

Gerhard Thiele

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Ham (T)
Cheddar Cheese Spread (T)
Tortilla (FF) X2
Strawberries (R)
Peanuts (NF)
Trail Mix (IM)
Apple Cider (B)

DINNER

Shrimp Cocktail (R) X2
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Brownie (NF)
Chocolate Pudding (T)
Orange-Pineapple Drink (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Beef Pattie (R)
Mexican Scrambled Eggs (R)
Orange-Grapefruit Drink (B)
Chocolate Instant Breakfast (B)

LUNCH

Vegetable Risotto (R) X2
Pineapple (T)
Trail Mix (IM)
Candy Coated Peanuts (NF) X2
Peach-Apricot Drink (B)

DINNER

Noodles & Chicken (R) X2
Creamed Spinach (R)
Tortilla (FF) X2
Strawberries (R)
Brownie (NF)
Peach-Apricot Drink (B)

Flight Day 3

BREAKFAST

Noodles & Chicken (R) X2
Creamed Spinach (R)
Tortilla (FF) X2
Strawberries (R)
Brownie (NF)
Peach-Apricot Drink (B)

LUNCH

Spicy Chicken & Veggies (R) X2
Fettuccine (R)
Peaches (T)
Granola Bar (NF)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)

DINNER

Italian Vegetables (R)
Mashed Potatoes (R)
Butter Cookies (NF)
Chocolate Pudding (T)
Orange-Pineapple Drink (B)

Flight Day 4

BREAKFAST

Dried Peaches (IM)
Seasoned Scrambled Eggs (R)
Chocolate Instant Breakfast (B)
Orange-Mango Drink (B)

LUNCH

Beef Stroganoff (R) X2
Tortilla (FF)
Applesauce (T)
Butter Cookies (NF)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)

DINNER

Shrimp Cocktail (R)
Potatoes au Gratin (R) X2
Green Beans & Broccoli (R)
Tapioca Pudding (T)
Peach-Apricot Drink (B)

Flight Day 5**BREAKFAST**

Dried Pears (IM)
Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Chocolate Instant Breakfast (B)

LUNCH

Vegetarian Vegetable Soup (T)
Fiesta Chicken (T)
Pears (T)
Candy Coated Peanuts (NF)
Trail Mix (IM)
Orange-Grapefruit Drink (B)

DINNER

Teriyaki Chicken (R) X2
Macaroni & Cheese (R) X2
Tortilla (FF) X2
Strawberries (R)
Vanilla Pudding (T)
Apple Cider (B)

Flight Day 6**BREAKFAST**

Dried Peaches (IM)
Oatmeal w/ Raisins (R)
Orange-Pineapple Drink (B)
Cocoa (B)

Chocolate Instant Breakfast (B)

LUNCH

Ham (T)

Cheddar Cheese Spread (T)

Tortilla (FF) X2

Strawberries (R)

Peanuts (NF)

Trail Mix (IM)

Apple Cider (B)

DINNER

Shrimp Cocktail (R) X2

Tomatoes & Eggplant (T)

Tortilla (FF) X2

Brownie (NF)

Chocolate Pudding (T)

Orange-Pineapple Drink (B)

Flight Day 7

BREAKFAST

Dried Pears (IM)

Beef Pattie (R)

Mexican Scrambled Eggs (R)

Orange-Grapefruit Drink (B)

Chocolate Instant Breakfast (B)

LUNCH

Vegetable Risotto (R) X2

Pineapple (T)

Trail Mix (IM)

Candy Coated Peanuts (NF) X2

Peach-Apricot Drink (B)

DINNER

Noodles & Chicken (R) X2

Creamed Spinach (R)

Tortilla (FF) X2

Strawberries (R)

Brownie (NF)

Peach-Apricot Drink (B)

Flight Day 8

BREAKFAST

Noodles & Chicken (R) X2

Creamed Spinach (R)
Tortilla (FF) X2
Strawberries (R)
Brownie (NF)
Peach-Apricot Drink (B)

LUNCH

Spicy Chicken & Veggies (R) X2
Fettuccine (R)
Peaches (T)
Granola Bar (NF)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)

DINNER

Italian Vegetables (R)
Mashed Potatoes (R)
Butter Cookies (NF)
Chocolate Pudding (T)
Orange-Pineapple Drink (B)

Flight Day 9

BREAKFAST

Dried Peaches (IM)
Seasoned Scrambled Eggs (R)
Chocolate Instant Breakfast (B)
Orange-Mango Drink (B)

LUNCH

Beef Stroganoff (R) X2
Tortilla (FF)
Applesauce (T)
Butter Cookies (NF)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)

DINNER

Shrimp Cocktail (R)
Potatoes au Gratin (R) X2
Green Beans & Broccoli (R)
Tapioca Pudding (T)
Peach-Apricot Drink (B)

Flight Day 10

BREAKFAST

Dried Pears (IM)
Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Chocolate Instant Breakfast (B)

LUNCH

Vegetarian Vegetable Soup (T)
Fiesta Chicken (T)
Pears (T)
Candy Coated Peanuts (NF)
Trail Mix (IM)
Orange-Grapefruit Drink (B)

DINNER

Teriyaki Chicken (R) X2
Macaroni & Cheese (R) X2
Tortilla (FF) X2
Strawberries (R)
Vanilla Pudding (T)
Apple Cider (B)

Flight Day 11

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Raisins (R)
Orange-Pineapple Drink (B)
Cocoa (B)
Chocolate Instant Breakfast (B)

LUNCH

Ham (T)
Cheddar Cheese Spread (T)
Tortilla (FF) X2
Strawberries (R)
Peanuts (NF)
Trail Mix (IM)
Apple Cider (B)

DINNER

Shrimp Cocktail (R) X2
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Brownie (NF)
Chocolate Pudding (T)
Orange-Pineapple Drink (B)

Flight Day 12

BREAKFAST

Dried Pears (IM)

Beef Pattie (R)

Mexican Scrambled Eggs (R)

Orange-Grapefruit Drink (B)

Chocolate Instant Breakfast (B)