

SHUTTLE MENU STS-120

(Stow By Day)

PAMELA MELROY, CDR (RED)

Meal	Day 1*	Days 2 & 13	Days 3 & 14	Days 4 & 15**	Day 5***	Day 6
A		Dried Pears (IM) Cheese Grits (T) Granola w/ Blueberries (R) Tortilla (FF) Tea w/ Lemon (B) Kona Coffee, Black (B)	Breakfast Sausage Links (I) Cheese Grits (T) Tortilla (FF) Tea w/ Lemon (B) Kona Coffee, Black (B)	Dried Peaches (IM) Beef Ravioli (T) Tortilla (FF) Tea w/ Lemon (B) Kona Coffee, Black (B)	Breakfast Sausage Links (FF) Cheese Grits (FF) Tortilla (FF) Tea w/ Lemon (FF) Kona Coffee, Black (FF)	Dried Pears (IM) Dried Beef (IM) Cheese Grits (T) Tortilla (FF) Chocolate Breakfast Drink (B) Tea w/ Lemon (B)
B		Spicy Chicken & Vegetables (R) Brown Rice (T) Shortbread Cookies (NF) Almonds (NF) Tea w/ Lemon (B) x2	Dried Beef (IM) Fettuccine (R) x2 Macadamia Nuts (NF) Tea w/ Lemon (B) x2	Chicken w/ Peanut Sauce (T) Macaroni & Cheese (R) Macadamia Nuts (NF) Tea w/ Lemon (B) x2	Peanut Butter (FF) Crackers (FF) x2 Pasta Vegetable Parmesan (FF) Tea w/ Lemon (FF) x2	Split Pea Soup (T) Noodles & Chicken (R) Asparagus (R) Macadamia Nuts (NF) Candy Coated Almonds (NF) x2 Tea w/ Lemon (B) x2
C	Beef Enchiladas (I) Smoked Turkey (I) Beef Stroganoff w/ Noodles (R) x2 Cashews (NF) Tea w/ Cream (B)	Shrimp Cocktail (R) Creamed Spinach (R) Cheese Tortellini (T) Potatoes au Gratin (R) Asparagus (R) Granola Bar (NF) Tea w/ Cream (B)	Pasta Vegetable Parmesan (R) Mashed Potatoes (R) Creamed Spinach (R) Almonds (NF) Cherry Blueberry Cobbler (T) Tea w/ Cream (B)	Fiesta Chicken (T) Brown Rice (T) Beef Enchiladas (I) Asparagus (R) x2 Dried Pears (IM) Butter Cookies (NF) x2 Tea w/ Cream (B)	Cheese Tortellini (FF) Fettuccine (FF) Minestrone Soup (FF) Crackers (FF) x2 Tea w/ Cream (FF)	Spicy Chicken & Vegetables (R) Beef Enchiladas (I) Potatoes au Gratin (R) x2 Creamed Spinach (R) Fruit Cocktail (T) Tea w/ Cream (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meal A only

***Day 5 will be stowed in the fresh food locker

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

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SHUTTLE MENU STS-120

(Stow By Day)

PAMELA MELROY, CDR (RED)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
A	Beef Tips w/ Mushrooms (I) Granola w/ Blueberries (R) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Trail Mix (IM) Smoked Turkey (I) Cheese Tortellini (I) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Potato Soup (I) Potatoes au Gratin (R) Cheese Grits (I) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Dried Pears (IM) Dried Beef (IM) Cheese Grits (I) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Potatoes au Gratin (R) Oatmeal w/ Raisins (R) Vanilla Breakfast Drink (B) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)	Dried Pears (IM) Dried Beef (IM) Cheese Grits (I) Oatmeal w/ Raisins (R) Tea w/ Lemon (B) Kona Coffee w/ Cream (B)
B	Smoked Turkey (I) Macaroni & Cheese (R) Tortilla (FF) Almonds (NF) x2 Tea w/ Lemon (B) x2	Noodles & Chicken (R) Pasta Vegetable Parmesan (R) Green Beans & Mushrooms (R) Dried Pears (IM) Peanuts (NF) Tea w/ Lemon (B) x2	Chicken w/ Peanut Sauce (I) Cheese Tortellini (I) Asparagus (R) Almonds (NF) Tea w/ Lemon (B) x2	Chicken Strips in Salsa (I) Beef Enchiladas (I) Macaroni & Cheese (R) Brown Rice (I) Macadamia Nuts (NF) Tea w/ Lemon (B) x2	Shrimp Cocktail (R) Peanut Butter (I) Crackers (NF) x2 Noodles & Chicken (R) Granola Bar (NF) Tea w/ Lemon (B) x2	Peanut Butter (I) Tortilla (FF) x2 Dried Pears (IM) Almonds (NF) Candy Coated Chocolates (NF) x2 Tea w/ Lemon (B) x2
C	Macadamia Nuts (NF) Fettuccine (R) Vegetable Risotto (R) Cherry Blueberry Cobbler (I) Butter Cookies (NF) Tea w/ Cream (B)	Split Pea Soup (I) Beef Stroganoff w/Noodles (R) Brown Rice (I) Cauliflower w/ Cheese (R) Dried Pears (IM) Tea w/ Cream (B)	Shrimp Cocktail (R) Beef Tips w/ Mushrooms (I) Spicy Chicken & Vegetables (R) Potatoes au Gratin (R) Italian Vegetables (R) Cherry Blueberry Cobbler (I) Tea w/ Cream (B)	Beef Stew (I) Fettuccine (R) Vegetable Risotto (R) Creamed Spinach (R) Butter Cookies (NF) Tea w/ Cream (B)	Beef Stroganoff w/ Noodles (R) Creamed Spinach (R) Brown Rice (I) Asparagus (R) Macadamia Nuts (NF) Tea w/ Cream (B)	Grilled Chicken (I) Beef Enchiladas (I) Creamed Spinach (R) Tortilla (FF) x2 Cherry Blueberry Cobbler (I) Tea w/ Cream (B)

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