

SHUTTLE MENU STS-133

(Stow by Day)

MIKE BARRATT, MS-3 (ORANGE)

Meal	Day 1*	Days 2 & 9	Days 3 & 10	Days 4 & 11	Days 5 & 12	Days 6 & 13**
A	NO MEAL	Sausage Pattie (R) Dried Pears (IM) (day 2 only) Scrambled Eggs (R) Granola Bar (NF) Probar, Superfood Slam (FF) Orange Juice (B) Kona Coffee w/ C&S (B)	Dried Apricots (IM) Bran Chex (R) (day 3 only) Granola w/ Blueberries (R) Trail Mix (IM) Probar, Whole Berry Blast (NF) Grapefruit Drink (B) Kona Coffee w/ C&S (B)	Oatmeal w/ Raisins (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Probar, Whole Berry Blast (NF) Kona Coffee w/ C&S (B)	Dried Peaches (IM) Breakfast Sausage Links (I) Grits w/ Butter (R) Probar, Superfood Slam (FF) Orange Juice (B) Kona Coffee w/ C&S (B) Apple Cider (B) (day 5 only)	Blueberry-Raspberry Yogurt (I) Breakfast Roll (FF)(day 6 only) Granola w/ Raisins (R) Probar, Superfood Slam (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ C&S (B)
B	NO MEAL	Vegetarian Vegetable Soup (I) Crackers (NF) Grilled Pork Chop (I) Potatoes au Gratin (R) Applesauce (I) Brownie (NF) Green Tea (B) x2 Kona Coffee w/ C&S (B)	Tuna Salad Spread (I) Crackers (NF) Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Candy Coated Chocolates (NF) Orange Juice (B) x2 Kona Coffee w/ C&S (B)	Beef Stroganoff w/ Noodles (R) Aparagus (R) Fruit Cocktail (I) Macadamia Nuts (NF) Shortbread Cookies (NF) Probar, Superfood Slam (FF) Pineapple Drink (B) Kona Coffee w/ C&S (B)	Split Pea Soup (I) Crackers (NF) Teriyaki Chicken (I) Carrot Coins (I) Strawberries (R) Candy Coated Peanuts (NF) Green Tea (B) Kona Coffee w/ C&S (B)	Spicy Chicken & Vegetables (R) Pasta with Pesto (R) Pears (I) Tortilla (FF) x2 Apricot Cobbler (I) Probar, Whole Berry Blast (NF) Orange Drink (B) x2 Kona Coffee w/ C&S (B)
C	Shrimp Cocktail (R) Tomato Basil Soup (I) Crackers (NF) Turkey Tetrazzini (R) Asparagus (R) Peach Ambrosia (R) Grape Drink (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Strawberries (R) Probar, Whole Berry Blast (NF) Vanilla Pudding (I) Lemonade (B)	Shrimp Cocktail (R) Cream of Mushroom Soup (R) Smoked Turkey (I) Candied Yams (I) Corn (R) Probar, Superfood Slam (FF) Cherry Blueberry Cobbler (I) Apple Cider (B)	Shrimp Cocktail (R) Grilled Pork Chop (I) Rice Pilaf (R) Creamed Spinach (R) Tortilla (FF) x2 Chocolate Pudding Cake (I) Green Tea (B)	Shrimp Cocktail (R) Meatloaf (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Pineapple (I) Probar, Whole Berry Blast (NF) Bread Pudding (I) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Beef Steak (I) Italian Vegetables (R) Applesauce (I) Cashews (NF) Tapioca Pudding (I) Green Tea (B)

◇ Day 8 will be stowed in the fresh food locker

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

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

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Meal	Day 7	Day 8 ◇
A	Peaches (I) Probar, Whole Berry Blast (NF) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Probar, Superfood Slam (FF) Orange Juice (B) Kona Coffee w/ C&S (B) x2	NO MEAL
B	Grilled Chicken (I) Fettuccine (R) Tortilla (FF) x2 Tomatoes & Eggplant (I) Cranapple Dessert (I) Grape Drink (B) x2 Kona Coffee w/ C&S (B)	Beef Fajitas (FF) Southwestern Corn (FF) Tortilla (FF) x2 Pineapple (FF) Candy Coated Almonds (FF) Probar, Superfood Slam (FF) Lemonade (FF) x2 Kona Coffee w/ C&S (FF)
C	Shrimp Cocktail (R) Chicken w/ Peanut Sauce (I) Brown Rice (I) Broccoli au Gratin (R) Fruit Cocktail (I) Butter Cookies (NF) Probar, Whole Berry Blast (NF) Green Tea (B)	NO MEAL