink (B) X2	Minestrone Soup (I) Pork Curry (FF) Rice, Plain (FF) Chocolate Pudding (I) Grape Drink (B) x2	Shrimp Cocktail (R) Potato Soup (I) Chicken w/ Peanut Sauce (I) Tortilla (FF) x2 Banana Pudding (I) Lemonade (B) x2	Beef Stroganoff ( R) Seafood Chowder (R) Space Noodles, Seafood Flavor (FF) Chocolate Pudding (I) Orange-Pineapple Drink (B) x2	S S E T C T

\*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, (I) - Thermostabilized