

SHUTTLE MENU STS-134

(Stow By Day)

MIKE FINCKE, MS-1 (BLUE)

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10	Days 4 (EVA) & 12	Days 5 & 13	Days 6 (EVA) & 15**	Day 7	Day 14
<b>A</b>	Bran Chex (R) Breakfast Roll (FF) Blueberry-Raspberry Yogurt (I) Apple Cider (B) Kona Coffee w/ C&S (B) x2	Macadamia Nuts (NF) Scrambled Eggs (R) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Drink (B) Kona Coffee w/ C&S (B) x2	Granola w/ Blueberries (R) Trail Mix (IM) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona Coffee w/ C&S (B) x2	Oatmeal w/ Raisins (R) Shrimp Cocktail (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Kona Coffee w/ C&S (B) x2  <b>EVA Snack (Day 4 only)</b> Clif, Cran Apple Cherry (NF) Clif, Apricot (NF) Grape Drink (B)	Dried Peaches (IM) Breakfast Sausage Links (I) Cornflakes (R) Macadamia Nuts (NF) Orange Drink (B) Kona Coffee w/ C&S (B) x2	Blueberry-Raspberry Yogurt (I) Granola w/ Raisins (R) Orange-Mango Drink (B) Kona Coffee w/ C&S (B) x2  <b>EVA Snack (Day 6 only)</b> Clif, Cran Apple Cherry (NF) Clif, Apricot (NF) Orange Drink (B)	Peaches (FF) Breakfast Sausage Links (FF) Granola Bar (FF) Oatmeal w/ Brown Sugar (FF) Apple Cider (FF) Kona Coffee w/ C&S (FF) x2	Macadamia Nuts (NF) Scrambled Eggs (R) Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Drink (B) Kona Coffee w/ C&S (B) x2
<b>B</b>	Shrimp Cocktail (R) Beef Fajitas (I) Tortilla (FF) x2 Cauliflower w/ Cheese (R) Pears (I) Candy Coated Chocolates (NF) Orange Drink (B) x2	Vegetarian Vegetable Soup (I) Tortillas (FF) x2 Grilled Pork Chop (I) Potatoes au Gratin (R) Applesauce (I) Brownie (NF) Lemonade (B)	Tuna Salad Spread (I) Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Orange-Mango Drink (B) x2	Seafood Gumbo (I) Asparagus (R) Fruit Cocktail (I) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Drink (B)	Split Pea Soup (I) Crackers (NF) Chicken w/ Corn & Black Beans (I) Shrimp Cocktail (R) Tropical Fruit Salad (I) Candy Coated Peanuts (NF) Tea w/ Sugar (B)	Shrimp Cocktail (R) Cashew Curry Chicken (R) Mashed Potatoes (R) Pears (I) Tortilla (FF) x2 Apricot Cobbler (I) Orange Drink (B) x2	Grilled Chicken (FF) Fettucine (FF) Tortilla (FF) x2 Tomatoes & Eggplant (FF) Macadamia Nuts (FF) Cranapple Dessert (FF) Grape Drink (FF) x2	Vegetarian Vegetable Soup (I) Tortillas (FF) x2 Grilled Pork Chop (I) Potatoes au Gratin (R) Applesauce (I) Brownie (NF) Lemonade (B)
<b>C</b>	BBQ Beef Brisket (I) Potato Medley (I) Asparagus (R) Apricot Cobbler (I) Macadamia Nuts (NF) Grape Drink (B)	BBQ Beef Brisket (I) Red Beans & Rice (I) Green Beans & Mushrooms (R) Cranapple Dessert (I) Vanilla Pudding (I) Lemonade (B)	Shrimp Cocktail (R) Cream of Mushroom Soup (R) Smoked Turkey (I) Corn (R) Cherry-Blueberry Cobbler (I) Apple Cider (B)	Tuna Noodle Casserole (I) Rice Pilaf (R) Creamed Spinach (R) Tortilla (FF) x2 Dried Pears (IM) Chocolate Pudding Cake (I) Kona Coffee w/ C&S (B)	Cheddar Cheese Spread (I) Crackers (NF) Fiesta Chicken (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Bread Pudding (I) Peach-Apricot Drink (B)	Cheese Tortellini (I) Italian Vegetables (R) Applesauce (I) Macadamia Nuts (NF) Tapioca Pudding (I) Kona Coffee w/ C&S (B)	Shrimp Cocktail (FF) Kona Coffee w/ C&S (FF) <b>Italian Meal</b> Sardinian Pasta (FF) Parmigiano Reggiano Cheese (FF) Sausage (FF) Hazelnut Choc. And Marzipan Candy (FF) Lemonade (FF)	Cheese Tortellini (I) Italian Vegetables (R) Applesauce (I) Macadamia Nuts (NF) Tapioca Pudding (I) Kona Coffee w/ C&S (B)

Day 11 - Eat ISS Food

\*Day 1 consists of Meal C only

\*\*Day 15 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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