

SHUTTLE MENU STS-134

(Stow By Day)

GREG H. JOHNSON, PLT (YELLOW)

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10	Days 4 & 12	Days 5 & 13	Days 6 & 15**	Day 7
A	Seasoned Scrambled Eggs (R) Oatmeal w/ Raisins (R) Dried Pears (IM) Sausage Pattie (R) Clif Bar, Banana Bread (NF) Chocolate Breakfast Drink (B) Kona Coffee, Black (B) Tropical Punch w/ A/S (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Dried Apricots (IM) Trail Mix (IM) Breakfast Roll (FF) Orange Drink (B) x2 Kona Coffee, Black (B)	Granola w/ Raisins (R) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Raisins (R) Almonds (NF) Peach-Apricot Drink (B) Kona Coffee, Black (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Raisins (R) Peaches (I) Breakfast Roll (FF) Tropical Punch w/ A/S (B) x2 Kona Coffee, Black (B)	Granola w/ Blueberries (R) Seasoned Scrambled Eggs (R) Sausage Pattie (R) Clif Bar, Banana Bread (NF) Oatmeal w/ Raisins (R) Orange-Pineapple Drink (B) Kona Coffee, Black (B)	Blueberry Raspberry Yogurt (I) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/ Raisins (R) Breakfast Roll (FF) Orange Drink (B) x2 Strawberry Breakfast Drink (B) Kona Coffee, Black (B)	Nut & Fruit Granola Bar (FF) Seasoned Scrambled Eggs (FF) Sausage Pattie (FF) Trail Mix (FF) Chocolate Breakfast Drink (FF) Orange Drink (FF) Kona Coffee, Black (FF)
B	Minestrone Soup (I) Beef Ravioli (I) Spicy Chicken & Vegetables (R) Candy Coated Peanuts (NF) Applesauce (I) Brownie (NF) Tea w/ Lemon (B) Kona Coffee, Black (B)	Chicken Noodle Soup (I) Smoked Turkey (I) Granola Bar (NF) Candy Coated Chocolates (NF) Butter Cookies (NF) Lemonade (B) x2 Kona Coffee, Black (B)	Split Pea Soup (I) BBQ Beef Brisket (I) Spicy Chicken & Vegetables (R) Strawberries (R) Cashews (NF) Macadamia Nuts (NF) Orange Drink (B) Kona Coffee, Black (B)	Minestrone Soup (I) Beef Ravioli (I) Spicy Chicken & Vegetables (R) Candy Coated Peanuts (NF) Macaroni & Cheese (R) Granola Bar (NF) Tea w/ Lemon (B) Kona Coffee, Black (B)	Chicken Noodle Soup (I) Cheddar Cheese Spread (I) Crackers (NF) Teriyaki Beef Steak (I) Macadamia Nuts (NF) Butter Cookies (NF) Lemonade (B) Kona Coffee, Black (B)	Minestrone Soup (I) Beef Fajitas (I) Macaroni & Cheese (R) Spicy Chicken & Vegetables (R) Cashews (NF) Tomatoes & Eggplant (I) Orange Drink (B) Kona Coffee, Black (B)	Tuna Salad Spread (FF) Crackers (FF) Chicken Fajitas (FF) Rice & Chicken (FF) Macadamia Nuts (FF) Candy Coated Chocolates (FF) Tea w/ A/S (FF) x2 Kona Coffee, Black (FF)
C	Tomato Basil Soup (I) Crackers (NF) Fiesta Chicken (I) BBQ Beef Brisket (I) Chicken Consomme (B) Green Beans w/Mushrooms (I) Candy Coated Chocolates (NF) Tea, Plain (B) Lemonade (B)	Teriyaki Chicken (R) x2 Southwestern Corn (I) Macadamia Nuts (NF) Shortbread Cookies (NF) Peaches (I) Chicken Consomme (B) Tea w/ Lemon (B) x2	Cheddar Cheese Spread (I) Crackers (NF) Beef Steak (I) Chicken Noodle Soup (I) Carrot Coins (I) Green Beans w/Mushrooms (R) Citrus Fruit Salad (I) Candy Coated Chocolates (NF) Tea, Plain (B)	Beef Pattie (R) x2 Tofu w/ Hoisin Sauce (I) Fiesta Chicken (I) Carrot Coins (I) Mashed Potatoes (R) Candy Coated Chocolates (NF) Tea w/ Lemon (B) x2	Chicken Noodle Soup (I) Turkey Tetrazzini (R) Grilled Chicken (I) Cauliflower w/ Cheese (R) Tropical Fruit Salad (I) Candy Coated Peanuts (NF) Chicken Consomme (B) Tea, Plain (B) x2	Smoked Turkey (I) Vegetarian Vegetable Soup (I) Crackers (NF) Grilled Pork Chop (I) Pineapple (I) Candy Coated Chocolates (NF) Carrot Coins (I) Macadamia Nuts (NF) Tea w/ Lemon (B)	Candy Coated Almonds (FF) Chicken Consomme (FF) Italian Meal Sardinian Pasta (FF) Parmigiano Reggiano Cheese (FF) Sausage (FF) Hazelnut Choc. And Marzipan Cand Lemonade (FF)

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