

SHUTTLE MENU STS-130

(Stow by Day)

TERRY VIRTS, PLT (YELLOW)

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10	Day 4	Days 5 & 12	Days 6 & 13
A	Cornflakes (R) Strawberries (R) Breakfast Sausage Links (I) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Peaches (T)	Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Mexican Scrambled Eggs (R) Almonds (NF) Orange Drink (B) x2 Vanilla Breakfast Drink (B) (day 2 only)	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Blueberries (R) Pineapple (I) Orange-Mango Drink (B)	Oatmeal w/ Brown Sugar (R) x2 Peaches (I) Yogurt Covered Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Juice (B) x2	Seasoned Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Granola w/ Raisins (R) Strawberries (R) Pineapple Drink (B)	Sausage Pattie (R) Cornflakes (R) Almonds (NF) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) x2
B	Chicken Noodle Soup (I) Crackers (NF) x2 Meatloaf (I) Creamed Spinach (R) Rhubarb Applesauce (I) Brownie (NF) Candy Coated Peanuts (NF) x2 Tea w/ Lemon & Sugar (B) Applesauce (T)	Beef Ravioli (I) Chicken Fajitas (I) Tortillas (NF) x2 Southwestern Corn (I) Peaches (I) Chocolate Pudding Cake (I) Green Tea w/ Sugar (B)	Meatloaf (I) Asparagus (R) Mashed Potatoes (R) Pears (I) Chocolate Pudding (I) Candy Coated Peanuts (NF) Tea w/ Lemon & Sugar (B)	Seafood Gumbo (I) Crackers (NF) x2 Green Beans & Mushrooms (R) Applesauce (I) Candy Coated Peanuts (NF) Chocolate Pudding Cake (I) Tropical Punch (B) x2	Tomato Basil Soup (I) Crackers (NF) x2 Smoked Turkey (I) Tropical Fruit Salad (I) Cashews (NF) Brownie (NF) Orange-Mango Drink (B) x2 Seafood Gumbo (I) (day 5 only)	Beef Enchiladas (I) Southwestern Corn (I) Cauliflower w/ Cheese (R) Rhubarb Applesauce (I) Chocolate Pudding Cake (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Chocolate Pudding Cake (T) (day 6 only)
C	Sweet & Sour Chicken (R) x2 Macaroni & Cheese (R) Creamed Spinach (R) Chocolate Pudding Cake (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Beef Ravioli (T) (day 1 only)	Beef Enchiladas (I) Red Beans & Rice (I) Carrot Coins (I) Citrus Fruit Salad (I) Chocolate Pudding (I) Candy Coated Peanuts (NF) (add additional one day 9 only) Lemonade (B) x2	Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Cauliflower w/ Cheese (R) Fruit Cocktail (I) Brownie (NF) (add additional one day 3 only) Candy Coated Peanuts (NF) Lemonade (B) x2	Beef Ravioli (I) Chicken Teriyaki (I) Potatoes au Gratin (R) x2 Mixed Vegetables (I) Brownie (NF) Candy Coated Peanuts (NF) Green Tea (B) x2	Fiesta Chicken (I) Tortillas (NF) x2 Brown Rice (I) Broccoli au Gratin (R) Chocolate Pudding (I) Candy Coated Peanuts (NF) Tea w/ Lemon & A/S (B) Chicken Teriyaki (I) (day 12 only)	Tuna Noodle Casserole (I) Creamed Spinach (R) Corn (R) Pineapple (I) Brownie (NF) Candy Coated Peanuts (NF) Green Tea w/ Sugar (B) Mixed Vegetables (T) (day 13 only)

*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

Days 7 & 14**

Oatmeal w/ Raisins (R)
Mexican Scrambled Eggs (R)
Yogurt Cov. Gran. Bar (NF)
(add additional one day 7 only)
Pears (I)
Orange-Mango Drink (B)

Shrimp Cocktail (R) x2
Teriyaki Beef Steak (I)
Mixed Vegetables (I)
Brownie (NF)
Candy Coated Peanuts (NF)
Orange Drink (B) x2
Crackers (NF) x2 (day 14 only)

BBQ Beef Brisket (I)
Baked Beans (I)
Candied Yams (I)
Chocolate Pudding (I)
Candy Coated Peanuts (NF)
Peaches (I)
Tropical Punch (B)