

SHUTTLE MENU STS-128

(Stow By Person)

RICK STURCKOW, CDR (RED)

RICK STURCKOW, CDR (RED)

Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Day 4	Day 11◇	Days 5 & 12	Days 6 & 13	Days 7 & 14
A	Dried Peaches (IM) Cornflakes (R) Breakfast Roll (FF) Orange-Pineapple Drink (B) Cocoa (B) Metamucil Beverage, Orange (FF)	Dried Pears (IM) Beef Pattie (R) Granola w/ Raisins (R) Tortilla (FF) x2 Seasoned Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange Juice (B) Metamucil Wafers, Apple (NF) x2	Dried Apricots (IM) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Tortilla (FF) x2 Vanilla Breakfast Drink (B) Orange-Pineapple Drink (B) Metamucil Wafers, Apple (NF)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Orange-Mango Drink (B) x2 Cocoa (B) Metamucil Wafers, Apple (NF) x2	Oatmeal w/ Brown Sugar (FF) Orange-Mango Drink (FF) x2 Metamucil Wafers, Apple (FF)	Dried Pears (IM) Sausage Pattie (R) Tortilla (FF) x2 Oatmeal w/ Brown Sugar (R) Seasoned Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange Juice (B) Metamucil Wafers, Apple (NF)	Dried Apricots (IM) Granola w/ Blueberries (R) Breakfast Roll (FF) Orange-Mango Drink (B) x2 Metamucil Wafers, Apple (NF) x2	Dried Pears (IM) Sausage Pattie (R) Tortilla (FF) x2 Oatmeal w/ Brown Sugar (R) Seasoned Scrambled Eggs (R) Orange-Pineapple Drink (B) Metamucil Wafers, Apple (NF) Metamucil Beverage, Orange (FF)
B	Meatloaf (I) Cheese Spread (I) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Strawberry Drink (B) x2	Peanut Butter (I) Apple Jelly (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2	Tuna Salad Spread (I) Crackers (NF) x2 Peaches (I) Granola Bar (NF) Macadamia Nuts (NF) Lemonade (B) x2	Beef Stroganoff w/Noodles (R) X2 Tortilla (FF) x2 Applesauce (I) Almonds (NF) Tea w/ Lemon & Sugar (B) x2	NO MEAL	Salmon (I) Tortilla (FF) x2 Pears (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) x2	Seafood Gumbo (I) Crackers (NF) x2 Carrot Coins (I) Cherry Blueberry Cobbler (I) Tropical Punch (B) x2	Tuna (I) Tortilla (FF) x2 Banana Pudding (I) Apricot Cobbler (I) Peanuts (NF) Grape Drink (B) x2
C	Smoked Turkey (I) Turkey Tetrazzini (R) Broccoli au Gratin (R) Tortilla (FF) x2 Candy Coated Peanuts (NF) Grape Drink (B) x2	Grilled Chicken (I) Noodles & Chicken (R) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Apricot Cobbler (I) Tropical Punch (B) x2	Spaghetti w/Meat Sauce (R) x2 Italian Vegetables (R) Tortilla (FF) x2 Butterscotch Pudding (I) Orange Drink (B) X2	Teriyaki Chicken (R) Rice and Chicken (R) Broccoli au Gratin (R) Tortilla (FF) x2 Tapioca Pudding (I) Pineapple Drink (B)	Teriyaki Chicken (FF) Rice and Chicken (FF) Tortilla (FF) x2 Pineapple Drink (FF)	BBQ Beef Brisket (I) Macaroni and Cheese (R) Green Beans w/Mushrooms (R) Tortilla (FF) x2 Candy Coated Peanuts (NF) Apple Cider (B)	Shrimp Cocktail (R) Beef Steak (I) Potatoes au Gratin (R) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Lemonade (B)	Sweet & Sour Chicken (R) Rice Pilaf (R) Broccoli au Gratin (R) Tortilla (FF) x2 Vanilla Pudding (I) Tea w/ Lemon (B) Orange-Mango Drink (B)

◇ Day 11 will be stowed in the fresh food locker

*Day 1 consists of Meal C only

**Day 15 consists of Meals A & B

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