

SHUTTLE MENU STS-129

(Stow By Day)

ROBERT SATCHER, MS-4 (BROWN)

Meal	Days 1, 7 & 12**	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6
A	Cornflakes (R) Yogurt Covered Granola Bar (NF) Citrus Fruit Salad (I) Scrambled Eggs (R) Mango Peach Smoothie (B) Cocoa (B)	Mango-Peach Smoothie (B) Granola w/ Blueberries (R) Breakfast Roll (FF) Applesauce (I) Orange-Mango Drink (B)	Mexican Scrambled Eggs (R) Sausage Pattie (R) Nut & Fruit Granola Bar (NF) Tropical Fruit Salad (I) Orange Juice (B)	Oatmeal w/ Raisins (R) Breakfast Sausage Links (I) Blueberry-Raspberry Yogurt (I) Strawberries (R) Mango Peach Smoothie (B)	Chocolate Breakfast Drink (B) Cornflakes (R) Granola w/ Raisins (R) Cashews (NF) Pineapple (I) Orange-Mango Drink (B)	Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) Oatmeal w/ Brown Sugar (R) Peanuts (NF) Orange-Mango Drink (B)
B	Cheddar Cheese Spread (I) Crackers (NF) x2 Fiesta Chicken (I) Carrot Coins (I) Tortilla (FF) x2 Strawberries (R) Candy Coated Peanuts (NF) Strawberry Drink (B)	Beef Stroganoff (R) x2 Broccoli Au Gratin (R) Candied Yams (I) Dried Pears (IM) Almonds (NF) Chocolate Pudding Cake (I) Lemonade (B)	Beef Stew (I) Crackers (NF) x2 Smoked Turkey (I) Tortilla (FF) x2 Baked Beans (I) Butter Cookies (NF) Grape Drink (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Ravioli (I) Creamed Spinach (R) Corn (R) Fruit Cocktail (I) Candy Coated Almonds (NF) Orange-Mango Drink (B)	Split Pea Soup (I) Crackers (NF) x2 BBQ Beef Brisket (I) Mashed Potatoes (R) Carrot Coins (I) Peach Ambrosia (R) Shortbread Cookies (NF) Lemonade (B)	Vegetarian Vegetable Soup (I) Crackers x2 (NF) Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Tropical Fruit Salad (I) Trail Mix (IM) Pineapple Drink (B)
C	Shrimp Cocktail (R) (day 1 only) BBQ Beef Brisket (I) (day 1 only) Corn (R) (day 1 only) Candied Yams (I) (day 1 only) Trail Mix (IM) (day 1 only) Orange-Mango Drink (B) (day 1 only) Special Meal (Day 7 only) BBQ Beef Brisket (I) Baked Beans (I) Potatoes Au Gratin ® Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Split Pea Soup (I) Crackers (NF) x2 Chicken Strips in Salsa (I) Tortilla (FF) x2 Mixed Vegetables (I) Rice Pilaf (R) Apricot Cobbler (I) Peach-Apricot Drink (B) Special Meal (Day 8 only) BBQ Beef Brisket (I) Baked Beans (I) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Dried Beef (IM) Chicken w/ Peanut Sauce (I) Cauliflower w/ Cheese (R) Peanuts (NF) Pineapple (I) Bread Pudding (I) Strawberry Drink (B)	Minestrone Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Tortilla (FF) x2 Mixed Vegetables (I) Chocolate Pudding Cake (I) Lemonade (B)	Chicken Fajitas (I) Tortilla (FF) x2 Rice Pilaf (R) Broccoli Au Gratin (R) Macadamia Nuts (NF) Apricot Cobbler (I) Orange-Mango Drink (B)	Chicken Salad Spread (I) Crackers (NF) x2 Lasagna w/ Meat (I) Italian Vegetables (R) Strawberries (R) Peach-Apricot Drink (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, (I) - Thermostabilized