

SHUTTLE MENU STS-129

(Stow By Day)

CHARLES HOBAUGH, CDR (RED)

Meal	Days 1* & 12**	Day 2	Day 3	Day 4	Day 5	Day 6
<b>A</b>	Sausage Pattie (R) Breakfast Roll (FF) Almonds (NF) Apple Cider (B) Grape Drink w/A /S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Beef Pattie (R) Granola Bar (NF) Almonds (NF) Orange Drink w/ A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Sausage Pattie (R) Breakfast Roll (FF) Peanuts (NF) Apple Cider (B) Grape Drink w/ A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Beef Pattie (R) Granola Bar (NF) Almonds (NF) Breakfast Roll (FF) Apple Cider (B) Grape Drink w/ A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Breakfast Sausage Links (I) Mexican Scrambled Eggs (R) Candy Coated Almonds (NF) Apple Cider (B) Grape Drink w/ A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Beef Pattie (R) Granola Bar (NF) Peanuts (NF) Apple Cider (B) Orange Drink w/ A/S (B) Breakfast Roll (FF) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>
<b>B</b>	Split Pea Soup (I) BBQ Beef Brisket (I) Broccoli au Gratin (R) Pasta w/ Pesto (I) Candy Coated Peanuts (NF) Candy Coated Almonds (NF) <b>NO Shotgun, Exotic Fruit (FF)</b>	Chicken Salad Spread (I) Crackers (NF) x2 Beef Steak (I) Macaroni & Cheese (R) Candy Coated Almonds (NF) Grape Drink w/ A/S (B) Tropical Punch w/ A/S (B)	Tomato Basil Soup (I) Crackers (NF) x2 Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Candy Coated Peanuts (NF) Cherry Drink w/ A/S (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Fajitas (I) Spicy Chicken & Vegetables (R) Tortilla (FF) x2 Candy Coated Chocolates (NF) Tropical Punch w/ A/S (B)	Vegetarian Chili (R) BBQ Beef Brisket (I) Mashed Potatoes (R) Broccoli au Gratin (R) Candy Coated Almonds (NF) Tropical Punch w/ A/S (B)	Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Almonds (NF) Candy Coated Chocolates (NF) Candy Coated Almonds (NF) Tropical Punch w/ A/S (B) Orange Drink w/ A/S (B)
<b>C</b>	Shrimp Cocktail (R) Turkey Tetrazzini (R) Beef Steak (I) Corn (R) Crackers (NF) x2 Brownie (NF) Tea w/Lemon & A/S (B)	Salmon (I) Fiesta Chicken (I) Mashed Potatoes (R) Tortilla (FF) x2 Cashews (NF) Butter Cookies (NF) Tea w/Lemon & A/S (B)	Shrimp Cocktail (R) Beef Enchiladas (I) Mashed Potatoes (R) Cauliflower w/ Cheese (R) Chocolate Pudding Cake (I) Candy Coated Almonds (NF) Tea w/Lemon & A/S (B) Orange-Mango Drink (B)	Seafood Chowder (R) Crackers (NF) x2 Meatloaf (I) Baked Beans (I) Creamed Spinach (R) Candy Coated Almonds (NF) Shortbread Cookies (NF) Tea w/Lemon & A/S (B)	Salmon (I) Cashew Chicken Curry (R) x2 Pasta w/ Pesto (I) Tortilla (FF) x2 Cashews (NF) Candy Coated Almonds (NF) Brownie (NF) Tea w/Lemon & A/S (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Steak (I) Turkey Tetrazzini (R) Cauliflower w/ Cheese (R) Chocolate Pudding Cake (I) Tea w/Lemon & A/S (B)

\*Day 1 consists of Meal C only

\*\*Day 12 consists of Meals A & B only

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

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CHARLES HOBAUGH, CDR (RED)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11
<b>A</b>	Sausage Pattie (R) Breakfast Roll (FF) Almonds (NF) Candy Coated Almonds (NF) Apple Cider (B) Tropical Punch w/A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Beef Pattie (R) Breakfast Roll (FF) Apple Cider (B) Grape Drink w/A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar (R) Almonds (NF) Apple Cider (B) Grape Drink w/A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Beef Pattie (R) Granola Bar (NF) Cornflakes (R) Macadamia Nuts (NF) Apple Cider (B) Grape Drink w/A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>	Sausage Pattie (R) Mexican Scrambled Eggs (R) Peanuts (NF) Apple Cider (B) Grape Drink w/A/S (B) <b>FRS Beverage, Orange (FF)</b> <b>NO Shotgun, Exotic Fruit (FF)</b>
<b>B</b>	Shrimp Cocktail (R) Grilled Chicken (I) Meatloaf (I) Corn (R) Mashed Potatoes (R) Candy Coated Peanuts (NF) Grape Drink w/ A/S (B) Orange Drink w/ A/S (B)	Beef Stew (I) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) x2 Peanuts (NF) Candy Coated Chocolates (NF) Orange Drink w/ A/S (B) Cherry Drink w/ A/S (B)	Chicken Salad Spread (I) x2 Crackers (NF) x2 Chicken Strips w/ Salsa (I) Tortilla (FF) x2 Candy Coated Peanuts (NF) x2 Tropical Punch w/ A/S (B)	Shrimp Cocktail (R) Teriyaki Chicken (R) Beef Steak (I) Mashed Potatoes (R) Broccoli au Gratin (R) Candy Coated Chocolates (NF) Tropical Punch w/ A/S (B) Orange Drink w/ A/S (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Enchiladas (I) Spicy Chicken & Vegetables (R) Candy Coated Peanuts (NF) Grape Drink w/ A/S (B) Tropical Punch w/ A/S (B)
<b>C</b>	<b>Special Meal</b> BBQ Beef Brisket (I) x2 Baked Beans (I) x2 Potatoes Au Gratin (R) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) x2 Chocolate Pudding Cake (I) x2 Lemonade (B) x2	Salmon (I) Crackers (NF) x2 Fiesta Chicken (I) Creamed Spinach (R) Tortilla (FF) x2 Candy Coated Almonds (NF) Butter Cookies (NF) Tea w/Lemon & A/S (B)	Shrimp Cocktail (R) Lasagna w/ Meat (I) Chicken w/ Peanut Sauce (I) Italian Vegetables (R) Cashews (NF) Candy Coated Almonds (NF) Brownie (NF) Tea w/Lemon & A/S (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Baked Beans (I) Almonds (NF) Candy Coated Almonds (NF) Chocolate Pudding Cake (I) Tea w/Lemon & A/S (B)	Vegetarian Chili (R) Crackers (NF) Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Candy Coated Almonds (NF) Brownie (NF) Tea w/Lemon & A/S (B)