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Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Macaroni & Cheese (R) X2
Tortilla (FF) X2
Peach Ambrosia (R)
Macadamia Nuts (NF)
Apple Cider (B)
Kona Coffee w/Cream (B) x2

DINNER

Spaghetti w/Meat Sauce (R) X2
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Strawberries (R)
Vanilla Pudding (T)
Grapefruit Drink (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Oatmeal w/Brown Sugar (R) x2
Rice Krispies (R)
Macadamia Nuts (NF)
Orange-Grapefruit Drink (B)

LUNCH

Mushroom Soup (R)
Turkey Salad Spread (T)
Crackers (NF) X2
Peaches (T)
Brownie (NF)
Tropical Punch (B)
Kona Coffee w/Cream (B) x2

DINNER

Beef w/ BBQ Sauce (T)
Potatoes au Gratin (R) x2
Green Beans w/Mushrooms (R)
Tortilla (FF) X2
Fruit Cocktail (T)
Tapioca Pudding (T)
Granola Bar (NF)
Lemonade (B)

Flight Day 3

BREAKFAST

Dried Peaches (IM)
Beef Pattie (R) x2
Granola w/ Raisins (R)
Macadamia Nuts (NF)
Orange Juice (B)
Cocoa (B)

LUNCH

Shrimp Cocktail (R)
Ham (T)
Tortilla (FF) X2
Pineapple (T)
Peach Ambrosia (R)
Peach-Apricot Drink (B)
Kona Coffee w/Cream (B) x2

DINNER

Beef Stroganoff (R) x2
Green Beans w/ Mushrooms (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Chocolate Pudding (T)
Shortbread Cookies (NF)
Grape Drink (B)

Flight Day 4

BREAKFAST

Dried Apricots (IM)
Mexican Scrambled Eggs (R) x2
Oatmeal w/Raisins (R)
Macadamia Nuts (NF)
Grapefruit Drink (B)

LUNCH

Dried Beef (IM) X2
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Applesauce (T)
Almonds (NF)
Orange Drink (B)
Kona Coffee w/Cream (B) x2
Tea w/Lemon (B)

DINNER

Mushroom Soup (R)
Beef Ravioli (T) x2
Macaroni & Cheese (R) x2
Fruit Cocktail (T)
Tapioca Pudding (T)
Brownies (NF)
Orange Juice (B)

Flight Day 5**BREAKFAST**

Dried Pears (IM)
Oatmeal w/Brown Sugar (R) x2
Macadamia Nuts (NF)
Chocolate Instant Breakfast (B)
Orange-Pineapple Drink (B)

LUNCH

Turkey Salad Spread (T)
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Fruit Cocktail (T)
Applesauce (T)
Brownie (NF)
Strawberry Drink (B)
Kona Coffee w/Cream (B) x2

DINNER

Spaghetti w /Meat Sauce (R) X2
Italian Vegetables (R)
Crackers (NF) X2
Applesauce (T)
Butterscotch Pudding (T)
Trail Mix (IM)
Orange-Grapefruit Drink (B)

Flight Day 6

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Bran Chex (R) x2
Macadamia Nuts (NF)
Orange-Grapefruit Drink (B)

LUNCH

Turkey Salad Spread (T)
Noodles & Chicken (R)
Asparagus (R)
Crackers (NF) X2
Banana Pudding (T)
Candy Coated Peanuts (NF)
Apple Cider (B)
Kona Coffee w/Cream (B) x2

DINNER

Turkey Tetrazzini (R) X2
Potatoes au Gratin (R)
Green Beans & Broccoli (R)
Asparagus (R)
Tortilla (FF) X2
Peach Ambrosia (R)
Tapioca Pudding (T)
Tea w/Lemon (B)

Flight Day 7

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R) x2
Granola w/Raisins (R)
Macadamia Nuts (NF)
Orange Juice (B)

LUNCH

Beef Stroganoff (R) X2
Cauliflower w/ Cheese (R)
Tortilla (FF) X2
Pears (T)
Granola Bar (NF)
Cashews (NF)
Lemonade (B)
Kona Coffee w/Cream (B) x2

DINNER

Turkey Tetrazzini (R) X2
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Peaches (T)
Tapioca Pudding (T)
Butter Cookies (NF)
Tropical Punch (B)

Flight Day 8

BREAKFAST

Dried Pears (IM)
Beef Pattie (R)
Scrambled Eggs (R) x2
Granola w/Raisins (R)
Orange Juice (B)

LUNCH

Spaghetti w/ Meat Sauce (R)
Macaroni & Cheese (R) x2
Tortilla (FF) X2
Fruit Cocktail (T)
Trail Mix (IM)
Peach-Apricot Drink (B) X2
Kona Coffee w/ Cream (B)

DINNER

Seafood Chowder (R)
Frankfurters (T)
Noodles & Chicken (R)
Green Beans & Broccoli (R) x2
Tortilla (FF) X2
Applesauce (T)
Strawberries (R)
Brownie (NF)
Tropical Punch (B)

Flight Day 9

BREAKFAST

Dried Peaches (IM)
Grits w/ Butter (R) x2
Mexican Scrambled Eggs (R)
Bran Chex (R)
Orange-Mango Drink (B)

LUNCH

Dried Beef (IM) x2
Cheese Spread (T)
Tortilla (FF) X2
Applesauce (T)
Peanuts (NF)
Tropical Punch (B) X2
Kona Coffee w/ Cream (B)

DINNER

Beef Ravioli (T) x2
Ham (T)
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Tapioca Pudding (T)
Orange Drink (B)

Flight Day 10

BREAKFAST

Dried Apricots (IM)
Grits w/ Butter (R) x2
Granola w/ Blueberries (R)
Orange-Grapefruit Drink (B)

LUNCH

Chicken Salad Spread (T)
Crackers (NF) X2
Chocolate Pudding (T)
Butter Cookies (NF)
Lemonade (B) X2
Kona Coffee w/ Cream (B)

DINNER

Beef w/ BBQ Sauce (T)
Rice Pilaf (R)
Green Beans w/ Mushrooms (R) x2

Tortilla (FF) X2
Vanilla Pudding (T)
Apple Cider (B)

Flight Day 11

BREAKFAST

Oatmeal w/ Brown Sugar (R) x2
Dried Pears (IM)
Peach Ambrosia (R)
Orange Juice (B)

LUNCH

Beef Ravioli (T) x2
Mushroom Soup (R)
Applesauce (T)
Trail Mix (IM)
Banana Pudding (T)
Kona Coffee w/ Cream (B)

DINNER

Cheese Tortellini (T) x2
Spaghetti w/ Meat Sauce (R) x2
Potatoes au gratin (R)
Green Beans & Broccoli (R)
Vanilla Pudding (T)
Orange-Grapefruit Drink (B)

Flight Day 12

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Macadamia Nuts (NF)
Oatmeal w/ Brown Sugar (R) x2
Orange-Grapefruit Drink (B)

LUNCH

Macaroni & Cheese (R) X2
Tortilla (FF) X2
Peach Ambrosia (R)
Macadamia Nuts (NF)
Apple Cider (B)
Kona Coffee w/Cream (B) x2

DINNER

Spaghetti w/Meat Sauce (R) X2

Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Strawberries (R)
Vanilla Pudding (T)
Grapefruit Drink (B)

Flight Day 13

BREAKFAST

Dried Pears (IM)
Oatmeal w/Brown Sugar (R) x2
Rice Krispies (R)
Macadamia Nuts (NF)
Orange-Grapefruit Drink (B)