

Terry Wilcutt

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Shrimp Cocktail (R)
Dried Beef (IM) x2
Grilled Chicken (T)
Tortilla (FF) x3
Dried Apricots (IM)
Applesauce (T)
Tapioca Pudding (T)
Cashews (NF)
Tropical Punch (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Turkey Tetrazzini (R)
Potatoes au Gratin (R)
Dried Pears (IM)
Brownie (NF)
Lemonade (B) x2

Flight Day 2

BREAKFAST

Dried Apricots (IM)
Oatmeal w/Brown Sugar (R)
Granola w/ Blueberries (R)
Granola Bar (NF)

Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Grilled Chicken (T)
Tortilla (FF) x3
Corn (R)
Fruit Cocktail (T)
Dried Apricots (IM)
Trail Mix (IM)
Candy Coated Peanuts (NF)
Peach-Apricot Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Spaghetti w/Meat Sauce (R)
Potatoes au Gratin (R)
Dried Pears (IM)
Peach Ambrosia (R)
Tropical Punch (B) x2

Flight Day 3

BREAKFAST

Dried Apricots (IM)
Oatmeal w/Raisins (R)
Granola Bar (NF)
Chocolate Breakfast Drink (B)
Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Beef Pattie (R)
Tortilla (FF) x3
Dried Apricots (IM)
Peaches (T)
Cashews (NF)
Candy Coated Peanuts (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Beef Ravioli (T)
Smoked Turkey (I)

Rice Pilaf (R)
Dried Pears (IM)
Tapioca Pudding (T)
Orange Drink (B) x2

Flight Day 4

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola w/ Raisins (R)
Granola Bar (NF)
Orange-Mango Drink (B)
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Cheddar Cheese Spread (T)
Tortilla (FF) x3
Dried Apricots (IM)
Applesauce (T)
Macadamia Nuts (NF)
Candy Coated Peanuts (NF)
Tropical Punch (B) x2

DINNER

Shrimp Cocktail (R)
Teriyaki Chicken (R)
Spaghetti w/Meat Sauce (R)
Green Beans & Broccoli (R)
Dried Pears (IM)
Tapioca Pudding (T)
Orange Drink (B) x2

Flight Day 5

BREAKFAST

Sausage Pattie (R)
Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola w/ Blueberries (R)
Orange Juice (B) X2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Tortilla (FF) x3
Dried Apricots (IM)
Pears (T)
Granola Bar (NF)
Macadamia Nuts (NF)
Candy Coated Peanuts (NF)
Lemon-Lime Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Spaghetti w/Meat Sauce (R)
Dried Pears (IM)
Peaches (T)
Granola Bar (NF)
Tropical Punch (B) x2

Flight Day 6

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R)
Oatmeal w/Raisins (R)
Granola w/ Raisins (R)
Granola Bar (NF)
Orange-Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Lasagna (FF)
Tortilla (FF) x3
Dried Apricots (IM)
Chocolate Pudding (T)
Granola Bar (NF)
Candy Coated Peanuts (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Chicken Strips in Salsa (T)
Tortilla (FF) x2
Strawberries (R)
Vanilla Pudding (T)
Tea w/Lemon (B) x2

Flight Day 7

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R)
Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola Bar (NF)
Orange Juice (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Chicken Strips in Salsa (T)
Tortilla (FF) x3
Dried Apricots (IM)
Banana Pudding (T)
Almonds (NF)
Granola Bar (NF)
Macadamia Nuts (NF)
Grape Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Lasagna (FF)
Spaghetti w/Meat Sauce (R)
Broccoli au Gratin (R)
Green Beans & Broccoli (R)
Dried Pears (IM)
Peach Ambrosia (R)
Lemonade (B) x2

Flight Day 8

BREAKFAST

Dried Apricots (IM)
Oatmeal w/Brown Sugar (R)
Granola w/ Blueberries (R)
Granola Bar (NF)
Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Grilled Chicken (T)

Tortilla (FF) x3
Corn (R)
Fruit Cocktail (T)
Dried Apricots (IM)
Trail Mix (IM)
Candy Coated Peanuts (NF)
Peach-Apricot Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Spaghetti w/Meat Sauce (R)
Potatoes au Gratin (R)
Dried Pears (IM)
Peach Ambrosia (R)
Tropical Punch (B) x2

Flight Day 9

BREAKFAST

Dried Apricots (IM)
Oatmeal w/Raisins (R)
Granola Bar (NF)
Chocolate Breakfast Drink (B)
Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Beef w/BBQ Sauce (T)
Tortilla (FF) x3
Dried Apricots (IM)
Peaches (T)
Cashews (NF)
Candy Coated Peanuts (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Beef Ravioli (T)
Smoked Turkey (I)
Rice Pilaf (R)
Dried Pears (IM)
Tapioca Pudding (T)
Orange Drink (B) x2

Flight Day 10

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola w/ Raisins (R)
Granola Bar (NF)
Orange-Mango Drink (B)
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Cheddar Cheese Spread (T)
Tortilla (FF) x3
Dried Apricots (IM)
Applesauce (T)
Macadamia Nuts (NF)
Candy Coated Peanuts (NF)
Tropical Punch (B) x2

DINNER

Shrimp Cocktail (R)
Rice & Chicken (R)
Spaghetti w/Meat Sauce (R)
Green Beans & Broccoli (R)
Dried Pears (IM)
Tapioca Pudding (T)
Orange Drink (B) x2

Flight Day 11**BREAKFAST**

Sausage Pattie (R)
Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola w/ Blueberries (R)
Orange Juice (B) X2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Tortilla (FF) x3
Dried Apricots (IM)
Pears (T)
Granola Bar (NF)
Macadamia Nuts (NF)

Candy Coated Peanuts (NF)
Lemon-Lime Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Spaghetti w/Meat Sauce (R)
Dried Pears (IM)
Peaches (T)
Granola Bar (NF)
Tropical Punch (B) x2

Flight Day 12

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R)
Oatmeal w/Raisins (R)
Granola w/ Raisins (R)
Granola Bar (NF)
Orange-Grapefruit Drink (B) x2
Kona Coffee w/C & A/S (B) x2

LUNCH

Dried Beef (IM) x2
Lasagna (FF)
Tortilla (FF) x3
Dried Apricots (IM)
Chocolate Pudding (T)
Granola Bar (NF)
Candy Coated Peanuts (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Chicken Strips in Salsa (T)
Tortilla (FF) x2
Strawberries (R)
Vanilla Pudding (T)
Tea w/Lemon (B) x2

Flight Day 13

BREAKFAST

Dried Apricots (IM)
Beef Pattie (R)

Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Granola Bar (NF)
Orange Juice (B) x2
Kona Coffee w/C & A/S (B) x2