

**SHUTTLE MENU STS-130**

(Stow by Day)

**STEVE ROBINSON, MS-2 (GREEN)**

Meal	Days 1* & 9	Days 2 & 10	Day 3	Days 4 & 12	Days 5 & 13
<b>A</b>	Dried Apricots (IM) Sausage Pattie (R) Breakfast Roll (FF) Orange-Mango Drink (B) Kona Coffee, Black (B)	Dried Pears (IM) Sausage Pattie (R) Breakfast Roll (FF) Clif Mojo Bar, Mixed Nuts (NF) Orange Drink (B) Kona Coffee, Black (B)	Dried Peaches (IM) <b>Granola w/ Blueberries (R) x2</b> Breakfast Roll (FF) <b>Peach-Apricot Drink (B) x2</b> Kona Coffee, Black (B)	Dried Apricots (IM) Sausage Pattie (R) Breakfast Roll (FF) Clif Mojo Bar, Mixed Nuts (NF) Orange-Mango Drink (B) Kona Coffee, Black (B)	Dried Pears (IM) Sausage Pattie (R) Breakfast Roll (FF) Orange Drink (B) Kona Coffee, Black (B)
<b>B</b>	Shrimp Cocktail (R) Chicken Noodle Soup (I) Spaghetti w/ Meat Sauce (R) Chicken Salad Spread (I) Tapioca Pudding (I) Granola Bar (NF) <b>Lemonade (B) x2</b> Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Dried Beef (IM) Minestrone Soup (I) Beef Stew (I) Tortilla (FF) Trail Mix (IM) <b>Granola Bar (NF) (add additional one day 10 only)</b> Peach-Apricot Drink (B) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Vegetarian Vegetable Soup (I) <b>Beef Stroganoff w/ Noodles (R) x2</b> Tortilla (FF) x2 Applesauce (I) Vanilla Pudding (I) Granola Bar (NF) <b>Orange Drink (B) x2</b> <b>Green Tea w/ Sugar (B) x2</b>	Shrimp Cocktail (R) Chicken Noodle Soup (I) Teriyaki Beef Steak (I) Cashews (NF) Strawberries (R) Trail Mix (IM) Orange-Mango Drink (B) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Minestrone Soup (I) Fiesta Chicken (I) Beef Pattie (R) Granola Bar (NF) Shortbread Cookies (NF) Lemonade (B) Green Tea w/ Sugar (B)
<b>C</b>	Shrimp Cocktail (R) BBQ Beef Brisket (I) Noodles & Chicken (R) Italian Vegetables (R) Asparagus (R) Peach Ambrosia (R) Strawberries (R) Orange Drink (B) <b>Broccoli au Gratin (R) (day 1 only)</b> <b>Green Beans w/ Mushrooms (R) (day 1 only)</b>	Tomato Basil Soup (I) Spaghetti w/ Meat Sauce (R) Fiesta Chicken (I) Red Beans & Rice (I) Carrot Coins (I) Strawberries (R) Candy Coated Peanuts (NF) Orange-Mango Drink (B) <b>Vanilla Pudding (I) (day 2 only)</b>	Shrimp Cocktail (R) BBQ Beef Brisket (I) Beef Enchiladas (I) Broccoli au Gratin (R) Green Beans w/ Mushrooms (R) Peach Ambrosia (R) Tapioca Pudding (I) Lemonade (B)	Lasagna w/Meat (I) Chicken Fajitas (I) Southwestern Corn (I) Italian Vegetables (R) Asparagus (R) Strawberries (R) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	Teriyaki Beef Steak (I) Spaghetti w/ Meat Sauce (R) Southwestern Corn (I) Noodles & Chicken (R) Carrot Coins (I) <b>Peach Ambrosia (R) (add additional one day 5 only)</b> Brownie (NF) Orange-Mango Drink (B)

\*Day 1 consists of Meal C only

\*\*Day 14 consists of Meals A & B only

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

## SHUTTLE MENU STS-130

(Stow by Day)

### STEVE ROBINSON, MS-2 (GREEN)

Meal	Days 6 & 14**	Day 7	Day 8
A	Dried Peaches (IM) Granola w/Blueberries (R) Breakfast Roll (FF) Clif Mojo Bar, Mixed Nuts (NF) Peach-Apricot Drink (B) Kona Coffee, Black (B)	Clif Mojo Bar, Mixed Nuts (NF) Sausage Pattie (R) Lemon Lime Ade (B) Peach Apricot Drink (B) <b>Kona Coffee, Black (B) x2</b> <b>Dried Peaches (IM)</b>	Dried Apricots (IM) Sausage Pattie (R) <b>Breakfast Roll (FF) x2</b> Orange-Mango Drink (B) Kona Coffee, Black (B)
B	Shrimp Cocktail (R) Dried Beef (IM) <b>Vegetarian Vegetable Soup (T) (add additional one day 14 only)</b> Rice & Chicken (R) Trail Mix (IM) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Vegetarian Vegetable Soup (I) Beef Stroganoff w/ Noodles (R) Tortilla (FF) x2 <b>Applesauce (T) x2</b> Vanilla Pudding (I) Granola Bar (NF) Orange Drink (B) Green Tea w/ Sugar (B)	<b>Shrimp Cocktail (R) x2</b> Chicken Noodle Soup (I) Teriyaki Beef Steak (I) Cashews (NF) Strawberries (R) Trail Mix (IM) Peach-Apricot Drink (B) Green Tea w/ Sugar (B)
C	Shrimp Cocktail (R) <b>BBQ Beef Brisket (I) x2</b> <b>Beef Enchiladas (I) x2</b> Broccoli au Gratin (R) Green Beans w/ Mushrooms (R) Peach Ambrosia (R) Tapioca Pudding (I) Lemonade (B)	Beef Tips w/ Mushrooms (I) Beef Ravioli (I) Rhubarb Applesauce (I) Candied Yams (I) Italian Vegetables (R) Asparagus (R) Peach Ambrosia (R) Candy Coated Peanuts (NF) Lemonade (B)	Lasagna w/ Meat (I) Cashew Chicken Curry (R) Chicken Fajitas (I) Southwestern Corn (I) Italian Vegetables (R) Asparagus (R) Strawberries (R) Candy Coated Peanuts (NF) Lemonade (B) <b>Tapioca Pudding (T)</b>

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

Rev A 11/17/2009