

Leroy Chiao

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

- Spaghetti w/Meat Sauce (R) x2
- Noodles & Chicken (R)
- Tortilla (FF) x2
- Dried Apricots (IM)
- Tapioca Pudding (T)
- Cashews (NF)
- Tropical Punch (B) x2

DINNER

- Seafood Chowder (R)
- Chicken Strips in Salsa (T)
- Cashew Chicken Curry (R)
- Potatoes au Gratin (R)
- Broccoli au Gratin (R)
- Tortilla (FF) x2
- Tapioca Pudding (T)
- Tropical Punch (B)
- Tea w/Lemon (B)

Flight Day 2

BREAKFAST

- Sausage Pattie (R)
- Mexican Scrambled Eggs (R)
- Cheese Grits (FF)
- Rice & Chicken (R)

Tortilla (FF) x2
Grapefruit Drink (B) x2
Kona Coffee (B) x2

LUNCH

Beef Ravioli (T)
Smoked Turkey (I)
Tortilla (FF) x2
Dried Peaches (IM)
Chocolate Pudding (T)
Almonds (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Spaghetti w/Meat Sauce (R)
Rice & Chicken (R)
Creamed Spinach (R)
Tortilla (FF) x2
Candy Coated Peanuts (NF)
Lemonade (B)
Tea w/Lemon (B)

Flight Day 3

BREAKFAST

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2

LUNCH

Dried Beef (IM)
Cheese Tortellini (T)
Tortilla (FF) x2
Peaches (T)
Macadamia Nuts (NF)
Tea w/Lemon (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Macaroni & Cheese (R)

Asparagus (R)
Tortilla (FF) x2
Chocolate Pudding (T)
Orange-Mango Drink (B)
Tea w/Lemon (B)

Flight Day 4

BREAKFAST

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2

LUNCH

Spaghetti w/Meat Sauce (R) x2
Noodles & Chicken (R)
Tortilla (FF) x2
Dried Apricots (IM)
Tapioca Pudding (T)
Cashews (NF)
Tropical Punch (B) x2

DINNER

Seafood Chowder (R)
Chicken Strips in Salsa (T)
Cashew Chicken Curry (R)
Potatoes au Gratin (R)
Broccoli au Gratin (R)
Tortilla (FF) x2
Tapioca Pudding (T)
Tropical Punch (B)
Tea w/Lemon (B)

Flight Day 5

BREAKFAST

Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Cheese Grits (FF)
Rice & Chicken (R)
Tortilla (FF) x2
Grapefruit Drink (B) x2
Kona Coffee (B) x2

LUNCH

Beef Ravioli (T)
Smoked Turkey (I)
Tortilla (FF) x2
Dried Peaches (IM)
Chocolate Pudding (T)
Almonds (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Spaghetti w/Meat Sauce (R)
Rice & Chicken (R)
Creamed Spinach (R)
Tortilla (FF) x2
Candy Coated Peanuts (NF)
Lemonade (B)
Tea w/Lemon (B)

Flight Day 6**BREAKFAST**

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2

LUNCH

Dried Beef (IM)
Cheese Tortellini (T)
Tortilla (FF) x2
Peaches (T)
Macadamia Nuts (NF)
Tea w/Lemon (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Macaroni & Cheese (R)
Asparagus (R)
Tortilla (FF) x2
Chocolate Pudding (T)

Orange-Mango Drink (B)

Tea w/Lemon (B)

Flight Day 7

BREAKFAST

Sausage Pattie (R)

Rice & Chicken (R)

Seasoned Scrambled Eggs (R)

Cheese Grits (FF)

Tortilla (FF) x2

Apple Cider (B) x2

Kona Coffee (B) x2

LUNCH

Spaghetti w/Meat Sauce (R) x2

Noodles & Chicken (R)

Tortilla (FF) x2

Dried Apricots (IM)

Tapioca Pudding (T)

Cashews (NF)

Tropical Punch (B) x2

DINNER

Seafood Chowder (R)

Chicken Strips in Salsa (T)

Cashew Chicken Curry (R)

Potatoes au Gratin (R)

Broccoli au Gratin (R)

Tortilla (FF) x2

Tapioca Pudding (T)

Tropical Punch (B)

Tea w/Lemon (B)

Flight Day 8

BREAKFAST

Sausage Pattie (R)

Mexican Scrambled Eggs (R)

Cheese Grits (FF)

Rice & Chicken (R)

Tortilla (FF) x2

Grapefruit Drink (B) x2

Kona Coffee (B) x2

LUNCH

Beef Ravioli (T)

Smoked Turkey (I)
Tortilla (FF) x2
Dried Peaches (IM)
Chocolate Pudding (T)
Almonds (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Spaghetti w/Meat Sauce (R)
Rice & Chicken (R)
Creamed Spinach (R)
Tortilla (FF) x2
Candy Coated Peanuts (NF)
Lemonade (B)
Tea w/Lemon (B)

Flight Day 9

BREAKFAST

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2

LUNCH

Dried Beef (IM)
Cheese Tortellini (T)
Tortilla (FF) x2
Peaches (T)
Macadamia Nuts (NF)
Tea w/Lemon (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/BBQ Sauce (T)
Macaroni & Cheese (R)
Asparagus (R)
Tortilla (FF) x2
Chocolate Pudding (T)
Orange-Mango Drink (B)
Tea w/Lemon (B)

Flight Day 10

BREAKFAST

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2

LUNCH

Spaghetti w/Meat Sauce (R) x2
Noodles & Chicken (R)
Tortilla (FF) x2
Dried Apricots (IM)
Tapioca Pudding (T)
Cashews (NF)
Tropical Punch (B) x2

DINNER

Seafood Chowder (R)
Chicken Strips in Salsa (T)
Cashew Chicken Curry (R)
Potatoes au Gratin (R)
Broccoli au Gratin (R)
Tortilla (FF) x2
Tapioca Pudding (T)
Tropical Punch (B)
Tea w/Lemon (B)

Flight Day 11

BREAKFAST

Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Cheese Grits (FF)
Rice & Chicken (R)
Tortilla (FF) x2
Grapefruit Drink (B) x2
Kona Coffee (B) x2

LUNCH

Beef Ravioli (T)
Smoked Turkey (I)
Tortilla (FF) x2
Dried Peaches (IM)

Chocolate Pudding (T)
Almonds (NF)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Spaghetti w/Meat Sauce (R)
Rice & Chicken (R)
Creamed Spinach (R)
Tortilla (FF) x2
Candy Coated Peanuts (NF)
Lemonade (B)
Tea w/Lemon (B)

Flight Day 12

BREAKFAST

Sausage Pattie (R)
Rice & Chicken (R)
Seasoned Scrambled Eggs (R)
Cheese Grits (FF)
Tortilla (FF) x2
Apple Cider (B) x2
Kona Coffee (B) x2