

Pamela Melroy

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Peanut Butter (T)
Tortilla (FF) x2
Dried Pears (IM)
Granola Bar (NF)
Candy Coated Chocolates (NF)

DINNER

Sweet 'n Sour Chicken (R)
Smoked Turkey (I)
Mashed Potatoes (R)
Tomatoes & Eggplant (T)
Cashews (NF)
Tea w/ Lemon (B)

Flight Day 2

BREAKFAST

Cheese Grits (FF)
Tortilla (FF)
Dried Pears (IM)
Granola w/ Blueberries (R)
Tea w/ Lemon (B)

LUNCH

Chicken Strips w/ Salsa (T)
Spicy Chicken & Veggies (R)

Rice w/ Butter (T)
Shortbread Cookies (NF)
Almonds (NF)
Peach-Apricot Drink (B)

DINNER

Shrimp Cocktail (R)
Cheese Tortellini (T) x2
Potatoes au Gratin (R)
Asparagus (R)
Granola Bar (NF)
Tea w/ Lemon (B)

Flight Day 3

BREAKFAST

Mexican Scrambled Eggs (R)
Tortilla (FF) x2
Trail Mix (IM)
Granola Bar (NF)
Tea w/ Lemon (B)

LUNCH

Chicken Salad Spread (T)
Crackers (NF) x2
Tortilla (FF)
Carrot Sticks (FF)
Macadamia Nuts (NF)
Apple Cider (B)

DINNER

Cashew Curry Chicken (R)
Pasta Vegetable Parmesan (R)
Creamed Spinach (R)
Strawberries (R)
Almonds (NF)
Tea w/ Lemon (B)

Flight Day 4

BREAKFAST

Oatmeal w/ Raisins (R)
Trail Mix (IM)
Dried Peaches (IM)
Tortilla (FF)
Tea w/ Lemon (B)

LUNCH

Macaroni & Cheese (R) x2
Carrot Sticks (FF)
Fruit Cocktail (T)
Candy Coated Peanuts (NF)
Apple Cider (B)

DINNER

Chicken Strips in Salsa (T)
Rice w/ Butter (T) x2
Asparagus (R) x2
Shortbread Cookies (NF)
Dried Pears (IM)
Tea w/ Lemon (B)

Flight Day 5**BREAKFAST**

Mexican Scrambled Eggs (R)
Frankfurter (T)
Tortilla (FF)
Dried Apricots (IM)
Tea w/ Lemon (B)

LUNCH

Peanut Butter (T)
Crackers (NF) x3
Celery Sticks (FF)
Carrot Sticks (FF)
Apple Cider (B)

DINNER

Shrimp Cocktail (R) x2
Rice w/ Butter (T)
Tomatoes & Eggplant (T)
Almonds (NF)
Tea w/ Lemon (B)

Flight Day 6**BREAKFAST**

Cheese Grits (FF)
Dried Beef (IM)
Tortilla (FF)
Dried Pears (IM)
Tea w/ Lemon (B)

LUNCH

Smoked Turkey (I)
Pasta Vegetable Parmesan (R)
Asparagus (R)
Macadamia Nuts (NF)
Candy Coated Chocolates (NF)
Lemonade w/ A/S (B)

DINNER

Spicy Chicken & Veggies (R)
Mashed Potatoes (R)
Creamed Spinach (R) x2
Fruit Cocktail (T)
Tea w/ Lemon (B)

Flight Day 7**BREAKFAST**

Granola w/ Blueberries (R)
Dried Beef (IM)
Tortilla (FF)
Dried Peaches (IM)
Tea w/ Lemon (B)

LUNCH

Smoked Turkey (I)
Chicken Strips in Salsa (T)
Macaroni & Cheese (R)
Tortilla (FF)
Almonds (NF) x2
Apple Cider (B)

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Mashed Potatoes (R)
Vegetable Risotto (R)
Candy Coated Chocolates (NF)
Tea w/ Lemon (B)

Flight Day 8**BREAKFAST**

Oatmeal w/ Raisins (R)
Smoked Turkey (I)
Trail Mix (IM)
Tea w/ Lemon (B)

LUNCH

Sweet 'n Sour Chicken (R)
Green Beans & Mushrooms (R)
Crackers (NF) x2
Dried Pears (IM)
Cashews (NF)
Apple Cider (B)

DINNER

Cashew Curry Chicken (R)
Rice w/ Butter (T)
Corn (R)
Tomatoes & Eggplant (T)
Dried Pears (IM)
Tea w/ Lemon (B)

Flight Day 9**BREAKFAST**

Dried Apricots (IM)
Mexican Scrambled Eggs (R)
Potatoes au Gratin (R) x2
Tortilla (FF)
Tea w/ Lemon (B)

LUNCH

Smoked Turkey (I)
Cheese Tortellini (T) x2
Tomatoes & Eggplant (T)
Dried Apricots (IM)
Peach-Apricot Drink (B)

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Mashed Potatoes (R)
Italian Vegetables (R)
Dried Peaches (IM)
Tea w/ Lemon (B)

Flight Day 10**BREAKFAST**

Cheese Grits (FF) x2
Frankfurters (T)
Dried Pears (IM)

Tea w/ Lemon (B)

LUNCH

Chicken Strips in Salsa (T) x2

Macaroni & Cheese (R)

Rice w/ Butter (T)

Macadamia Nuts (NF)

Apple Cider (B)

DINNER

Smoked Turkey (I)

Vegetable Risotto (R) x2

Creamed Spinach (R)

Shortbread Cookies (NF)

Tea w/ Lemon (R)

Flight Day 11

BREAKFAST

Oatmeal w/ Raisins (R)

Potatoes au Gratin (R)

Trail Mix (IM)

Tea w/ Lemon (B)

LUNCH

Shrimp Cocktail (R)

Peanut Butter (T)

Crackers (NF) x2

Fruit Cocktail (T)

Granola Bar (NF)

Lemonade w/ A/S (B)

DINNER

Cashew Curry Chicken (R)

Rice w/ Butter (T)

Tomatoes & Eggplant (T)

Macadamia Nuts (NF)

Dried Peaches (NF)

Tea w/ Lemon (B)

Flight Day 12

BREAKFAST

Almonds (NF)

Oatmeal w/ Raisins (R) x2

Dried Pears (IM)

Tea w/ Lemon (B)