

**SHUTTLE MENU STS-134**

**(Stow By Day)**

**MARK KELLY, CDR (RED)**

Meal	Days 1* & 9	Days 2 & 10	Days 3 & 12	Days 4 & 13	Days 5 & 15**	Day 6
<b>A</b>	Breakfast Sausage Links (I) Granola Bar (NF) Mexican Scrambled Eggs (R) Orange-Mango Drink (B) Kona Coffee w/ C&S (B)	Granola (R) Blueberry-Raspberry Yogurt (I) Oatmeal w/ Raisins (R) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona Coffee w/ C&S (B)	Cornflakes (R) Seasoned Scrambled Eggs (R) Breakfast Sausage Links (I) Peaches (I) Orange-Pineapple Drink (B) Kona Coffee w/ C&S (B)	Multigrain Cheerios (R) Yogurt Covered Granola Bar (NF) Sausage Pattie (R) Chocolate Breakfast Drink (B) Pineapple Drink (B) Kona Coffee w/ C&S (B)	Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Cocoa (B) Kona Coffee w/ C&S (B)	Breakfast Sausage Links (I) Breakfast Roll (FF) Granola w/ Blueberries (R) Orange Drink (B) Kona Coffee w/ C&S (B)
<b>B</b>	Tomato Basil Soup (I) Tuna Salad Spread (I) Crackers (NF) x2 Sweet & Sour Pork (I) Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Tea w/ Lemon (B)	Shrimp Cocktail (R)(day 10 only) Meatloaf (I) Chicken w/ Peanut Sauce (I) Creamed Spinach (R) Citrus Fruit Salad (I) Brownie (NF) Pineapple Drink (B) Tea w/ Lemon (B)	Shrimp Cocktail (R) Tofu w/ Hot Mustard (I) Peanut Butter (I) Grape Jelly (I) Tortilla (FF) Brownie (NF) Shortbread Cookies (NF) Grape Drink (B) Tea w/ Lemon (B)	Shrimp Cocktail (R) Turkey Tetrazzini (R) Potato Medley (I) Asparagus (R) Pears (I) Candy Coated Chocolates (NF) Lemonade (B) Tea w/ Lemon (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Chicken Teriyaki (I) Creamed Spinach (R) Pineapple (I) Almonds (NF) Chocolate Pudding (I) Orange Drink (B) Tea w/ Lemon (B)	Chicken Salad Spread (I) Crackers (NF) x2 Tropical Fruit Salad (I) Macadamia Nuts (NF) Granola Bar (NF) Brownie (NF) Lemonade (B) Tea w/ Lemon (B)
<b>C</b>	BBQ Beef Brisket (I) Carrot Coins (I) Tortilla (FF) x2 Trail Mix (IM) Fruit Cocktail (I) Lemon Curd Cake (I) Pineapple Drink (B)	Shrimp Cocktail (R) Chicken Fajitas (I) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Chocolate Pudding Cake (I) Lemonade (B)	Spicy Chicken & Vegetables (I) Potatoes au Gratin (R) Sugar Snap Peas (I) Tortilla (FF) x2 Brownie (NF) Candy Coated Peanuts (NF) Orange Drink (B)	Split Pea Soup (I) Spaghetti w/ Meat Sauce (R) Cauliflower w/ Cheese (R) Chocolate Pudding Cake (I) Applesauce (I) Trail Mix (IM) Butter Cookies (NF) Pineapple Drink (B)	Shrimp Cocktail (R) Lasagna w/ Meat (I) Broccoli au Gratin (R) Tortilla (FF) Cashews (NF) Bread Pudding (I) Grape Drink (B)	Shrimp Cocktail (R) Tofu w/ Hoisin Sauce (I) Brown Rice (I) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Shortbread Cookies (NF) Tropical Punch (B)

**Kona Coffee w/ C&S was stowed but Kona w/ Cream will be in fresh food locker for crewmember.**

**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, (I) - Thermostabilized

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Meal	Day 7	Day 8	Day 14
A	Multigrain Cheerios (FF) Dried Peaches (FF) Granola Bar (FF) Mexican Scrambled Eggs (FF) Orange-Mango Drink (FF) Kona Coffee w/ C&S (FF)	Cornflakes (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) Kona Coffee w/ C&S (B)	Breakfast Sausage Links (I) Breakfast Roll (FF) Granola w/ Blueberries (R) Orange Drink (B) Kona Coffee w/ Cream (B)
B	Split Pea Soup (FF) Tuna Salad Spread (FF) Crackers (FF) x2 Citrus Fruit Salad (FF) Macadamia Nuts (FF) Lemonade (FF) Tea w/ Lemon (FF)	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Enchiladas (I) Rice w/ Butter (I) Asparagus (R) Candy Coated Peanuts (NF) Tropical Punch (B) Tea w/ Lemon (B)	Chicken Salad Spread (I) Crackers (NF) x2 Tropical Fruit Salad (I) Macadamia Nuts (NF) Granola Bar (NF) Brownie (NF) Lemonade (B) Tea w/ Lemon (B)
C	Shrimp Cocktail (FF) Candy Coated Chocolates (FF) <b>Italian Meal</b> Sardinian Pasta (FF) Parmigiano Reggiano Cheese (FF) Sausage (FF) Hazelnut Choc. And Marzipan Candy (FF) Lemonade (FF)	Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Creamed Spinach (R) Tortilla (FF) x2 Fruit Cocktail (I) Almonds (NF) Lemon Curd Cake (I) Orange-Pineapple Drink (B)	Shrimp Cocktail (R) Lasagna w/ Meat (I) Broccoli au Gratin (R) Tortilla (FF) Cashews (NF) Bread Pudding (I) Grape Drink (B)