

**SHUTTLE MENU STS-127**  
**Stow By Day**

**JULIE PAYETTE, MS-2 (GREEN)**

Meal	Days 1*, 9 & 17**	Days 2 & 10	Days 3 & 11	Days 4 & 12	Days 5 & 13	Day 6	Day 14	Days 7 & 15
<b>A</b>	Seasoned Scrambled Eggs (R) Oatmeal w/ Raisins (R) Tortilla (FF) Pears (I) Orange Juice (B) Peach-Apricot Drink (B) Kona Coffee Black (B) x2	Oatmeal w/ Brown Sugar (R) Applesauce (I) Macademia Nuts (NF) Shortbread Cookies (NF) Orange-Mango Drink (B) Orange-Pineapple Drink (B) Kona Coffee Black (B) x2	Breakfast Roll (FF) Seasoned Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Dried Apricots (IM) Orange Juice (B) Peach-Apricot Drink (B) Kona Coffee Black (B)	Oatmeal w/ Brown Sugar (R) Grape Jelly (I) Tortilla (FF) Pears (I) Orange-Grapefruit Drink (B) Orange-Mango Drink (B) Kona Coffee Black (B) x2	Mexican Scrambled Eggs (R) Oatmeal w/ Raisins (R) Cashews (NF) Dried Beef (IM) Macademia Nuts (NF) Pineapple Drink (B) Kona Coffee Black (B)	Oatmeal w/ Brown Sugar (R) Breakfast Roll (FF) Strawberries (R) Macademia Nuts (NF) Orange-Mango Drink (B) Apple Cider (B) Kona Coffee Black (B) x2	Oatmeal w/ Brown Sugar (FF) Breakfast Roll (FF) Strawberries (FF) Macademia Nuts (FF) Orange-Mango Drink (FF) Kona Coffee Black (FF) x2	Seasoned Scrambled Eggs (R) Red Beans & Rice (I) Peaches (I) Granola Bar (NF) Orange Juice (B) Peach-Apricot Drink (B) Kona Coffee Black (B) x2
<b>B</b>	Vegetarian Chili (R) Grilled Chicken (I) Rice Pilaf (R) Macademia Nuts (NF) Chocolate Pudding Cake (I) Lemonade w/ A/S (B)	Green Beans w/ Mushrooms (R) Macaroni & Cheese (R) Noodles & Chicken (R) Almonds (NF) Shortbread Cookies (NF) Lemonade w/ A/S (B)	Cream of Mushroom Soup (R) Crackers (NF) x2 Chicken w/ Peanut Sauce (I) Macademia Nuts (NF) Shortbread Cookies (NF) Lemonade w/ A/S (B)	Peaches (I) <b>Teriyaki Chicken (R)</b> Macaroni & Cheese (R) Candy Coated Chocolates (NF) Macademia Nuts (NF) Lemonade w/ A/S (B)	Tuna Salad Spread (I) Crackers (NF) x2 Sweet & Sour Chicken (R) Dried Beef (IM) Brownie (NF) x2 Lemonade w/ A/S (B)	Italian Vegetables (R) Macaroni & Cheese (R) Cashew Curry Chicken (R) Dried Peaches (IM) Trail Mix (IM) Lemonade w/ A/S (B)	<b>NO MEAL</b>	Spicy Chicken & Vegetables (R) Cauliflower w/ Cheese (R) Rice & Chicken (R) Macademia Nuts (NF) Butter Cookies (NF) Lemonade w/ A/S (B)
<b>C</b>	Rice & Chicken (R) Cheddar Cheese Spread (I) Chicken Noodle Soup (I) Crackers (NF) x2 Butter Cookies (NF) Grape Drink w/ A/S (B) Tea, Plain (B)	Corn (R) Rice Pilaf (R) Chicken Fajitas (I) Tortillas (FF) x2 Black Beans (I) Pineapple (I) Pineapple Drink (B) Tea, Plain (B)	Italian Vegetables (R) Chicken Strips in Salsa (I) Turkey Tetrazzini (R) Fruit Cocktail (I) Shortbread Cookies (NF) Apple Cider (B) Tea, Plain (B)	Beef Fajitas (I) Tortillas (FF) x2 Corn (R) Asparagus (R) Rice Pilaf (R) Bread Pudding (I) Lemon-Lime Drink (B) Tea, Plain (B)	Potatoes au Gratin (R) Crawfish Etouffee (I) Brown Rice (I) Shrimp Cocktail (R) Applesauce (I) Peach-Apricot Drink (B) Tea, Plain (B)	Southwestern Corn (I) BBQ Beef Brisket (I) Tortillas (FF) x2 Rice Pilaf (R) Apricot Cobbler (I) Grape Drink w/ A/S (B) Tea, Plain (B)	Southwestern Corn (FF) BBQ Beef Brisket (FF) Tortillas (FF) x2 Rice Pilaf (FF) Grape Drink w/ A/S (FF) Tea, Plain (FF)	Carrot Coins (I) Smoked Turkey (I) Curry Sauce w/ Vegetables (I) Tortilla (FF) Cherry Blueberry Cobbler (I) Lemon-Lime Drink (B) Tea, Plain (B)

◇ Day 14 will be stowed in the fresh food locker

\*Day 1 consists of Meal C only

\*\*Day 17 consists of Meals A & B only

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

**Days 8 & 16**

Oatmeal w/ Brown Sugar (R)  
Mexican Scrambled Eggs (R)  
Fruit Cocktail (I)  
Tapioca Pudding (I)  
Orange-Pineapple Drink (B)  
Orange-Mango Drink (B)  
Kona Coffee Black (B)

Asparagus (R)  
Macaroni & Cheese (R)  
Noodles & Chicken (R)  
Macadamia Nuts (NF)  
Shortbread Cookies (NF)  
Lemonade w/ A/S (B)

Broccoli au Gratin (R)  
Cheese Tortellini (I)  
Spaghetti w/ Meat Sauce (R)  
Butterscotch Pudding (I)  
Applesauce (I)  
Pineapple Drink (B)  
Tea, Plain (B)