

SHUTTLE MENU STS-120

(Stow By Day)

DOUG WHEELLOCK, MS-3 (ORANGE)

Meal	Days 1* & 10	Days 2 & 11	Days 3 & 12	Days 4 & 13	Day 5
A	Dried Apricots (IM) Seasoned Scrambled Eggs (R) Grits w/ Butter (R) Sausage Pattie (R) Tortilla (FF) Orange-Pineapple Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Fruit Cocktail (I) Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Trail Mix (IM) Pineapple Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Pineapple (I) Mexican Scrambled Eggs (R) Sausage Pattie (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Dried Peaches (IM) Cornflakes (R) (day 4 only) Seasoned Scrambled Eggs (R) Breakfast Roll (FF) Kashi Go Lean, Crunchy Choc. Peanut (FF) Oatmeal w/ Brown Sugar (R) Grapefruit Drink (B) x2 Espresso (FF) x2	Scrambled Eggs (R) Sausage Links (I) Oatmeal w/ Butter (R) Orange-Pineapple Drink (B) x2 Espresso (FF) x2
B	Mushroom Soup (R) Crackers (NF) x2 Smoked Turkey (I) Macaroni & Cheese (R) Asparagus (R) Pears (I) Candy Coated Almonds (NF) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Grilled Chicken (I) Tortilla (FF) x2 Potatoes au Gratin (R) Strawberries (R) Brownie (NF) Lemonade (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Beef Steak (I) Rice & Chicken (R) Italian Vegetables (R) Pears (I) Candy Coated Almonds (NF) Tropical Punch (B)	Split Pea Soup (I) Crackers (NF) x2 Turkey Tetrazzini (R) Asparagus (R) Applesauce (I) Candy Coated Peanuts (NF) Tea w/ Lemon & Sugar (B)	Beef Steak (I) Potatoes au Gratin (R) Tomato Soup (I) Peach-Apricot Drink (B) Shortbread Cookies (NF) Lemonade (B)
C	Teriyaki Beef Steak (I) Rice Pilaf (R) Black Beans (I) Tomatoes & Eggplant (I) Applesauce (I) Vanilla Pudding (I) Tropical Punch (B) x2 Coffee, Black (B)	Beef Stroganoff w/ Noodles (R) x2 Rice Pilaf (R) Green Beans w/ Mushrooms (R) Cashews (NF) Shortbread Cookies (NF) Grape Drink (B) x2 Coffee, Black (B)	Chicken Strips in Salsa (I) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Tortilla (FF) x2 Almonds (NF) Butter Cookies (NF) Pineapple Drink (B) x2 Coffee, Black (B)	Chicken w/ Corn & Black Beans (I) Rice & Chicken (R) Broccoli Au Gratin (R) Tortilla (FF) x2 Strawberries (R) Macadamia Nuts (NF) Orange-Pineapple Drink (B) x2 Coffee, Black (B)	Smoked Turkey (I) Tomato Soup (I) Crackers (NF) x2 Pineapple Drink (B) x2 Orange-Pineapple Drink (B) x2 Coffee, Black (B)

*Day 1 consists of Meals 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, (T) - Thermostabilized

SHUTTLE MENU STS-120

(Stow By Day)

DOUG WHEELLOCK, MS-3 (ORANGE)

Meal	Days 6 & 15**	Day 7	Day 8	Day 9
A	Applesauce (I) Mexican Scrambled Eggs (R) Rice Krispies (R) Yogurt Covered Granola Bar (NF) Pineapple Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Strawberries (R) Seasoned Scrambled Eggs (R) Sausage Pattie (R) Cornflakes (R) Tortilla (FF) Orange Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Bran Chex (R) Sausage Pattie (R) Scrambled Eggs (R) Granola Bar (NF) Macadamia Nuts (NF) Kashi Go Lean, Crunchy Choc. Peanut (FF) Oatmeal w/ Brown Sugar (R) Orange-Grapefruit Drink (B) x2 Espresso (FF) x2 Coffee, Black (B)	Dried Apricots (IM) Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Orange Juice (B) x2 Espresso (FF) x2 Coffee, Black (B)
B	Beef Enchiladas (I) Brown Rice (I) Black Beans (I) Peaches (I) Trail Mix (IM) Brownie (NF) Strawberry Drink (B)	Shrimp Cocktail (R) Teriyaki Chicken (R) Macaroni & Cheese (R) Fruit Cocktail (I) Cashews (NF) Cranapple Dessert (I) Peach-Apricot Drink (B)	Fiesta Chicken (I) Corn (R) Creamed Spinach (R) Tortilla (FF) x2 Pineapple (I) Candy Coated Chocolates (NF) Tea w/ Sugar (B)	Split Pea Soup (I) Crackers (NF) x2 Beef Stroganoff w/ Noodles (R) x2 Italian Vegetables (R) Fruit Cocktail (I) Shortbread Cookies (NF) Lemonade (B)
C	Sweet & Sour Chicken (R) Fettuccine (R) Green Beans w/ Mushrooms (R) Pears (I) Butter Cookies (NF) Orange-Pineapple Drink (B) x2 Coffee, Black (B)	Seafood Gumbo (I) Crackers (NF) Rice & Chicken (R) Beef Steak (I) Italian Vegetables (R) Tortilla (FF) x2 Candy Coated Almonds (NF) Tropical Punch (B) x2 Coffee, Black (B)	Mushroom Soup (R) Crackers (NF) x2 Teriyaki Beef Steak (I) Black Beans (I) Broccoli Au Gratin (R) Vegetable Risotto (R) Tapioca Pudding (I) Orange-Mango Drink (B) x2 Coffee, Black (B)	Shrimp Cocktail (R) Smoked Turkey (I) Mashed Potatoes (R) Asparagus (R) Strawberries (R) Trail Mix (IM) Orange-Pineapple Drink (B) x2 Coffee, Black (B)

**Day 15 consists of Meal A only

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