

SHUTTLE MENU STS-120

(Stow By Day)

SCOTT PARAZYNSKI, MS-1 (BLUE)

Meal	Days 1* & 10	Days 2 & 11	Days 3 & 12	Days 4 & 13	Day 5
A	Dried Apricots (IM) Peach Ambrosia (R) Sausage Pattie (R) Breakfast Roll (FF) Orange-Pineapple Drink (B) x2 Espresso (FF)	Peach Ambrosia (R) Oatmeal w/ Brown Sugar (R) x2 Pineapple Drink (B) x2 Espresso (FF)	Mexican Scrambled Eggs (R) Strawberries (R) Sausage Pattie (R) Breakfast Roll (FF) Orange-Mango Drink (B) x2 Espresso (FF)	Dried Apricots (IM) Oatmeal w/ Brown Sugar (R) x2 Peach Ambrosia (R) Mexican Scrambled Eggs (R) Clif Bar, Chocolate Chip Peanut Crunch (FF) (Day 4 only) Grapefruit Drink (B) x2 Espresso (FF)	Mexican Sausage Oatmeal Peach- Espresso
B	Beef Steak (I) Macaroni & Cheese (R) x2 Pears (I) Almonds (NF) x2 Candy Coated Chocolates (NF) Peach-Apricot Drink (B) x2 Espresso (FF)	Shrimp Cocktail (R) Beef Fajitas (I) Potatoes au Gratin (R) Tortilla (FF) x2 Dried Apricots (IM) Lemonade (B) x2 Espresso (FF)	Shrimp Cocktail (R) Rice & Chicken (R) Macaroni & Cheese (R) x2 (day 3); Macaroni & Cheese (R) (day 12) Tortilla (FF) x2 Fruit Cocktail (I) Lemonade (B) x2 Espresso (FF)	Shrimp Cocktail (R) (day 4 only) Beef Stroganoff w/ Noodles (R) Asparagus (R) Green Beans w/ Mushrooms (R) x2 (day 4); Green Beans w/ Mushrooms (R) (day 13) Pears (I) Cashews (NF) Candy Coated Chocolates (NF) Lemonade (B) x2 Espresso (FF)	Beef Steak Potato Tortilla Peach Shortbread Lemonade Kona Coffee
C	Teriyaki Chicken (R) Rice Pilaf (R) x2 Pineapple (I) Oreo Cookies (FF) Lemonade (B) x3	Shrimp Cocktail (R) Beef Stroganoff w/ Noodles (R) Rice Pilaf (R) x2 Green Beans w/ Mushrooms (R) Chocolate Pudding (I) x2 Lemonade (B) x3	Shrimp Cocktail (R) Spicy Chicken & Vegetables (R) Rice & Chicken (R) x2 (day 3); Rice & Chicken (R) (day 12) Asparagus (R) Creamed Spinach (R) Pears (I) Brownie (NF) Pineapple Drink (B) x3 (day 3); Pineapple Drink (B) x2 (day 12)	Shrimp Cocktail (R) Sweet & Sour Pork (I) Macaroni & Cheese (R) x2 (day 4); Macaroni & Cheese (R) (day 13) Italian Vegetables (R) Peach Ambrosia (R) Oreo Cookies (FF) Orange-Pineapple Drink (B) x3 (day 4); Orange-Pineapple Drink (B) x2 (day 13)	Minestrone Crackers Cheese Italian Pineapple Orange Kona Coffee

*Day 1 consists of Meal C 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, (I) - Thermostabilized

SHUTTLE MENU STS-120

(Stow By Day)

SCOTT PARAZYNSKI, MS-1 (BLUE)

Meal	Days 6 & 15**	Day 7	Day 8	Day 9
A	Peach Ambrosia (R) Oatmeal w/ Brown Sugar (R) (day 6 only) Rice Krispies (R) Breakfast Roll (FF) Clif Bar, Crunchy Peanut Butter (FF) (day 6 only) Pineapple Drink (B) x2 Espresso (FF)	Mexican Scrambled Eggs (R) Dried Apricots (IM) Strawberries (R) Sausage Pattie (R) Oatmeal w/ Brown Sugar (R) Orange Drink (B) x2 Espresso (FF)	Peach Ambrosia (R) Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Breakfast Roll (FF) Clif Bar, Cool Chocolate Mint (FF) Orange-Pineapple Drink (B) x2 Espresso (FF)	Strawberries (R) Oatmeal w/ Brown Sugar (R) x2 Peach-Apricot Drink (B) x2 Espresso (FF)
B	Shrimp Cocktail (R) Teriyaki Chicken (R) Macaroni & Cheese (R) x2 Tortilla (FF) x2 Fruit Cocktail (I) Cashews (NF) Peach-Apricot Drink (B) x2 Espresso (FF)	Shrimp Cocktail (R) Mushroom Soup (R) Macaroni & Cheese (R) x2 Corn (R) Peach Ambrosia (R) Brownie (NF) Lemonade (B) x2 Espresso (FF)	Shrimp Cocktail (R) Fiesta Chicken (I) Asparagus (R) x2 Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Pears (I) Cashews (NF) Brownie (NF) Lemonade (B) x2 Espresso (FF)	Shrimp Cocktail (R) Beef Stroganoff w/Noodles (R) Spaghetti w/ Meat Sauce (R) Peaches (I) Shortbread Cookies (NF) x2 Almonds (NF) Candy Coated Chocolates (NF) Lemonade (B) x2 Kona Coffee, Black (B)
C	Shrimp Cocktail (R) Sweet 'n Sour Chicken (R) Rice & Chicken (R) Corn (R) Italian Vegetables (R) Peach Ambrosia (R) Tapioca Pudding (I) x2 Shortbread Cookies (NF) Orange-Pineapple Drink (B) x3	Shrimp Cocktail (R) Beef Steak (I) Rice & Chicken (R) x2 Italian Vegetables (R) Tortilla (FF) x2 Brownie (NF) Pineapple Drink (B) x3	Shrimp Cocktail (R) Mushroom Soup (R) Beef Steak (I) Corn (R) Asparagus (R) Vegetable Risotto (R) Tortilla (FF) x2 Chocolate Pudding (I) x2 Lemonade (B) x3	Shrimp Cocktail (R) Mushroom Soup (R) Chicken w/ Corn & Black Beans (I) Rice & Chicken (R) x2 Italian Vegetables (R) Peach Ambrosia (R) Orange-Pineapple Drink (B) x3

**Day 15 consists of Meal A only

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