

SHUTTLE MENU STS-119
(Stow by Person)

LEE ARCHAMBAULT, CDR (RED)

Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Days 4 & 11	Days 5 & 12	Days 6 & 13	Days 7 & 14
A	Dried Pears (IM) Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Apple Cider (B) Kona Coffee w/Cream & A/S (B) x2	Sausage Pattie (R) Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange Juice (B) Kona Coffee w/Cream & A/S (B) x2	Dried Apricots (IM) Oatmeal w/ Raisins (R) Nut & Fruit Granola Bar (NF) Chocolate Breakfast Drink (B) Grapefruit Drink (B) Kona Coffee w/Cream & A/S (B) x2	Oatmeal w/ Raisins (R) Mexican Scrambled Eggs (R) Tortilla (FF) Orange-Mango Drink (B) Cocoa (B) Kona Coffee w/Cream & A/S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Oatmeal w/ Raisins (R) Granola Bar (NF) Orange Juice (B) x2 Kona Coffee w/Cream & A/S (B) x2	Blueberry-Raspberry Yogurt (I) Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Strawberry Breakfast Drink (B) Orange-Grapefruit Drink (B) Kona Coffee w/Cream & A/S (B) x2	Peach Ambrosia (R) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Orange-Pineapple Drink (B) Kona Coffee w/Cream & A/S (B) x2
B	Beef Fajitas (I) Tuna Salad Spread (I) Southwestern Corn (I) Tortilla (FF) Pineapple (I) Candy Coated Peanuts (NF) Strawberry Drink (B) x2	Tomato Basil Soup (I) Chicken Salad Spread (I) Lasagna w/ Meat Sauce (I) Tortilla (FF) Trail Mix (IM) Tapioca Pudding (I) Pineapple Drink (B) x2	Cheddar Cheese Spread (I) Tortilla (FF) Meatloaf (I) Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Tropical Punch (B) x2	Beef Stroganoff w/Noodles (R) x2 Tomatoes & Eggplant (I) Applesauce (I) Almonds (NF) Shortbread Cookies (NF) Tropical Punch (B) x2	Tuna Salad Spread (I) Tortilla (FF) Teriyaki Chicken (R) x2 Pasta w/ Pesto Sauce (I) Pears (I) Candy Coated Peanuts (NF) Tea w/ Sugar (B) x2	Spicy Chicken & Vegetables (R) x2 Mashed Potatoes (R) Tortilla (FF) Pineapple (I) Cashews (NF) Tapioca Pudding (I) Strawberry Drink (B) x2	Grilled Chicken (I) Tomatoes & Eggplant (I) Tortilla (FF) Applesauce (I) Shortbread Cookies (NF) Peanuts (NF) Grape Drink (B) x2
C	Turkey Tetrazzini (R) x2 Asparagus (R) Tortilla (FF) Peach Ambrosia (R) Cashews (NF) Brownie (NF) Grape Drink (B)	Fiesta Chicken (I) Macaroni & Cheese (R) Italian Vegetables (R) Tortilla (FF) Strawberries (R) Butter Cookies (NF) Lemonade (B)	Smoked Turkey (I) Candied Yams (I) Broccoli au Gratin (R) Tortilla (FF) Cherry Blueberry Cobbler (I) Apple Cider (B) x2	Chicken w/ Peanut Sauce (I) Creamed Spinach (R) Tortilla (FF) Fruit Cocktail (I) Brownie (NF) Tea w/ Lemon & Sugar (B)	Chicken Strips in Salsa (I) Cauliflower w/ Cheese (R) Tortilla (FF) Trail Mix (IM) Banana Pudding (I) Pineapple Drink (B)	Cheese Tortellini (I) Corn (R) Tortilla (FF) Strawberries (R) Candy Coated Almonds (NF) Orange Drink (B) x2	Teriyaki Beef Steak (I) Broccoli au Gratin (R) Tortilla (FF) Fruit Cocktail (I) Brownie (NF) Apple Cider (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meals A & B only

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

Rev B 11/19/2008