

Boris Morukov

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)
Cheese Spread (T)
Tortilla (FF) x2
Pineapple (T)
Cashews (NF)
Apple Cider (B)

DINNER

Smoked Turkey (I)
Turkey Tetrazzini (R)
Tomatoes & Eggplant (T)
Tortilla (FF) x2
Peach Ambrosia (R)
Pineapple Drink (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Beef Pattie (R)
Scrambled Eggs (R)
Breakfast Roll (FF)
Orange Juice (B)
Coffee (B)

LUNCH

Mushroom Soup (R)
Peanut Butter (T)
Apple Jelly (T)
Tortilla (FF) X2
Fruit Cocktail (T)
Trail Mix (IM)
Peach-Apricot Drink (B) X2

DINNER

Grilled Chicken (T)
Mashed Potatoes (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Strawberries (R)
Brownie (NF)
Lemon-Lime Drink (B) x2

Flight Day 3

BREAKFAST

Dried Apricots (IM)
Seasoned Scrambled Eggs (R)
Breakfast Roll (FF)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)

LUNCH

Chicken Salad Spread (T)
Noodles & Chicken (R)
Crackers (NF) x2
Peaches (T)
Granola Bar (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Chicken Strips In Salsa (T)
Broccoli au Gratin (R)
Tortilla (FF) X2
Candy Coated Chocolates (NF)
Orange Drink (B) x2

Flight Day 4

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R)

Bran Chex (R)
Breakfast Roll (FF)
Orange-Mango Drink (B) x2
Cocoa (B)

LUNCH

Seafood Chowder (R)
Beef Stroganoff w/ Noodles (R)
Tortilla (FF) X2
Applesauce (T)
Almonds (NF)
Tea w/Lemon & Sugar (B) X2

DINNER

Teriyaki Chicken (R)
Rice and Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Tapioca Pudding (T)
Pineapple Drink (B)

Flight Day 5

BREAKFAST

Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Tortilla (FF)
Vanilla Breakfast Drink (B)
Orange Juice (B)
Coffee w/ Cream (B)

LUNCH

Spicy Chicken & Veggies (R) x2
Corn (R)
Tortilla (FF) X2
Pears (T)
Candy Coated Peanuts (NF)
Peach-Apricot Drink (B) x2

DINNER

Beef w/BBQ Sauce (T)
Macaroni and Cheese (R)
Green Beans w/Mushrooms (R)
Tortilla (FF) X2
Peach Ambrosia (R)
Orange-Mango Drink (B)

Flight Day 6

BREAKFAST

Dried Apricots (IM)
Granola w/Blueberries (R)
Breakfast Roll (FF) x2
Orange-Grapefruit Drink (B) x2
Coffee w/ Cream (B)

LUNCH

Frankfurters (T)
Vegetable Risotto (R)
Peach Ambrosia (R)
Banana Pudding (T)
Butter Cookies (NF)
Apple Cider (B)

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Potatoes au Gratin (R)
Tortilla (FF) X2
Strawberries (R)
Lemonade (B)

Flight Day 7

BREAKFAST

Dried Pears (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Orange Juice (B)

LUNCH

Cashew Curry Chicken (R)
Broccoli au Gratin (R)
Tortilla (FF) X2
Shortbread Cookies (NF)
Peanuts (NF)
Grape Drink (B) X2

DINNER

Ham (T)
Rice Pilaf (R)
Creamed Spinach (R)
Tortilla (FF)

Vanilla Pudding (T)
Tea w/ Sugar (B)
Orange-Mango Drink (B)

Flight Day 8

BREAKFAST

Dried Peaches (IM)
Cornflakes (R)
Sausage Pattie (R)
Orange-Pineapple Drink (B)
Cocoa (B)

LUNCH

Ham (T)
Cheese Spread (T)
Tortilla (FF) x2
Pineapple (T)
Cashews (NF)
Apple Cider (B)

DINNER

Smoked Turkey (I)
Turkey Tetrazzini (R)
Tomatoes & Eggplant (T)
Tortilla (FF) x2
Peach Ambrosia (R)
Pineapple Drink (B)

Flight Day 9

BREAKFAST

Dried Pears (IM)
Beef Pattie (R)
Scrambled Eggs (R)
Breakfast Roll (FF)
Orange Juice (B)
Coffee (B)

LUNCH

Mushroom Soup (R)
Peanut Butter (T)
Apple Jelly (T)
Tortilla (FF) X2
Fruit Cocktail (T)
Trail Mix (IM)
Peach-Apricot Drink (B) X2

DINNER

Grilled Chicken (T)
Mashed Potatoes (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Strawberries (R)
Brownie (NF)
Lemon-Lime Drink (B) x2

Flight Day 10**BREAKFAST**

Dried Apricots (IM)
Seasoned Scrambled Eggs (R)
Breakfast Roll (FF)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)

LUNCH

Chicken Salad Spread (T)
Noodles & Chicken (R)
Crackers (NF) x2
Peaches (T)
Granola Bar (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Chicken Strips In Salsa (T)
Broccoli au Gratin (R)
Tortilla (FF) X2
Candy Coated Chocolates (NF)
Orange Drink (B) x2

Flight Day 11**BREAKFAST**

Dried Apricots (IM)
Beef Pattie (R)
Bran Chex (R)
Breakfast Roll (FF)
Orange-Mango Drink (B) x2
Cocoa (B)

LUNCH

Seafood Chowder (R)

Beef Stroganoff w/ Noodles (R)
Tortilla (FF) X2
Applesauce (T)
Almonds (NF)
Tea w/Lemon & Sugar (B) X2

DINNER

Teriyaki Chicken (R)
Rice and Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Tapioca Pudding (T)
Pineapple Drink (B)

Flight Day 12

BREAKFAST

Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Tortilla (FF)
Vanilla Breakfast Drink (B)
Orange Juice (B)
Coffee w/ Cream (B)

LUNCH

Spicy Chicken & Veggies (R) x2
Corn (R)
Tortilla (FF) X2
Pears (T)
Candy Coated Peanuts (NF)
Peach-Apricot Drink (B) x2

DINNER

Beef w/BBQ Sauce (T)
Macaroni and Cheese (R)
Green Beans w/Mushrooms (R)
Tortilla (FF) X2
Peach Ambrosia (R)
Orange-Mango Drink (B)

Flight Day 13

BREAKFAST

Dried Apricots (IM)
Granola w/Blueberries (R)
Breakfast Roll (FF) x2
Orange-Grapefruit Drink (B) x2

Coffee w/ Cream (B)