

SHUTTLE MENU STS-124
(Stow by Day)

MARK KELLY, CDR (RED)

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Days 4 & 15	Days 5 & 16**
A	Granola (R) Breakfast Sausage Links (I) Granola Bar (NF) Blueberry-Raspberry Yogurt (T) Kona w/ Cream & Sugar (B) Orange-Pineapple Drink (B)	Mexican Scrambled Eggs (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Breakfast Sausage Links (I) Cornflakes (R) Grapefruit Drink (B) Cocoa (B) Kona w/ Cream & Sugar (B)	Pineapple (I) Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (T) Tortilla (FF) Chocolate Breakfast Drink (B) Kona w/ Cream & Sugar (B)	Peaches (I) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)
B	Tofu w/ Hoisin Sauce (T) Tortilla (FF) x2 Peaches (T) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Apple Cider (B) x2 Tea w/ Lemon (B)	Vegetarian Vegetable Soup (T) Beef Enchiladas (I) Asparagus (R) Candy Coated Peanuts (NF) Brownie (NF) Tropical Punch (B) x2 Tea w/ Lemon (B) Green Tea (FF)	Tomato Basil Soup (T) Tuna Salad Spread (T) Crackers (NF) x2 Sweet & Sour Chicken (R) Pineapple (T) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) x2 Tea w/ Lemon (B)	Chicken Teriyaki (I) Italian Vegetables (R) Applesauce (T) Almonds (NF) Shortbread Cookies (NF) Orange Drink (B) x2 Tea w/ Lemon (B) Green Tea (FF) (day 4 only)	Shrimp Cocktail (R) Teriyaki Chicken (R) Chicken w/ Peanut Sauce (T) Asparagus (R) Fruit Cocktail (T) Brownie (NF) Pineapple Drink (B) x2 Tea w/ Lemon (B)
C	Shrimp Cocktail (R) Chicken Fajitas (T) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Chocolate Pudding (T) Pineapple Drink (B) x2	Space Noodles, Curry (FF) BBQ Beef Brisket (I) Creamed Spinach (R) Candied Yams (T) Tortilla (FF) x2 Fruit Cocktail (T) Lemonade (B) x2	Shrimp Cocktail (R) Space Negima (FF) (day 3 only) Lasagna w/ Meat (T) Broccoli au Gratin (R) Tortilla (FF) Bread Pudding (T) Macadamia Nuts (NF) Grape Drink (B) x2	Spicy Chicken & Vegetables (R) Potatoes au Gratin (R) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Candy Coated Peanuts (NF) Orange Drink (B) Tea w/Lemon (B)	Split Pea Soup (T) Sweet & Sour Pork (T) Creamed Spinach (R) Butterscotch Pudding (T) Shortbread Cookies (NF) Trail Mix (IM) Grape Drink (B) x2

*Day 1 consists of Meal C only

**Day 16 consists of Meal A only

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

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MARK KELLY, CDR (RED)

Meal	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
A	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Raisins (R) Granola Bar (NF) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Granola w/ Blueberries (R) Blueberry-Raspberry Yogurt (I) Orange-Pineapple Drink (B) Cocoa (B) Kona w/ Cream & Sugar (B)	Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Breakfast Roll (FF) Vanilla Breakfast Drink (B) Orange Juice (B) Kona w/ Cream & Sugar (B)	Mexican Scrambled Eggs (R) Oatmeal w/ Raisins (R) Chocolate Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Granola (R) Applesauce (I) Breakfast Roll (FF) Chocolate Breakfast Drink (B) Grape Drink (B) Kona w/ Cream & Sugar (B)
B	Tomato Basil Soup (I) Tuna Salad Spread (I) Crackers (NF) x2 Tapioca Pudding (I) Candy Coated Chocolates (NF) Apple Cider (B) x2 Tea w/ Lemon (B) Green Tea (FF)	Meatloaf (I) Spaghetti w/ Meat Sauce (R) Pears (I) Candy Coated Chocolates (NF) Lemonade (B) Tea w/ Lemon (B)	Vegetarian Vegetable Soup (I) Chicken Salad Spread (I) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Strawberry Drink (B) x2 Tea w/ Lemon (B) Green Tea (FF)	Peanut Butter (I) Grape Jelly (I) Fruit Cocktail (I) Trail Mix (IM) Shortbread Cookies (NF) Grape Drink (B) x2 Tea w/ Lemon (B)	Split Pea Soup (I) Crackers (NF) x2 Peaches (I) Macadamia Nuts (NF) Granola Bar (NF) Lemonade (B) x2 Tea w/ Lemon (B) Green Tea (FF)	Tuna Salad Spread (I) Crackers (NF) x2 Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) x2 Tea w/ Lemon (B)
C	Shrimp Cocktail (R) Space Noodles, Curry (FF) Beef Stew (I) Broccoli au Gratin (R) Tortilla (FF) Cashews (NF) Candy Coated Peanuts (NF) Orange-Mango Drink (B) x2	Turkey Tetrizzini (R) x2 Asparagus (R) Tortilla (FF) x2 Peaches (I) Candy Coated Peanuts (NF) Bread Pudding (I) Orange-Pineapple Drink (B) x2	Space Negima (FF) Sweet & Sour Chicken (R) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Candy Coated Peanuts (NF) Grape Drink (B) x2	Shrimp Cocktail (R) Tofu w/ Hoisin Sauce (I) Rice & Chicken (R) Creamed Spinach (R) Tortilla (FF) x2 Brownie (NF) Tropical Punch (B)	Chicken Teriyaki (I) Candied Yams (I) Green Beans w/ Mushrooms (R) Tortilla (FF) Chocolate Pudding (I) Grape Drink (B)	Shrimp Cocktail (R) Tomato Basil Soup (I) Spicy Chicken & Vegetables (R) Tortilla (FF) x2 Strawberries (R) Candy Coated Peanuts (NF) Apple Cider (B) x2