

SHUTTLE MENU STS-127

(Stow By Day)

MARK POLANSKY, CDR (RED)

Meal	Days 1* & 12	Days 2 & 13	Day 3	Day 14	Days 4 & 15	Days 5 & 16
A	Fruit Cocktail (I) Beef Ravioli (I) Creamed Spinach (R) Crackers (NF) x2 Pineapple Drink (B) x2 Kona Coffee w/ C & S (B) x2	Fruit Cocktail (I) Beef Stroganoff w/ Noodles (R) Tea w/ Sugar (B) x2 Orange-Mango Drink (B) x2	Pineapple (I) Chicken Salad Spread (I) Crackers (NF) x2 Tomato Basil Soup (I) Orange-Mango Drink (B) x2 Kona Coffee w/ C & S (B) x2	Pineapple (FF) Crackers (FF) x2 Tomato Basil Soup (FF) Orange-Mango Drink (FF) x2 Kona Coffee w/ C & S (FF) x2	Fruit Cocktail (I) Meatloaf (I) Corn (R) Orange-Pineapple Drink (B) x2 Tea w/ Sugar (B) x2	Pineapple (I) Red Beans & Rice (I) Chicken Noodle Soup (I) Crackers (NF) x2 Orange-Grapefruit Drink (B) x2 Kona Coffee w/ C & S (B) x2
B	Shrimp Cocktail (R) Beef Stroganoff w/ Noodles (R) Southwestern Corn (I) Almonds (NF) x2 Shortbread Cookies (NF) x2 Tropical Punch (B) x2	Shrimp Cocktail (R) Beef Ravioli (I) Split Pea Soup (I) Applesauce (I) Almonds (NF) x2 Tropical Punch (B) x2	Shrimp Cocktail (R) Lasagna w/ Meat (I) Southwestern Corn (I) Candy Coated Peanuts (NF) x2 Cashews (NF) x2 Lemonade (B) x2	NO MEAL	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans (I) Rice Pilaf (R) Crackers (NF) x2 Macadamia Nuts (NF) x2 Apple Cider (B) x2	Shrimp Cocktail (R) Fiesta Chicken (I) Potato Soup (I) Applesauce (I) Candy Coated Almonds (NF) x2 Orange-Mango Drink (B) x2
C	Shrimp Cocktail (R) Meatloaf (I) Creamed Spinach (R) Crackers (NF) x2 Cashews (NF) x2 Butter Cookies (NF) x2 Lemonade (B) x2	Shrimp Cocktail (R) Seafood Gumbo (I) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) x2 Apple Cider (B) x2	Shrimp Cocktail (R) Crawfish Etouffee (I) Carrot Coins (I) Rice Pilaf (R) Macadamia Nuts (NF) x2 Shortbread Cookies (NF) x2 Orange Drink (B) x2	Shrimp Cocktail (FF) Crawfish Etouffee (FF) Rice Pilaf (FF) Macadamia Nuts (FF) x2 Shortbread Cookies (FF) x2 Orange Drink (FF) x2	Shrimp Cocktail (R) Seafood Gumbo (I) Potatoes au Gratin (R) Butter Cookies (NF) x2 Almonds (NF) x2 Lemonade (B) x2	Shrimp Cocktail (R) Lasagna w/ Meat(I) Split Pea Soup (I) Applesauce (I) Cashews (NF) x2 Tropical Punch (B) x2

◇ **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, (I) - Thermostabilized

SHUTTLE MENU STS-127

(Stow By Day)

MARK POLANSKY, CDR (RED)

Meal	Days 6 & 17**	Day 7	Day 8	Day 9	Day 10	Day 11
A	Fruit Cocktail (I) Crawfish Etouffee (I) Crackers (NF) x2 Pineapple Drink (B) x2 Tea w/ Sugar (B) x2	Pineapple (I) Meatloaf (I) Southwestern Corn (R) Tea w/ Sugar (B) x2 Orange-Grapefruit Drink (B) x2	Fruit Cocktail (I) Red Beans & Rice (I) Tortilla (FF) x2 Orange Drink (B) x2 Kona Coffee w/ C & S (B) x2	Potato Soup (I) Pineapple (I) Chicken Salad Spread (I) Crackers (NF) x2 Pineapple Drink (B) x2 Tea w/ Sugar (B) x2	Fruit Cocktail (I) Chicken w/ Corn & Black Beans (I) Rice Pilaf (R) Crackers (NF) x2 Orange-Mango Drink (B) x2 Kona Coffee w/ C & S (B) x2	Pineapple (I) Red Beans & Rice (I) Tortilla (FF) x2 Lemonade (B) x2 Tea w/ Sugar (B) x2
B	Shrimp Cocktail (R) Meatloaf (I) Creamed Spinach (R) Crackers (NF) x2 Potatoes au Gratin (R) Butter Cookies (NF) x2 Lemonade (B) x2	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans (I) Rice Pilaf (R) Crackers (NF) x2 Trail Mix (IM) x2 Orange Drink (B) x2	Shrimp Cocktail (R) Beef Ravioli (I) Split Pea Soup (I) Tomato Basil Soup (I) Applesauce (I) Almonds (NF) x2 Tropical Punch (B) x2	Shrimp Cocktail (R) Fiesta Chicken (I) Rice Pilaf (R) Macadamia Nuts (NF) x2 Shortbread Cookies (NF) x2 Orange Drink (B) x2	Shrimp Cocktail (R) Beef Stroganoff w/ Noodles (R) Southwestern Corn (I) Almonds (NF) x2 Butter Cookies (NF) x2 Tropical Punch (B) x2	Shrimp Cocktail (R) Crawfish Etouffee (I) Split Pea Soup (I) Applesauce (I) Almonds (NF) x2 Apple Cider (B) x2
C	Shrimp Cocktail (R) Tomato Basil Soup (I) Turkey Tetrazzini (R) Beef Stroganoff (R) Rice Pilaf (R) Macadamia Nuts (NF) x2 Shortbread Cookies (NF) x2 Orange-Mango Drink (B) x2	Shrimp Cocktail (R) Seafood Gumbo (I) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) x2 Apple Cider (B) x2	Shrimp Cocktail (R) Crawfish Etouffee (I) Split Pea Soup (I) Applesauce (I) Macadamia Nuts (NF) x2 Orange-Mango Drink (B) x2	Shrimp Cocktail (R) Seafood Gumbo (I) Mashed Potatoes (R) Creamed Spinach (R) Shortbread Cookies (NF) x2 Lemonade (B) x2	Shrimp Cocktail (R) Fiesta Chicken (I) Potatoes au Gratin (R) Macadamia Nuts (NF) x2 Shortbread Cookies (NF) x2 Orange Drink (B) x2	Shrimp Cocktail (R) Potato Soup (I) Meatloaf (I) Rice Pilaf (R) Applesauce (I) Almonds (NF) x2 Orange-Mango Drink (B) x2