

SHUTTLE MENU STS-128

NICOLE STOTT, MS-5 (PURPLE)

Meal Day 1*

A

Day 2

Oatmeal w/ Brown Sugar (R)
 Mexican Scrambled Eggs (R)
 Trail Mix (NF)
 Green Tea (B)
 Metamucil Wafers, Apple (NF) x2

Day 3

Nut & Fruit Granola Bar (NF)
 Blueberry-Raspberry Yogurt (T)
 Pears (T)
 Green Tea (B)
 Metamucil Wafers, Apple (NF) x2

Day 4**

Mexican Scrambled Eggs (R)
 Granola w/ Blueberries (R)
 Applesauce (T)
 Green Tea (B)
 Metamucil Wafers, Apple (NF) x2
 Orange-Mango Drink (B)

B

Turkey Tetrazzini (R)
 Carrot Coins (T)
 Cashews (NF)
 Pineapple (T)
 Butter Cookies (NF)
 Tea w/ Sugar (B)
 Metamucil Beverage, Orange (FF)

Chicken w/ Corn & Black Beans (T)
 Asparagus (R)
 Tortilla (FF)
 Strawberries (R)
 Candy Coated Chocolates (NF)
 Metamucil Wafers, Apple (NF) x2

Cream of Mushroom Soup (R)
 Crackers (NF)
 Chicken Strips in Salsa (T)
 Tortilla (FF)
 Peaches (T)
Candy Coated Peanuts (NF)
 Metamucil Beverage, Orange (FF)

C

Shrimp Cocktail (R)
 BBQ Beef Brisket (I)
 Broccoli au Gratin (R)
 Mashed Potatoes (R)
 Tortilla (FF)
 Tapioca Pudding (T)
 Metamucil Wafers, Apple (NF) x2

Cream of Mushroom Soup (R)
 Crackers (NF)
 Spaghetti w/ Meat Sauce (R)
 Italian Vegetables (R)
 Cherry-Blueberry Cobbler (T)
 Orange-Mango Drink (B)

Sweet & Sour Pork (T)
 Brown Rice (T)
 Creamed Spinach (R)
 Almonds (NF)
 Vanilla Pudding (T)
 Metamucil Beverage, Orange (FF) x2

*Day 1 consists of Meal C only

**Day 4 consists of Meals A & B only

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