

Janet Kavandi

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)
Crackers (NF) X4
Tapioca Pudding (T)
Dried Apricots (IM)
Lifesavers (FF)
Lemon-Lime Drink (B) X2

DINNER

Noodles & Chicken (R)
Shrimp Cocktail (R)
Crackers (NF) X4
Granola Bar (NF)
Vanilla Pudding (T)
Grapefruit Drink (B) X2

Flight Day 2

BREAKFAST

Grits w/ Butter (R)
Peaches (T)
Granola Bar (NF)
Lemon-Lime Drink (B)
Tea w/ Sugar (FF)

LUNCH

Shrimp Cocktail (R)

Macaroni & Cheese (R)
Mashed Potatoes (R)
Fruit Cocktail (T)
Candy Coated Chocolates (NF)
Grapefruit Drink (B) X2

DINNER

Shrimp Cocktail (R)
Fettuccine (R) X2
Rice w/ Butter (T)
Tomatoes & Eggplant (T)
Chocolate Pudding (R)
Cashews (NF)
Peach-Apricot Drink (B)

Flight Day 3

BREAKFAST

Grits w/ Butter (R)
Breakfast Roll (FF)
Dried Apricots (IM)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)
Kona Coffee w/ C & S (B)

LUNCH

Shrimp Cocktail (R)
Turkey Salad Spread (T)
Tortilla (FF) X2
Mushroom Soup (R)
Peaches (T)
Granola Bar (NF)
Candy Coated Peanuts (NF)
Tapioca Pudding (T)
Lemonade (B) X2

DINNER

Shrimp Cocktail (R)
Spaghetti w/ Meat Sauce (R) X2
Macaroni & Cheese (R)
Broccoli au Gratin (R)
Pears (T)
Vanilla Pudding (T)
Lemon-Lime Drink (B)

Flight Day 4

BREAKFAST

Grits w/ Butter (R)
Peaches (T)
Dried Apricots (IM)
Vanilla Instant Breakfast (B)
Tea w/ Sugar (FF)

LUNCH

Shrimp Cocktail (R)
Beef Stroganoff w/ Noodles (R) X2
Vegetable Risotto (R)
Strawberries (R)
Candy Coated Chocolates (NF)
Chocolate Pudding (T)
Lemon-Lime Drink (B)

DINNER

Shrimp Cocktail (R)
Macaroni & Cheese (R)
Rice and Chicken (R)
Almonds (NF)
Tapioca Pudding (T)
Peach-Apricot Drink (B)

Flight Day 5**BREAKFAST**

Grits w/ Butter (R)
Diced Pears (T)
Granola Bar (NF)
Tea w/ Sugar (FF)

LUNCH

Shrimp Cocktail (R)
Ham (T)
Vegetable Risotto (R)
Tortilla (FF) X2
Tapioca Pudding (T)
Candy Coated Peanuts (NF)
Peach-Apricot Drink (B)

DINNER

Shrimp Cocktail (R)
Beef Ravioli (T)
Pears (T)
Chocolate Pudding (T)
Lemon-Lime Drink (B)

Flight Day 6

BREAKFAST

Oatmeal w/ Brown Sugar (R)
Scrambled Eggs (R)
Chocolate Instant Breakfast (B)
Orange-Grapefruit Drink (B)
Kona Coffee w/ C&S; (B)

LUNCH

Rice & Chicken Soup (R)
Shrimp Cocktail (R)
Chicken Salad Spread (T)
Crackers (NF) X3
Dried Apricots (IM)
Chocolate Pudding (T)
Butter Cookies (NF)
Lemon-Lime Drink (B)

DINNER

Shrimp Cocktail (R)
Fettuccine (R) x2
Potatoes au Gratin (R)
Candy Coated Chocolates (NF)
Vanilla Pudding (T)
Strawberries (R)
Lemonade (B)

Flight Day 7

BREAKFAST

Grits w/ Butter (R)
Granola Bar (NF)
Lemon-Lime Drink (B)
Tea w/ Sugar (FF)

LUNCH

Vegetarian Vegetable Soup (T)
Shrimp Cocktail (R)
Macaroni & Cheese (R)
Mashed Potatoes (R)
Shortbread Cookies (NF)
Almonds (NF)
Grapefruit Drink (B) X2

DINNER

Shrimp Cocktail (R)
Sweet 'n Sour Chicken (R)
Rice w/ Butter (T)
Broccoli au Gratin (R)
Fruit Cocktail (T)
Tapioca Pudding (T)

Flight Day 8

BREAKFAST

Breakfast Roll (NF)
Tortilla (FF)
Seasoned Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Tea w/ Sugar (FF)

LUNCH

Shrimp Cocktail (R)
Macaroni and Cheese (R)
Tomatoes & Eggplant (T)
Pears (T)
Macadamia Nuts (NF)
Candy Coated Chocolates (NF)
Apple Cider (B)

DINNER

Shrimp Cocktail (R)
Fettuccine (R) X2
Strawberries (R)
Dried Apricots (IM)
Granola Bar (NF)
Vanilla Pudding (T)
Pineapple Drink (B)

Flight Day 9

BREAKFAST

Grits w/ Butter (R)
Granola Bar (NF)
Peaches (T)
Vanilla Instant Breakfast (B)
Orange-Grapefruit Drink (B)
Kona Coffee w/ C&S; (B)

LUNCH

Shrimp Cocktail (R)
Mushroom Soup (R)

Tuna Salad Spread (T)
Crackers (NF) X2
Brownie (NF)
Tapioca Pudding (T)
Tropical Punch (B)

DINNER

Shrimp Cocktail (R)
Vegetable Risotto (R)
Fruit Cocktail (T)
Granola Bar (NF)
Lemonade (B)

Flight Day 10

BREAKFAST

Peaches (T)
Dried Apricots (IM)
Grits w/ Butter (R)
Oatmeal w/ Brown Sugar (R)
Orange Juice (B)
Tea w/ Sugar (FF)

LUNCH

Shrimp Cocktail (R)
Fettuccine (R)
Macaroni & Cheese (R)
Pineapple (T)
Candy Coated Chocolates (NF)
Vanilla Pudding (T)
Peach-Apricot Drink (B)

DINNER

Shrimp Cocktail (R)
Chicken Strips in Salsa (T)
Rice w/ Butter (T)
Strawberries (R)
Chocolate Pudding (T)
Shortbread Cookies (NF)
Lemon-Lime Drink (B)

Flight Day 11

BREAKFAST

Breakfast Roll (FF)
Grits w/ Butter (R)
Grapefruit Drink (B)

Cocoa (B)

LUNCH

Shrimp Cocktail (R)

Cheese Tortellini (T)

Pears (T)

Chocolate Pudding (T)

Candy Coated Peanuts (NF)

Orange-Grapefruit Drink (B)

DINNER

Shrimp Cocktail (R)

Rice w/ Butter (T)

Granola Bar (NF)

Tapioca Pudding (T)

Fruit Cocktail (T)

Dried Apricots (IM)

Flight Day 12

BREAKFAST

Grits w/ Butter (R)

Peaches (T)

Granola Bar (NF)

Lemon-Lime Drink (B)

Tea w/ Sugar (FF)