

SHUTTLE MENU STS-131

(Stow By Person)

NAOKO YAMAZAKI, MS-4 (BROWN)

Meal	Days 1* & 9	Days 2 & 10	Days 3 & 11	Days 4 & 12	Days 5 & 13
A	Granola Bar (NF) Tortilla (FF) Oatmeal w/ Raisins (R) Orange-Mango Drink (B) Tea w/ Lemon & A/S (B)	Cornflakes (R) Blueberry Raspberry Yogurt (I) Granola Bar (NF) Orange Drink (B) Milk, Powdered (FF)	Granola w/ Blueberries (R) Scrambled Eggs (R) Sausage Pattie (R) Peach-Apricot Drink (B) Kona Coffee w/ C&S (B)	Oatmeal w/ Brown Sugar (R) Blueberry Raspberry Yogurt (I) Nut & Fruit Granola Bar (NF) Green Tea w/ Sugar (B) Coffee, Black (B)	Dried Pears (IM) Mexican Scrambled Eggs (R) Tortilla (FF) Granola w/ Raisins (R) Orange-Mango Drink (B) Kona Coffee w/ C&S (B)
B	Cheddar Cheese Spread (I) Crackers (NF) Seafood Gumbo (I) Carrot Coins (I) Trail Mix (IM) Pineapple (I) Butter Cookies (NF) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Chicken Fajitas (I) Tortilla (FF) Corn (R) Candy Coated Peanuts (NF) Strawberries (R) JAXA Carrot Drink (FF) Tea w/ Lemon & Sugar (B)	JAXA Ramen Noodles, Seafood Flavor (FF) Crackers (NF) Beef Ravioli (I) Asparagus (R) Citrus Fruit Salad (I) Candy Coated Peanuts (NF) Strawberry Drink (B)	Chicken Strips in Salsa (I) Tortilla (FF) Mixed Vegetables (I) Applesauce (I) Trail Mix (IM) Brownie (NF) Lemonade (B)	Chicken Fajitas (I) Tortilla (FF) Rice Pilaf (R) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Candy Coated Peanuts (NF) Orange-Pineapple Drink (B)
C	Turkey Tetrazzini (R) Noodles & Chicken (R) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Macadamia Nuts (NF) Bread Pudding (I) Lemonade (B)	Split Pea Soup (I) Crackers (NF) Meatloaf (I) Broccoli au Gratin (R) Pears (I) Brownie (NF) Pineapple Drink (B)	Fiesta Chicken (I) Rice & Chicken (R) Macaroni & Cheese (R) Green Beans & Mushrooms (R) Tortilla (FF) Cherry Blueberry Cobbler (I) Tea w/ Lemon & Sugar (B)	Cream of Mushroom Soup (R) Crackers (NF) Curry Sauce w/ Vegetables (I) Brown Rice (I) Shortbread Cookies (NF) Peaches (I) Tropical Punch (B)	Minestrone Soup (I) Crackers (NF) Lasagna w/ Meat (I) Italian Vegetables (R) Macadamia Nuts (NF) Brownie (NF) JAXA Peppermint Candy (FF) Lemonade (B)

*Day 1 consists of Meal C only

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

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NAOKO YAMAZAKI, MS-4 (BROWN)

Meal	Days 6 & 14	Days 7 & 15**	Day 8
A	Blueberry Raspberry Yogurt (I) Bran Chex (R) Granola Bar (NF) Peach-Apricot Drink (B) Coffee, Black (B)	Cornflakes (R) Oatmeal w/ Raisins (R) Dried Peaches (IM) Orange Drink (B) Kona Coffee w/ C&S (B)	Seasoned Scrambled Eggs (R) Tortilla (FF) Blueberry Raspberry Yogurt (I) Yogurt Covered Granola Bar (NF) Green Tea w/ Sugar (B)
B	Cheddar Cheese Spread (I) Crackers (NF) Chicken w/ Corn & Black Beans (I) Candy Coated Peanuts (NF) Pineapple (I) Vanilla Pudding (I) Tea w/ Lemon & Sugar (B)	Split Pea Soup (I) Crackers (NF) Grilled Pork Chop (I) Carrot Coins (I) Citrus Fruit Salad (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	Chicken Strips in Salsa (I) Green Beans & Mushrooms (R) JAXA Cooked Rice, Plain (FF) Tortilla (FF) Pears (I) Brownie (NF) Orange-Pineapple Drink (B)
C	JAXA Beef Curry (FF)(day 6 only) JAXA Cooked Rice, Plain (FF)(day 6 only) Potatoes au Gratin (R) Tomatoes & Eggplant (I) Applesauce (I) JAXA Sweet Red Bean Paste w/ Chesnuts (FF)(day 6 only) Pineapple Drink (B)	Smoked Turkey (I) Red Beans & Rice (I) Broccoli au Gratin (R) Tortilla (FF) Macadamia Nuts (NF) Brownie (NF) JAXA Peppermint Candy (FF) Lemonade (B)	Beef Stew (I) Crackers (NF) Turkey Tetrizzini (R) Mixed Vegetables (I) Peaches (I) Butter Cookies (NF) Trail Mix (IM) Strawberry Drink (B)