

Susan Helms

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

DINNER

Shrimp Cocktail (R) X3
Mushroom Soup (R) X3
Orange-Mango Drink (B) X3

Flight Day 2

BREAKFAST

Ham (T)
Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Shrimp Cocktail (R)
Mushroom Soup (R)
Cheese Spread (T)
Crackers (NF)
Almonds (NF)
Orange-Mango (B) X2

DINNER

Spaghetti w/Meat Sauce (R)
Italian Vegetables (R)
Crackers (NF)

Dried Apricots (IM)
Lemonade (B)

Flight Day 3

BREAKFAST

Seasoned Scrambled Eggs (R) Cornflakes (R)
Butter Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Mushroom Soup (R)
Smoked Turkey (I)
Noodles & Chicken (R)
Cashews (NF)
Orange-Mango (B) X2

DINNER

Beef w/BBQ Sauce (T)
Cauliflower w/Cheese (R)
Corn (R)
Crackers (NF)
Trail Mix (IM)
Lemonade (B)

Flight Day 4

BREAKFAST

Beef Steak (I)
Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Chicken Consommé (B)
Grilled Chicken (T)
Macaroni & Cheese (R)
Macadamia Nuts (NF)
Orange-Mango (B) X2

DINNER

Tomatoes & Eggplant (T)
Sausage Pattie (R)
Potatoes au Gratin (R)
Dried Peaches (IM)
Lemonade (B)

Flight Day 5

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Oatmeal w/Brown Sugar (R)
Granola Bar (NF)
Kona Coffee Black (B) X2

LUNCH

Shrimp Cocktail (R)
Rice & Chicken Soup (R)
Cheese Spread (T)
Crackers (NF)
Almonds (NF)
Orange-Mango (B) X2

DINNER

Chicken Strips in Salsa (T)
Potatoes au Gratin (R)
Green Beans w/Mushrooms (R)
Fruit Cocktail (T)
Lemonade (B)

Flight Day 6

BREAKFAST

Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Chocolate Pudding (T)
Kona Coffee Black (B) X2

LUNCH

Shrimp Cocktail (R)
Mushroom Soup (R)
Noodles & Chicken (R)
Southwestern Corn (FF)
Cashews (NF)
Orange-Mango (B) X2

DINNER

Beef w/BBQ Sauce (T)
Potatoes au Gratin (R)
Peach Ambrosia (R)
Macadamia Nuts (NF)
Lemonade (B)

Flight Day 7

BREAKFAST

Ham (T)
Seasoned Scrambled Eggs (R)
Butter Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Mushroom Soup (R)
Smoked Turkey (I)
Macaroni & Cheese (R)
Corn (R)
Macadamia Nuts (NF)
Orange-Mango (B) X2

DINNER

Beef Steak (I)
Tomatoes & Eggplant (T)
Italian Vegetables (R)
Pineapple (T)
Shortbread Cookies (NF)
Lemonade (B)

Flight Day 8

BREAKFAST

Ham (T)
Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Shrimp Cocktail (R)
Mushroom Soup (R)
Cheese Spread (T)
Crackers (NF)
Almonds (NF)
Orange-Mango (B) X2

DINNER

Spaghetti w/Meat Sauce (R)
Italian Vegetables (R)
Crackers (NF)
Dried Apricots (IM)
Lemonade (B)

Flight Day 9

BREAKFAST

Seasoned Scrambled Eggs (R)
Cornflakes (R)
Butter Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Mushroom Soup (R)
Smoked Turkey (I)
Noodles & Chicken (R)
Southwestern Corn (FF)
Cashews (NF)
Orange-Mango (B) X2

DINNER

Beef w/BBQ Sauce (T)
Cauliflower w/Cheese (R)
Crackers (NF)
Trail Mix (IM)
Lemonade (B)

Flight Day 10

BREAKFAST

Beef Steak (I)
Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Kona Coffee Black (B) X2

LUNCH

Chicken Consommé (B)
Grilled Chicken (T)
Macaroni & Cheese (R)
Macadamia Nuts (NF)
Orange-Mango (B) X2

DINNER

Tomatoes & Eggplant (T)
Sausage Pattie (R)
Potatoes au Gratin (R)
Dried Peaches (IM)
Lemonade (B)

Flight Day 11

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Oatmeal w/Brown Sugar (R)
Granola Bar (NF)
Kona Coffee Black (B) X2

LUNCH

Shrimp Cocktail (R)
Rice & Chicken Soup (R)
Cheese Spread (T)
Crackers (NF)
Almonds (NF)
Orange-Mango (B) X2

DINNER

Chicken Strips in Salsa (T)
Potatoes au Gratin (R)
Green Beans w/Mushrooms (R)
Fruit Cocktail (T)
Lemonade (B)

Flight Day 12**BREAKFAST**

Mexican Scrambled Eggs (R)
Shortbread Cookies (NF)
Chocolate Pudding (T)
Kona Coffee Black (B) X2