

**SHUTTLE MENU STS-134**

**(Stow By Day)**

**ROBERTO VITTORI, MS-2 (GREEN)**

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) Dried Pears (IM) Granola Bar (NF) Oatmeal w/ Brown Sugar (R) Tea w/ Lemon & Sugar (B)	Granola (R) Dried Peaches (IM) Trail Mix (IM) Blueberry-Raspberry Yogurt (I) Vanilla Breakfast Drink (B) Tea w/ Lemon (B)	Cheese Grits (I) Oatmeal w/ Raisins (R) Yogurt Covered Granola Bar (I) Sausage Pattie (R) Chocolate Breakfast Drink (B) Tea, Plain (B)	Dried Apricots (IM) Granola Bar (NF) Macadamia Nuts (NF) Breakfast Sausage Links (I) Vanilla Breakfast Drink (B) Tea w/ Sugar (B)	Dried Pears (IM) Nut & Fruit Granola Bar (NF) Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Tea w/ Lemon & Sugar (B)	Breakfast Sausage Links (I) Dried Peaches (IM) Mocha Yogurt (I) Granola w/ Blueberries (R) Chocolate Breakfast Drink (B) Tea w/ Lemon (B)
<b>B</b>	Tuna Salad Spread (I) Crackers (NF) x2 Grilled Chicken (I) Rice Pilaf (R) Pineapple (I) Trail Mix (IM) Butter Cookies (NF) Tea w/ Sugar (B)	Dried Beef (IM) Smoked Turkey (I)(day 2 only) Salmon (I)(day 10 only) Tortilla (FF) x2 Cauliflower w/ Cheese (R) Strawberries (R) Brownie (NF) Tea w/ Lemon & Sugar (B)	Potato Soup (I) Crackers (NF) x2 Tuna (I) Tortilla (FF) Tropical Fruit Salad (I) Cashews (NF) Candy Coated Chocolates (NF) Tea w/ Lemon (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Steak (I) Tortilla (FF) Pears (I) Almonds (NF) Vanilla Pudding (I) Tea, Plain (B)	Chicken Noodle Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Tortilla (FF) x2 Cauliflower w/ Cheese (R) Pineapple (I) Candy Coated Almonds (NF) Tea w/ Sugar (B)	Dried Beef (IM) Tuna (I) Tortilla (FF) x2 Rice Pilaf (R) Green Beans & Mushrooms (R) Strawberries (R) Butter Cookies (NF) Tea w/ Lemon & Sugar (B)
<b>C</b>	Shrimp Cocktail (R)(day 9 only) Beef Steak (I) Potatoes au Gratin (R) Tomatoes & Eggplant (I) Tortilla (FF) x2 Cherry Blueberry Cobbler (I) Tea, Plain (B)	Meatloaf (I) Mashed Potatoes (R) Tortilla (FF) Mixed Vegetables (I) Almonds (NF) Shortbread Cookies (NF) Tea w/ Sugar (B)	Fiesta Chicken (I) Tortilla (FF) x2 Rice w/ Butter (I) Broccoli au Gratin (R) Applesauce (I) Butter Cookies (NF) Tea w/ Lemon & Sugar (B)	Shrimp Cocktail (R) Smoked Turkey (I) Tortilla (FF) x2 Potatoes au Gratin (R) Mixed Vegetables (I) Brownie (NF) Tea w/ Lemon (B)	Salmon (I) Rice w/ Butter (I) Tomatoes & Eggplant (I) Tortilla (FF) Trail Mix (IM) Cherry Blueberry Cobbler (I) Tea, Plain (B)	Shrimp Cocktail (R) Grilled Chicken (I) Black Beans (I) Mashed Potatoes (R) Tortilla (FF) Citrus Fruit Salad (I) Macadamia Nuts (NF) Tea w/ Sugar (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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Meal	Day 7	Day 8	Day 14
A	Dried Apricots (FF) Oatmeal w/ Brown Sugar (FF) Trail Mix (FF) Sausage Pattie (FF) Vanilla Breakfast Drink (FF) Tea, Plain (FF)	Blueberry-Raspberry Yogurt (I) Granola Bar (NF) Breakfast Sausage Links (I) Chocolate Breakfast Drink (B) Dried Pears (IM) Tea w/ Sugar (B)	Breakfast Sausage Links (I) Mocha Yogurt (I) Granola w/ Blueberries (R) Chocolate Breakfast Drink (B) Tea w/ Lemon (B)
B	Beef Stew (FF) Crackers (FF) x2 Smoked Turkey (FF) Potatoes au Gratin (FF) Mixed Vegetables (FF) Tropical Fruit Salad (FF) Candy Coated Chocolates (FF) Tea w/ Lemon (FF)	Tuna Salad Spread (I) Crackers (NF) x2 Teriyaki Beef Steak (I) Rice & Chicken (R) Tortilla (FF) Cashews (NF) Butter Cookies (NF) Tea, Plain (B)	Dried Beef (IM) Tuna (I) Tortilla (FF) x2 Rice Pilaf (R) Green Beans & Mushrooms (R) Strawberries (R) Butter Cookies (NF) Tea w/ Lemon & Sugar (B)
C	Almonds (FF) Vanilla Pudding (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) Fiesta Chicken (I) Broccoli au Gratin (R) Tortilla (FF) x2 Mashed Potatoes (R) Peaches (I) Candy Coated Peanuts (NF) Tea w/ Lemon (B)	Salmon (I) Rice w/ Butter (I) Tomatoes & Eggplant (I) Tortilla (FF) Trail Mix (IM) Cherry Blueberry Cobbler (I) Tea, Plain (B)