

SHUTTLE MENU STS-120

(Stow By Day)

GEORGE ZAMKA, PLT (YELLOW)

Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Days 4 & 11
A	Fruit Cocktail (I) Corn Flakes (R) Mexican Scrambled Eggs (R) Breakfast Roll (FF) Apple Cider (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Sausage Pattie (R) Granola w/ Raisins (R) Scrambled Eggs (R) Blueberry Raspberry Yogurt (I) Orange Juice (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Dried Peaches (IM) Granola w/Blueberries (R) Applesauce (I) Chocolate Breakfast Drink (B) Pineapple Drink (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Oatmeal w/Raisins (R) Mexican Scrambled Eggs (R) Fruit Cocktail (I) Orange-Pineapple Drink (B) Cocoa (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)
B	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Pineapple (I) Trail Mix (NF) Strawberry Drink (B) x2 Kona Coffee, Black (B)	Mushroom Soup (R) Chicken Salad (R) Crackers (NF) x2 Cashews (NF) Brownie (NF) Tea w/ Lemon & Sugar (B) x2 Kona Coffee, Black (B)	Chicken Strips in Salsa (I) Tuna Salad Spread (I) Crackers (NF) x2 Peaches (I) Granola Bar (NF) Trail Mix (NF) Tropical Punch (B) X2 Kona Coffee, Black (B)	Beef Stroganoff w/Noodles (R) X2 Applesauce (I) Shortbread Cookies (NF) Almonds (NF) Banana Pudding (I) Tropical Punch (B) x2 Kona Coffee, Black (B)
C	Turkey Tetrazzini (R) X2 Italian Vegetables (R) Tortilla (FF) x2 Applesauce (I) Candy Coated Almonds (NF) Grape Drink (B) Decaf Coffee, Black (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/Mushrooms (R) Tortilla (FF) x2 Macadamia Nuts (NF) Lemonade (B) Decaf Coffee, Black (B)	Smoked Turkey (I) Cauliflower w/ Cheese (R) Brown Rice (I) Tortilla (FF) x2 Cherry Blueberry Cobbler (I) Apple Cider (B) Decaf Coffee, Black (B)	Beef Tips w/Mushrooms (I) Rice Pilaf (R) Creamed Spinach (R) Tortilla (FF) x2 Shortbread Cookies (NF) Tea w/Lemon & Sugar (B) Decaf Coffee, Black (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, (I) - Thermostabilized

SHUTTLE MENU STS-120

(Stow By Day)

GEORGE ZAMKA, PLT (YELLOW)

Meal	Days 6 & 13	Day 7 & 14	Day 12
A	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Strawberry Breakfast Drink (B) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Peaches (I) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Granola w/ Raisins (R) Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)	Dried Peaches (IM) Breakfast Sausage Links (I) Scrambled Eggs (R) Grits w/ Butter (R) Orange Juice (B) Kona Coffee w/ Cream (B) Kona Coffee, Black (B) Espresso (FF)
B	Beef Ravioli (I) Mashed Potatoes (R) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Orange Drink (B) x2 Kona Coffee, Black (B)	Grilled Chicken (I) Pasta Vegetable Parmesan (R) Asparagus (R) Shortbread Cookies (NF) Candy Coated Almonds (NF) Grape Drink (B) x2 Kona Coffee, Black (B)	Teriyaki Chicken (R) Potatoes Au Gratin (R) Crackers (NF) x2 Fruit Cocktail (I) Candy Coated Peanuts (NF) Tea w/ Sugar (B) Kona Coffee, Black (B)
C	Mushroom Soup (R) Crackers (NF) Spaghetti w/ Meat Sauce (R) Corn (R) Tortilla (FF) x2 Strawberries (R) Chocolate Pudding (I) Tea w/ Lemon (B) Decaf Coffee, Black (B)	Sweet & Sour Pork (I) Rice Pilaf (R) Broccoli au Gratin (R) Tortilla (FF) x2 Macadamia Nuts (NF) Brownie (NF) Tea (B) Decaf Coffee, Black (B)	Fiesta Chicken (I) Vegetable Risotto (R) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Butterscotch Pudding (I) Pineapple Drink (B) Decaf Coffee, Black (B)

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