

SHUTTLE MENU STS-130

(Stow by Day)

GEORGE ZAMKA, CDR (RED)

Meal	Days 1* & 9	Days 2 & 10	Day 3	Days 4 & 12	Days 5 & 13
A	Fruit Cocktail (I) Cornflakes (R) Mexican Scrambled Eggs (R) Breakfast Roll (FF) Apple Cider (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF) Granola w/ Blueberries (R)	Sausage Pattie (R) Granola w/ Raisins (R) Scrambled Eggs (R) Blueberry Raspberry Yogurt (I) Orange Juice (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Dried Peaches (IM) Granola w/ Blueberries (R) Oatmeal w/ Brown Sugar (R) Chocolate Breakfast Drink (B) x2 Pineapple Drink (B) x2 Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Oatmeal w/ Raisins (R) Mexican Scrambled Eggs (R) Fruit Cocktail (I) Yogurt Covered Granola Bar (NF) Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF) Oatmeal w/ Brown Sugar (R) (day 4 only)	Breakfast Sausage Links (I) Scrambled Eggs (R) Grits w/ Butter (R) Peaches (I) Orange Juice (B) Kona Coffee w/ Cream (B) Espresso (FF) Dried Peaches (IM) (day 5 only)
B	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Pineapple (I) Trail Mix (NF) Brownie (NF) Strawberry Drink (B) Kona Coffee, Black (B)	Tomato Basil Soup (I) Crackers (NF) x2 Meatloaf (I) Cauliflower w/ Cheese (R) Peaches (I) Cashews (NF) Brownie (NF) Tea w/ Lemon & Sugar (B) Kona Coffee, Black (B)	Dried Beef (IM) Chicken Strips in Salsa (I) Creamed Spinach (R) Tortilla (FF) x2 Tropical Fruit Salad (I) Candy Coated Peanuts (NF) Tropical Punch (B) x2 Kona Coffee, Black (B)	Beef Stroganoff w/ Noodles (R) x2 Mixed Vegetables (I) Strawberries (R) Almonds (NF) Brownie (NF) Tropical Punch (B) Kona Coffee, Black (B) Chicken Strips in Salsa (I)(day 12 only)	Cheddar Cheese Spread (I) Crackers (NF) x2 Teriyaki Chicken (R) x2 Potatoes Au Gratin (R) Applesauce (I) Candy Coated Peanuts (NF) (add additional one day 13 only) Pineapple Drink (B) Kona Coffee, Black (B)
C	Cream of Mushroom Soup (R) Crackers (NF) x2 Turkey Tetrazzini (R) x2 Italian Vegetables (R) Tortilla (FF) x2 Applesauce (I) Candy Coated Almonds (NF) Grape Drink (B) Decaf Coffee, Black (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Macadamia Nuts (NF) Brownie (NF) Lemonade (B) Decaf Coffee, Black (B) Smoked Turkey (I) (day 2 only)	Smoked Turkey (I) Boccoli au Gratin (R) Brown Rice (I) Trail Mix (IM) x2 Brownie (NF) Apple Cider (B) x2 Decaf Coffee, Black (B) x2	Teriyaki Beef Steak (I) Rice Pilaf (R) Carrot Coins (I) Tortilla (FF) x2 Pears (I) Banana Pudding (I) Tea w/ Lemon & Sugar (B) Decaf Coffee, Black (B) Brown Rice (T) (day 4 only)	Shrimp Cocktail (R) Beef Ravioli (I) Creamed Spinach (R) Cashews (NF) Pineapple (I) Brownie (NF) Tea w/ Sugar (B) Decaf Coffee, Black (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)

GEORGE ZAMKA, CDR (RED)

Meal	Days 6 & 14**	Day 7	Day 8
A	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Pears (I) Strawberry Breakfast Drink (B) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Tropical Fruit Salad (I) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Granola w/ Raisins (R) Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B) x2 Kona Coffee, Black (B) x2 Espresso (FF) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Scrambled Eggs (R) Granola Bar (NF) Grits w/ Butter (R) Orange Juice (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)
B	Beef Enchiladas (I) Brown Rice (I) Corn (R) Fruit Cocktail (I) Peanuts (NF) Brownie (NF) Orange Drink (B) Kona Coffee, Black (B) Tropical Fruit Salad (I) (day 6 only)	Tuna Salad Spread (I) Crackers (NF) x2 BBQ Beef Brisket (I) Asparagus (R) Mashed Potatoes (R) Candy Coated Almonds (NF) Grape Drink (B) Kona Coffee, Black (B)	Teriyaki Chicken (R) x2 Macaroni & Cheese (R) Creamed Spinach (R) x2 Citrus Fruit Salad (I) Candy Coated Peanuts (NF) Tea w/ Sugar (B) Kona Coffee, Black (B) x2 Dried Beef (IM)
C	Mushroom Soup (R) Crackers (NF) Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Strawberries (R) Macadamia Nuts (NF) Vanilla Pudding (I) Tea w/ Lemon (B) Decaf Coffee, Black (B)	Sweet & Sour Pork (I) Rice Pilaf (R) Broccoli au Gratin (R) x2 Tortilla (FF) x2 Cashews (NF) Brownie (NF) x2 Tea (B) Decaf Coffee, Black (B)	Fiesta Chicken (I) Southwestern Corn (I) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Almonds (NF) Butterscotch Pudding (I) Pineapple Drink (B) Decaf Coffee, Black (B)

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

