SHUTTLE MENU STS-116 (Stow By Meal)

MARK POLANSKY, CDR (RED)

Meal	Days 1* & 12**	Day 2	Day 3	Day 4
Α	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Fruit Cocktail (T)	Fruit Cocktail (T)	Pineapple (T)	Fruit Cocktail (T)
	Beef Ravioli (T)	Beef Stroganoff w/ Noodles (R)	Chicken Salad (R)	Meatloaf (T)
	Creamed Spinach (R)	Chocolate Breakfast Drink (B)	Crackers (NF) x2	Corn (R)
	Crackers (NF) x2	Tea w/ Sugar (B)	Tortilla (FF) x2	Pineapple Drink (B) x2
	Pineapple Drink (B) x2	Orange-Grapefruit Drink (B) x2	Orange-Mango Drink (B) x2	Tea w/ Sugar (B)
	Kona Coffee w/ C & S (B)		Kona Coffee w/ C & S (B)	
В		Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
		Beef Ravioli (T)	Teriyaki Chicken (R)	Chicken w/ Corn & Black Beans
		Split Pea Soup (T)	Southwestern Corn (T)	Rice Pilaf (R)
		Applesauce (T)	Crackers (NF) x2	Crackers (NF) x2
		Almonds (NF)	Tortilla (FF) x2	Trail Mix (IM)
		Tropical Punch (B) x2	Cashews (NF)	Apple Cider (B) x2
			Lemonade (B) x2	
С	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Meatloaf (T)	Seafood Gumbo (T)	Fiesta Chicken (T)	Seafood Gumbo (T)
	Creamed Spinach (R)	Mashed Potatoes (R)	Rice Pilaf (R)	Potatoes au Gratin (R)
	Crackers (NF) x2	Creamed Spinach (R)	Macadamia Nuts (NF)	Butter Cookies (NF)
	Cashews (NF)	Shortbread Cookies (NF)	Shortbread Cookies (NF)	Almonds (NF)
	Butter Cookies (NF)	Apple Cider (B) x2	Orange Drink (B) x2	Lemonade (B) x2
	Lemonade (B) x2			

^{*}Day 1 consists of Meal C only

^{**}Day 12 consists of Meal A only

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

SHUTTLE MENU STS-116 (Stow By Meal)

MARK POLANSKY, CDR (RED)

Meal	Day 5	Day 6	Day 7	Day 8
Α	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Pineapple (T)	Fruit Cocktail (T)	Pineapple (T)	Fruit Cocktail (T)
	Red Beans & Rice (T)	Chicken Salad (R)	Beef Stroganoff w/ Noodles (R)	Red Beans & Rice (T)
	Tortilla (FF) x2	Crackers (NF) x2	Chocolate Breakfast Drink (B)	Tortilla (FF) x2
	Orange-Grapefruit Drink (B) x2	Pineapple Drink (B) x2	Tea w/ Sugar (B)	Orange-Grapefruit Drink (B) x2
	Kona Coffee w/ C & S (B)	Tea w/ Sugar (B)	Orange-Grapefruit Drink (B) x2	Kona Coffee w/ C & S (B)
В	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Beef Ravioli (T)	Meatloaf (T)	Chicken w/ Corn & Black Beans (T)	Beef Ravioli (T)
	Split Pea Soup (T)	Creamed Spinach (R)	Rice Pilaf (R)	Split Pea Soup (T)
	Applesauce (T)	Crackers (NF) x2	Crackers (NF) x2	Applesauce (T)
	Almonds (NF)	Potatoes au Gratin (R)	Trail Mix (IM)	Almonds (NF)
	Tropical Punch (B) x2	Butter Cookies (NF)	Orange Drink (B) x2	Tropical Punch (B) x2
		Lemonade (B) x2		
С	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Beef Ravioli (T)	Fiesta Chicken (T)	Seafood Gumbo (T)	Beef Ravioli (T)
	Split Pea Soup (T)	Rice Pilaf (R)	Mashed Potatoes (R)	Split Pea Soup (T)
	Applesauce (T)	Macadamia Nuts (NF)	Creamed Spinach (R)	Applesauce (T)
	Almonds (NF)	Shortbread Cookies (NF)	Shortbread Cookies (NF)	Almonds (NF)
	Tropical Punch (B) x2	Orange Drink (B) x2	Apple Cider (B) x2	Orange Drink (B) x2

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SHUTTLE MENU STS-116 (Stow By Meal)

MARK POLANSKY, CDR (RED)

Meal	Day 9	Day 10	Day 11
Α	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Pineapple (T)	Fruit Cocktail (T)	Pineapple (T)
	Chicken Salad (R)	Chicken w/ Corn & Black Beans (T)	Red Beans & Rice (T)
	Crackers (NF) x2	Rice Pilaf (R)	Tortilla (FF) x2
	Pineapple Drink (B) x2	Crackers (NF) x2	Orange-Grapefruit Drink (B) x2
	Tea w/ Sugar (B)	Orange-Mango Drink (B) x2	Tea w/ Sugar (B)
		Kona Coffee w/ C & S (B)	
В	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Fiesta Chicken (T)	Beef Stroganoff w/ Noodles (R)	Beef Ravioli (T)
	Rice Pilaf (R)	Southwestern Corn (T)	Split Pea Soup (T)
	Macadamia Nuts (NF)	Almonds (NF)	Applesauce (T)
	Shortbread Cookies (NF)	Butter Cookies (NF)	Almonds (NF)
	Orange Drink (B) x2	Tropical Punch (B) x2	Apple Cider (B) x2
С	Shrimp Cocktail (R)	Shrimp Cocktail (R)	Shrimp Cocktail (R)
	Seafood Gumbo (T)	Fiesta Chicken (T)	Meatloaf (T)
	Mashed Potatoes (R)	Potatoes au Gratin (R)	Rice Pilaf (R)
	Creamed Spinach (R)	Macadamia Nuts (NF)	Applesauce (T)
	Shortbread Cookies (NF)	Shortbread Cookies (NF)	Almonds (NF)
	Lemonade (B) x2	Orange Drink (B) x2	Tropical Punch (B) x2

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