

SHUTTLE MENU STS-131

(Stow By Person)

STEPHANIE WILSON, MS-3 (ORANGE)

Meal	Days 1* & 14	Days 2 & 15**	Day 3	Day 4	Day 5	Day 6
A	Pears (I) Oatmeal, Plain (no milk) (FF) Breakfast Roll (FF) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Pears (I) Oatmeal, Cinn. Roll (no milk) (FF)(day 2 only) Apple (FF)(day 2 only) Breakfast Roll (FF) Orange Juice (B) Tea w/ Lemon & Sugar (B) x2	Pears (I) Oatmeal, Brown Sugar (no milk) (FF) Apple (FF) Crackers (NF) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Scrambled Eggs (R) Smoked Turkey (I) Pears (I) Apple (FF) Breakfast Roll (FF) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Applesauce (I) Pineapple (I) Oatmeal, Plain (no milk) (FF) Crackers (NF) Breakfast Roll (FF) Coffee w/ C&S (B) x2 Orange Juice (B)	Scrambled Eggs (R) Dried Beef (IM) Pears (I) Applesauce (I) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)
B	Almonds (NF) Dried Apricots (IM) Brownie (NF) Luna Bar, Toasted Nuts & Cranberry (NF) Shortbread Cookies (NF) Pineapple Drink (B) Tropical Punch (B)	JAXA Cooked Rice w/ Vegetables (R) (day 2 only) Macadamia Nuts (NF) Dried Pears (IM) Candy Coated Peanuts (NF) Crackers (NF) Grape Drink (B) Orange Mango Drink (B)	Cashews (NF) Dried Peaches (IM) Brownie (NF) Dried Beef (IM) Shortbread Cookies (NF) Orange Pineapple Drink (B) Tropical Punch (B)	JAXA Ramen Noddles, Soy Sauce Flavor (R) Almonds (NF) Dried Pears (IM) Candy Coated Chocolates (NF) Clif Bar, Crunchy Peanut Butter (NF) Crackers (NF) Grape Drink (B) Peach Apricot Drink (B)	Macadamia Nuts (NF) Dried Pears (IM) Brownie (NF) Luna Bar, Toasted Nuts & Cranberry (FF) Shortbread Cookies (NF) Dried Beef (IM) Pineapple Drink (B) Tropical Punch (B)	Almonds (NF) Dried Peaches (IM) Candy Coated Peanuts (NF) Crackers (NF) Clif Bar, Carrot Cake (NF) Grape Drink (B) Orange Mango Drink (B)
C	Rice & Chicken (R) Apple (FF) (day 1 only) Rice Pilaf (R) Shrimp Cocktail (R) Carrot Coins (I) Crackers (NF) Grape Drink (B)	Rice & Chicken (R) Brown Rice (I) Chicken w/ Peanut Sauce (I) Carrot Coins (I) Candied Yams (I) Crackers (NF) Pineapple Drink (B)	Rice & Chicken (R) Rice Pilaf (R) Cashew Curry Chicken (R) Carrot Coins (I) Mixed Vegetables (I) Crackers (NF) Peach Apricot Drink (B)	Rice & Chicken (R) Brown Rice (I) Shrimp Cocktail (R) Carrot Coins (I) Green Beans & Potatoes (I) Peaches (I) Crackers (NF) Tropical Punch (B)	Rice & Chicken (R) Rice Pilaf (R) Chicken w/ Peanut Sauce (I) Carrot Coins (I) Candied Yams (I) Fruit Cocktail (I) Crackers (NF) Orange Mango Drink (B)	Rice & Chicken (R) Brown Rice (I) Cashew Curry Chicken (R) Carrot Coins (I) Mixed Vegetables (I) Crackers (NF) Strawberries (R) Orange Pineapple Drink (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meals A & B

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

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(Stow By Person)

STEPHANIE WILSON, MS-3 (ORANGE)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
A	Fruit Cocktail (I) Applesauce (I) Oatmeal, Cinn. Roll (no milk) (FF) Crackers (NF) Coffee w/ C&S (B) x2 Orange Juice (B)	Scrambled Eggs (R) Smoked Turkey (I) Pears (I) Applesauce (I) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Applesauce (I) Pineapple (I) Oatmeal, Brown Sugar (no milk) (FF) Crackers (NF) Coffee w/ C&S (B) x2 Orange Juice (B)	Scrambled Eggs (R) Applesauce (I) Pears (I) Dried Beef (IM) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Fruit Cocktail (I) Applesauce (I) Oatmeal, Plain (no milk) (FF) Crackers (NF) Coffee w/ C&S (B) x2 Orange Juice (B)	Scrambled Eggs (R) Applesauce (I) Pears (I) Smoked Turkey (I) Coffee w/ C&S (B) Orange Juice (B) Tea w/ Lemon & Sugar (B)	Applesauce (I) Pineapple (I) Oatmeal, Cinn. Roll (no milk) (FF) Crackers (NF) Coffee w/ C&S (B) x2 Orange Juice (B)
B	JAXA Cooked Rice, Plain (R) Almonds (NF) Dried Pears (IM) Brownie (NF) Shortbread Cookies (NF) Dried Beef (IM) Orange Pineapple Drink (B) Tropical Punch (B)	Macadamia Nuts (NF) Dried Apricots (IM) Candy Coated Chocolates (NF) Clif Bar, Crunchy Peanut Butter (NF) Crackers (NF) Peach Apricot Drink (B) Grape Drink (B)	Almonds (NF) Dried Pears (IM) Brownie (NF) Luna Bar, Toasted Nuts & Cranberry (FF) Shortbread Cookies (NF) Dried Beef (IM) Pineapple Drink (B) Tropical Punch (B)	JAXA Chicken Curry (I) Almonds (NF) Dried Peaches (IM) Candy Coated Chocolates (NF) Clif Bar, Carrot Cake (NF) Crackers (NF) Orange Mango Drink (B) Grape Drink (B)	JAXA Cooked Rice, Plain (R) Macadamia Nuts (NF) Dried Pears (IM) Brownie (NF) Shortbread Cookies (NF) Dried Beef (IM) Orange Pineapple Drink (B) Tropical Punch (B)	Cashews (NF) Dried Apricots (IM) Candy Coated Peanuts (NF) Clif Bar, Crunchy Peanut Butter (NF) Crackers (NF) Peach Apricot Drink (B) Grape Drink (B)	Almonds (NF) Dried Pears (IM) Brownie (NF) Luna Bar, Toasted Nuts & Cran.(FF) Shortbread Cookies (NF) Dried Beef (IM) Pineapple Drink (B) Tropical Punch (B)
C	Rice & Chicken (R) Rice Pilaf (R) Shrimp Cocktail (R) Carrot Coins (I) Asparagus (R) Pineapple (I) Crackers (NF) Grape Drink (B)	Rice & Chicken (R) Brown Rice (I) Chicken w/ Peanut Sauce (I) Carrot Coins (I) Candied Yams (I) Peaches (I) Crackers (NF) Pineapple Drink (B)	Rice & Chicken (R) Rice Pilaf (R) Cashew Curry Chicken (R) Carrot Coins (I) Mixed Vegetables (I) Crackers (NF) Fruit Cocktail (I) Peach Apricot Drink (B)	Rice & Chicken (R) Brown Rice (I) Shrimp Cocktail (R) Carrot Coins (I) Green Beans w/ Mushrooms (R) Strawberries (R) Crackers (NF) Tropical Punch (B)	Rice & Chicken (R) Rice Pilaf (R) Chicken w/ Peanut Sauce (I) Carrot Coins (I) Candied Yams (I) Pineapple (I) Orange Mango Drink (B)	Rice & Chicken (R) Brown Rice (I) Cashew Curry Chicken (R) Carrot Coins (I) Mixed Vegetables (I) Crackers (NF) Peaches (I) Orange Pineapple Drink (B)	Rice & Chicken (R) Rice Pilaf (R) Shrimp Cocktail (R) Carrot Coins (I) Green Beans & Potatoes (I) Fruit Cocktail (I) Crackers (NF) Pineapple Drink (B)