

SHUTTLE MENU STS-127

Stow By Day

DAVE WOLF, MS-4 (BROWN)

Meal	Days 1*, 9 & 17**	Days 2 & 10	Days 3 & 11	Days 4 (EVA) & 12	Days 5 & 13	Day 6 (EVA)	Day 14	Days 7 & 15
A	Oatmeal w/ Raisins (R) Granola w/ Raisins (R) Granola Bar (NF) x2 Breakfast Roll (FF) Blueberry Raspberry Yogurt (I) Orange-Pineapple Drink (B) Coffee w/ Sugar (B) x2	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Breakfast Roll (FF) Candy Coated Peanuts (NF) x2 Grapefruit Drink (B) Coffee w/ Sugar (B) x2	Granola w/ Blueberries (R) Granola Bar (NF) Breakfast Roll (FF) Bran Chex (R) Orange Juice (B) Orange-Mango Drink (B) Cocoa (B) Coffee w/ Sugar (B)	Oatmeal w/ Brown Sugar (R) Granola w/ Raisins (R) Nut & Fruit Granola Bar (NF) Breakfast Roll (FF) Orange-Pineapple Drink (B) Coffee w/ Sugar (B) x2	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Candied Yams (I) Granola Bar (NF) x2 Breakfast Roll (FF) Orange-Mango Drink (B) Pineapple Drink (B) Coffee w/ Sugar (B) x2	Oatmeal w/ Raisins (R) Bran Chex (R) Nut & Fruit Granola Bar (NF) x2 Breakfast Roll (FF) Cherry Blueberry Cobbler (I) Coffee w/ Sugar (B) Cocoa (B)	Oatmeal w/ Raisins (FF) Bran Chex (FF) Nut & Fruit Granola Bar (FF) x2 Cherry Blueberry Cobbler (FF) Breakfast Roll (FF) Coffee w/ Sugar (B) x2	Dried Apricots (IM) Oatmeal w/ Brown Sugar (R) Granola w/ Raisins (R) Granola Bar (NF) x2 Cornflakes (R) Breakfast Roll (FF) Orange Juice (B) Coffee w/ Sugar (B) x2
B	Shrimp Cocktail (R) Cheddar Cheese Spread (I) Crackers (NF) Beef Fajitas (I) Tortilla (FF) x2 Creamed Spinach (R) Potatoes au Gratin (R) Pears (I) Shortbread Cookies (NF) Lemonade (B) x2	Shrimp Cocktail (R) Split Pea Soup (I) Crackers (NF) Chicken Strips in Salsa (I) Macaroni & Cheese (R) Potatoes au Gratin (R) Strawberries (R) Cashews (NF) Butterscotch Pudding (I) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) Beef Stroganoff w/ Noodles (R) Cauliflower w/ Cheese (R) Macadamia Nuts (NF) Brownie (NF) Orange-Mango Drink (B) Lemonade (B)	Tomato Basil Soup (I) Crackers (NF) Spaghetti w/ Meat Sauce (R) Turkey Tetrazzini (R) Creamed Spinach (R) Fruit Cocktail (I) Vanilla Pudding (I) Lemonade (B) x2	Beef Stew (I) Peanut Butter (FF) Grape Jelly (I) x2 Tortilla (FF) x2 Green Beans w/ Mushrooms (R) Strawberries (R) Shortbread Cookies (NF) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) Shrimp Cocktail (R) Chicken Strips in Salsa (I) Asparagus (R) Tortilla (FF) Lemonade (B) x2	NO MEAL	Split Pea Soup (I) Crackers (NF) Spaghetti w/ Meat Sauce (R) Creamed Spinach (R) Macadamia Nuts (NF) Brownie (NF) x2 Orange-Mango Drink (B) Lemonade (B)
C	Shrimp Cocktail (R) Teriyaki Chicken (R) Mashed Potatoes (R) Broccoli au Gratin (R) Almonds (NF) Cherry Blueberry Cobbler (I) Lemonade (B) x2	Shrimp Cocktail (R) Beef Steak (I) Potatoes au Gratin (R) Green Beans w/ Mushrooms (R) Fruit Cocktail (I) Butter Cookies (NF) Lemonade (B) x2	Shrimp Cocktail (R) Meatloaf (I) x2 Asparagus (R) Candied Yams (I) Tortilla (FF) x2 Pineapple (I) Candy Coated Almonds (NF) Orange-Mango Drink (B)	Shrimp Cocktail (R) Sweet & Sour Pork (I) Mashed Potatoes (R) Broccoli au Gratin (R) Cashews (NF) Cherry Blueberry Cobbler (I) Brownie (NF) Lemonade (B) x2 <u>EVA Snack (day 4 only)</u> Chicken Salad Spread (I) Granola Bar (NF) Whole Wheat Tortilla (FF) Peanut Butter (FF) Orange-Mango Drink (B) x2	Shrimp Cocktail (R) Beef Steak (I) Potatoes au Gratin (R) Creamed Spinach (R) Tomatoes & Eggplant (I) Macadamia Nuts (NF) Butterscotch Pudding (I) Orange-Mango Drink (B) x2 Lemonade (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Broccoli au Gratin (R) Tortilla (FF) x2 Pineapple (I) Butterscotch Pudding (I) Orange-Mango Drink (B) Lemonade (B) <u>EVA Snack</u> Chicken Salad Spread (I) Granola Bar (NF) Whole Wheat Tortilla (FF) Peanut Butter (FF) Orange-Mango Drink (B) x2	BBQ Beef Brisket (FF) Macaroni & Cheese (FF) Tortilla (FF) x2 Pineapple (FF) Orange-Mango Drink (FF) Lemonade (FF)	Shrimp Cocktail (R) Meatloaf (I) x2 Candied Yams (I) Tortilla (FF) x2 Strawberries (R) Vanilla Pudding (I) Orange-Mango Drink (B) Lemonade (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, (I) - Thermostabilized

Days 8 (EVA) & 16

Oatmeal w/ Raisins (R) x2
Macadamia Nuts (NF)
Granola Bar (NF) x2
Breakfast Roll (FF)
Orange-Mango Drink (B)
Coffee w/ Sugar (B)
Cocoa (B)

BBQ Beef Brisket (I)
Potatoes au Gratin (R)
Southwestern Corn (I)
Creamed Spinach (R)
Pears (I)
Candy Coated Almonds (NF)
Butter Cookies (NF)
Lemonade (B) x2

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R) x2
Cauliflower w/ Cheese (R)
Fruit Cocktail (I)
Cherry Blueberry Cobbler (I)
Lemonade (B) x2

EVA Snack (day 8 only)

Chicken Salad Spread (I)
Granola Bar (NF)
Whole Wheat Tortilla (FF)
Peanut Butter (FF)
Orange-Mango Drink (B) x2