

EXPEDITION 12 - McARTHUR

12-14-04

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Cottage Cheese/Nuts (R) Chicken w/ Egg (I) Stewed Cabbage (R) Wheat Bread Enriched (IM) Peach-Apricot Juice w/ Pulp (R) Coffee w/o Sugar (R)	Vegetable Quiche (R) Granola w/ Blueberries (R) Peach Yogurt (I) Coffee w/ Cream (B) x2 Orange Drink (B)	Omelet w/ Chicken (I) Buckwheat Gruel w/ Milk (R) Visit Crackers (NF) Apple-Plum Bar (IM) Coffee w/o Sugar (R)	Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Applesauce (I) Coffee w/ Cream (B) x2 Grapefruit Drink (B)	Omelet w/ Chicken (I) Rossiyskiy Cheese (I) Wheat Bread Enriched (IM) Peach Dessert (I) Milk (R) Coffee w/o Sugar (R)
Jellied Meat (I) Kharcho Mutton Soup (R) Pork w/ Lecho Sauce (R) Table Bread (IM) Prunes Stuffed w/ Nuts (IM) Apple-Black Currant Juice w/ Pulp (R)	Split Pea Soup (I) Teriyaki Beef Steak (I) Italian Vegetables (R) Candied Yams (I) Lemon-Lime Drink (B) Tea (B)	Pike Perch in Baltika Sauce (I) Pureed Vegetable Soup (R) Beef Goulash (I) Mashed Potatoes w/ Onions (R) Table Bread (IM) Peach-Black Currant Juice w/ Pulp (R) Tea w/o Sugar (R)	Tomato Basil Soup (I) Beef Steak (I) Macaroni & Cheese (R) Tea (B) Peach-Apricot Drink (B)	Bream in Tomato Sauce (I) Borsch w/ Meat (R) Meat w/ Barley Kasha (I) Visit Crackers (NF) Apple-Peach Juice w/ Pulp (R) Tea w/o Sugar (R)
Beef Stew (I) Rice Pilaf (R) Pears (I) Candy Coated Chocolates (NF) Tea w/ L & S (B)	Appetizing Appetizer (I) Pork w/ Potatoes (I) Moscow Rye Bread (IM) Cottage Cheese/Apple Puree (I) Honey Cake (IM) Apricot Juice w/ Pulp (R) Currant Tea w/ Sugar (B)	Beef Enchilada (I) Red Beans & Rice (I) Apples w/ Spice (I) Shortbread Cookies (NF) Tea w/ L & S (B) x2	Sturgeon (I) Lamb w/ Vegetables (I) Moscow Rye Bread (IM) Prunes Stuffed w/ Nuts (IM) Apple-Black Currant Juice/Pulp (R) Strawberry Tea w/ Sugar (R)	Shrimp Cocktail (R) Chicken Fajitas (I) Tortillas (NF) Teriyaki Vegetables (R) Cherry-Blueberry Cobbler (I) Tea w/ L & S (B)
Peanuts (NF) Dried Apricots (IM) Lemonade (B)	Sweet Almonds (NF) Grape-Plum Juice w/ Pulp (R) Tea w/o Sugar (R)	Chicken-Pineapple Salad (R) Crackers (NF) Orange-Mango Drink (B)	Vostok Cookies (NF) Sweet Almonds (NF) Peach-Apricot Juice w/ Pulp (R) Tea w/o Sugar (R)	Tuna Salad Spread (I) Crackers (NF) Grape Drink (B)
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Scrambled Eggs (R) Sausage Pattie (R) Peaches (I) Coffee w/ Cream (B) x2 Orange Drink (B)	Omelet w/ Chicken (I) Cottage Cheese w/ Nuts (R) Visit Crackers (NF) Milk (R) Apricot Juice w/ Pulp (R) Coffee w/o Sugar (R)	Breakfast Sausage Links (I) Cinnamon Roll (NF) Trail Mix (IM) Coffee w/ Cream (B) x2 Orange-Grapefruit Drink (B)	Omelet w/ Chicken (I) Oatmeal w/ Peaches (R) Wheat Bread Enriched (IM) Sugar Cookies (NF) Grape-Plum Juice w/ Pulp (R) Coffee w/o Sugar (R)	Cornflakes (R) Granola Bar (NF) Fruit Cocktail (I) Chocolate Breakfast Drink (B) Coffee w/ Cream (B) x2
Teriyaki Chicken (R) Southwestern Corn (I) Candy Coated Peanuts (NF) Tea (B) Lemonade (B)	Beet Salad (R) Pickled Cucumber/Meat Soup (R) Beef w/ Vegetables (I) Moscow Rye Bread (IM) Stelutsa Dessert (IM) Peach-Black Currant Juice/Pulp (R) Strawberry Tea w/ Sugar (R)	Vegetarian Vegetable Soup (I) Sweet & Sour Chicken (R) Noodles & Chicken (R) Berry Medley (R) Cashews (NF) Tea (B) x2	Appetizing Appetizer (I) Noodle Soup w/ Meat (R) Pan-fried Meat w/ Rice/Vegs (R) Table Bread (IM) Apple-Nut Bar (IM) Apricot Juice w/ Pulp (R) Tea w/o Sugar (R)	Seafood Gumbo (I) Smoked Turkey (I) Cornbread Dressing (R) Tomatoes & Eggplant (I) Pineapple (I) Tea (B)
Pork Piquant (I) Tokana Meat & Vegetables (I) Table Bread (IM) Russkoye Cookies (NF) Apricot-Apple Juice w/ Pulp (R) Tea w/ Sugar (R)	Tuna Noodle Casserole (I) Carrot Coins (I) Peach Ambrosia (R) Butter Cookies (NF) Tea w/ L & S (B) x2	Chopped Pork w/ Eggs (I) Chicken w/ Rice (I) Wheat Bread Enriched (IM) Honey Cake (IM) Milk (R) Apple-Black Currant Juice w/ Pulp (R) Green Tea w/ Sugar (R)	BBQ Brisket (I) Mashed Potatoes (R) Broccoli au Gratin (R) Tapioca Pudding (I) Tea w/ L & S (B)	Sturgeon (I) Pork Loin w/ Mashed Potatoes (R) Moscow Rye Bread (IM) Apple-Peach Juice w/ Pulp (R) Vostok Cookies (NF) Earl Grey Tea w/ Sugar (R)
Prunes Stuffed w/ Nuts (IM) Apple Dessert (I) Grape-Plum Juice w/ Pulp (R) Tea w/ L & S (B)	Dried Beef (IM) Almonds (NF) Orange-Pineapple Drink (B)	Peach Dessert (I) Hazelnuts (NF) Apricot-Apple Juice w/ Pulp (R) Tea w/o Sugar (R)	Peanut Butter (I) Crackers (NF) Pineapple Drink (B)	Peach-Apricot Juice w/ Pulp (R) Apple-Plum Bar (IM) Almonds (NF) Tea w/ Sugar (R)