

SHUTTLE MENU STS-124

(Stow by Day)

AKIHIKO HOSHIDE, MS-4 (BROWN)

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Days 4 & 15	Days 5 & 16**
A	Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Nut & Fruit Granola Bar (NF) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Dried Pears (IM) Cornflakes (R) Sausage Pattie (R) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Seasoned Scrambled Eggs (R) Vanilla Breakfast Drink (B) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Bran Chex (R) Granola Bar (NF) Breakfast Sausage Links (I) Orange Juice (B) Kona w/ Cream & Sugar (B)
B	Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Lemonade (B) Green Tea (FF)	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Enchiladas (I) Pears (I) Trail Mix (IM) Brownie (NF) Tropical Punch (B) Green Tea (FF)	Tuna Salad Spread (I) Crackers (NF) x2 Chicken w/ Peanut Sauce (I) Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Green Tea (FF) (day 3 only)	Cashew Chicken Curry (R) Green Beans w/ Mushrooms (R) Applesauce (I) Almonds (NF) Shortbread Cookies (NF) Orange Drink (B) Green Tea (FF) (day 4 only)	Shrimp Cocktail (R) Beef Fajitas (I) Corn (R) Tortillas (FF) x2 Pears (I) Brownie (NF) Pineapple Drink (B) Green Tea (FF)
C	Shrimp Cocktail (R) Teriyaki Beef Steak (I) (day 1); Beef Steak (I) (day 12) Mashed Potatoes (R) Creamed Spinach (R) Strawberries (R) Bread Pudding (I) Pineapple Drink (B)	Spicy Chicken & Vegetables (R) Potatoes au Gratin (R) Asparagus (R) Tortilla (FF) x2 Fruit Cocktail (I) Butter Cookies (NF) Lemonade (B)	Rice Ball (Salmon) (FF) (day 3 only) Smoked Turkey (I) Candied Yams (I) Broccoli au Gratin (R) Tortilla (FF) x2 Cranapple Dessert (I) Tropical Punch (B)	Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Tortilla (FF) x2 Strawberries (R) Bread Pudding (I) Orange-Mango Drink (B)	Space Okonomi (FF) Sweet & Sour Pork (I) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Macadamia Nuts (NF) Butter Cookies (NF) Peach-Apricot Drink (B)

*Day 1 consists of Meal C only

**Day 16 consists of Meal A only

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

SHUTTLE MENU STS-124

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AKIHIKO HOSHIDE, MS-4 (BROWN)

Meal	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
A	Blueberry-Raspberry Yogurt (I) Granola (R) Mexican Scrambled Eggs (R) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Cornflakes (R) Sausage Pattie (R) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Dried Pears (IM) Granola w/ Blueberries (R) Seasoned Scrambled Eggs (R) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Nut & Fruit Granola Bar (NF) Orange Juice (B) Kona w/ Cream & Sugar (B)	Bran Chex (R) Mexican Scrambled Eggs (R) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Cornflakes (R) Sausage Pattie (R) Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)
B	Tomato Basil Soup (I) Crackers (NF) x2 Grilled Chicken (I) Peaches (I) Candy Coated Chocolates (NF) Tropical Punch (B) Green Tea (FF)	Cheddar Cheese Spread (I) Crackers (NF) x2 Crawfish Etouffee (I) Creamed Spinach (R) Applesauce (I) Shortbread Cookies (NF) Lemonade (B) Green Tea (FF)	Minestrone Soup (I) Crackers (NF) x2 Spagheitti w/ Meat Sauce (R) Pears (I) Candy Coated Almonds (NF) Pineapple Drink (B) Green Tea (FF)	Sweet & Sour Pork (I) Broccoli au Gratin (R) Fruit Cocktail (I) Trail Mix (IM) Bread Pudding (I) Tropical Punch (B) Green Tea (FF)	Split Pea Soup (I) Crackers (NF) x2 Tuna Noodle Casserole (I) Macadamia Nuts (NF) Applesauce (I) Candy Coated Chocolates (NF) Orange-Pineapple Drink (B) Green Tea (FF)	Tuna Salad Spread (I) Crackers (NF) x2 Fiesta Chicken (I) Corn (R) Pears (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) x2 Green Tea (FF)
C	Space Noodles, Curry (FF) Beef Stew (I) Asparagus (R) Mashed Potatoes (R) Cashews (NF) Cranapple Dessert (I) Orange-Mango Drink (B)	Turkey Tetrazzini (R) Italian Vegetables (R) Tortilla (FF) x2 Pineapple (I) Candy Coated Peanuts (NF) Bread Pudding (I) Orange-Pineapple Drink (B)	Space Negima (FF) Seafood Gumbo (I) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Peach-Apricot Drink (B)	Smoked Turkey (I) Rice & Chicken (R) Candied Yams (I) Tortilla (FF) x2 Peaches (I) Brownie (NF) Lemonade (B)	Chicken Teriyaki (I) Macaroni & Cheese (R) Italian Vegetables (R) Tortilla (FF) x2 Almonds (NF) Cranapple Dessert (I) Orange Drink (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Strawberries (R) Shortbread Cookies (NF) Tropical Punch (B)