

Jeff Williams

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Peach Ambrosia (R)
Macadamia Nuts (NF)
Apple Cider (B)

DINNER

Sweet 'n Sour Chicken (R) x2
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) x2
Strawberries (R)
Tapioca Pudding (T) x2
Peach-Apricot Drink (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Rice Krispies (R)
Vanilla Instant Breakfast (B)
Orange-Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Mushroom Soup (R)
Shrimp Cocktail (R)
Crackers (NF) x2
Peaches (T)
Brownie (NF)
Tropical Punch (B)

DINNER

Beef w/ BBQ Sauce (T) x2
Potatoes au Gratin (R)
Green Beans w/ Mushrooms (R)
Tortilla (FF) x2
Fruit Cocktail (T)
Granola Bar (NF)
Lemon-Lime Drink (B)

Flight Day 3

BREAKFAST

Dried Peaches (IM)
Beef Pattie (R)
Oatmeal w/ Brown Sugar (R)
Orange Juice (B)
Cocoa (B)
Coffee w/ C & S (B)

LUNCH

Ham (T)
Cheddar Cheese Spread (T)
Tortilla (FF) x2
Pineapple (T)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B)

DINNER

Chicken Strips in Salsa (T) x2
Rice w/ Butter (T)
Broccoli au Gratin (R)
Tortilla (FF) x2
Chocolate Pudding (T) x2
Shortbread Cookies (NF)
Orange-Mango Drink (B)

Flight Day 4

BREAKFAST

Dried Apricots (IM)

Mexican Scrambled Eggs (R)
Vanilla Instant Breakfast (B)
Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Shrimp Cocktail (R)
Dried Beef (IM) x2
Tomatoes & Eggplant (T)
Tortilla (FF) x2
Applesauce (T)
Almonds (NF)
Orange Drink (B)

DINNER

Seafood Chowder (R)
Teriyaki Chicken (R) x2
Potatoes au Gratin (R)
Asparagus (R)
Tortilla (FF) x2
Strawberries (R)
Tapioca Pudding (T) x2
Orange Juice (B)

Flight Day 5

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R) Orange-Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Spicy Chicken & Veggies (R) Noodles & Chicken (R) Creamed Spinach (R) Crackers (NF)
x2
Banana Pudding (T)
Candy Coated Peanuts (NF)
Apple Cider (B)

DINNER

Smoked Turkey (I) x2
Turkey Tetrazzini (R)
Tomatoes & Eggplant (T)
Tortilla (FF) x2
Peaches (T)
Butter Cookies (NF)
Tropical Punch (B)

Flight Day 6

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Coffee w/ C & S (B)

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Peach Ambrosia (R)
Macadamia Nuts (NF)
Apple Cider (B)

DINNER

Sweet 'n Sour Chicken (R) x2
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) x2
Strawberries (R)
Tapioca Pudding (T) x2
Peach-Apricot Drink (B)

Flight Day 7

BREAKFAST

Dried Pears (IM)
Rice Krispies (R)
Vanilla Instant Breakfast (B)
Orange-Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Mushroom Soup (R)
Shrimp Cocktail (R)
Crackers (NF) x2
Peaches (T)
Brownie (NF)
Tropical Punch (B)

DINNER

Beef w/ BBQ Sauce (T) x2
Potatoes au Gratin (R)

Green Beans w/ Mushrooms (R)
Tortilla (FF) x2
Fruit Cocktail (T)
Granola Bar (NF)
Lemon-Lime Drink (B)

Flight Day 8

BREAKFAST

Dried Peaches (IM)
Beef Pattie (R)
Oatmeal w/ Brown Sugar (R)
Orange Juice (B)
Cocoa (B)
Coffee w/ C & S (B)

LUNCH

Ham (T)
Cheddar Cheese Spread (T)
Tortilla (FF) x2
Pineapple (T)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B)

DINNER

Chicken Strips in Salsa (T) x2
Rice w/ Butter (T)
Broccoli au Gratin (R)
Tortilla (FF) x2
Chocolate Pudding (T) x2
Shortbread Cookies (NF)
Orange-Mango Drink (B)

Flight Day 9

BREAKFAST

Dried Apricots (IM)
Mexican Scrambled Eggs (R)
Vanilla Instant Breakfast (B)
Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Shrimp Cocktail (R)
Dried Beef (IM) x2
Tomatoes & Eggplant (T)
Tortilla (FF) x2

Applesauce (T)
Almonds (NF)
Orange Drink (B)

DINNER

Seafood Chowder (R)
Teriyaki Chicken (R) x2
Potatoes au Gratin (R)
Asparagus (R)
Tortilla (FF) x2
Strawberries (R)
Tapioca Pudding (T) x2
Orange Juice (B)

Flight Day 10

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Orange-Grapefruit Drink (B)
Coffee w/ C & S (B)

LUNCH

Spicy Chicken & Veggies (R)
Noodles & Chicken (R)
Creamed Spinach (R)
Crackers (NF) x2
Banana Pudding (T)
Candy Coated Peanuts (NF)
Apple Cider (B)

DINNER

Smoked Turkey (I) x2
Turkey Tetrazzini (R)
Tomatoes & Eggplant (T)
Tortilla (FF) x2
Peaches (T)
Butter Cookies (NF)
Tropical Punch (B)

Flight Day 11

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)

Orange-Pineapple Drink (B)

Coffee w/ C & S (B)

LUNCH

Frankfurters (T)

Macaroni & Cheese (R)

Tortilla (FF) x2

Peach Ambrosia (R)

Macadamia Nuts (NF)

Apple Cider (B)

DINNER

Sweet 'n Sour Chicken (R) x2

Rice & Chicken (R)

Green Beans & Broccoli (R)

Tortilla (FF) x2

Strawberries (R)

Tapioca Pudding (T) x2

Peach-Apricot Drink (B)

Flight Day 12

BREAKFAST

Dried Pears (IM)

Rice Krispies (R)

Vanilla Instant Breakfast (B)

Orange-Grapefruit Drink (B)

Coffee w/ C & S (B)