

# Mary Ellen Weber

## **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)  
Tortilla (NF)  
Crackers (NF)  
Vanilla Pudding (T)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Lemonade w/ A/S (B) x2  
Grape Drink w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)  
Almonds (NF)  
Pineapple (T)  
Graham Crackers (FF)  
Butter Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

## **Flight Day 2**

### **BREAKFAST**

Granola w/ Blueberries (R)  
Breakfast Roll (FF)  
Scrambled Egg (R)  
Chocolate Instant Breakfast (B)

Grape Drink w/ A/S (B) x2

### **LUNCH**

Crackers (NF)

Peanut Butter (T)

Tortilla (FF)

Chocolate Pudding (T)

Granola Bar (NF)

Candy Coated Chocolates (NF)

Lemonade w/ A/S (B) x2

Grape Drink w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)

Macaroni & Cheese (R)

Granny Smith Apple (FF)

Graham Crackers (FF)

Butter Cookies (NF)

Cherry Drink w/ A/S (B)

Grape Drink w/ A/S (B)

Tea w/ A/S (B) x2

## **Flight Day 3**

### **BREAKFAST**

Breakfast Roll (FF)

Oatmeal w/ Brown Sugar (R)

Strawberry Instant Breakfast (B)

Cherry Drink w/ A/S (B) x2

### **LUNCH**

Shrimp Cocktail (R)

Seafood Chowder (R)

Wheat Thins (FF)

Tortilla (FF)

Almonds (NF)

Granola Bar (NF)

Candy Coated Chocolates (NF)

Cherry Drink w/ A/S (B) x2

Lemonade w/ A/S (B) x2

### **DINNER**

Cheese Tortellini (T)

Green Beans & Broccoli (R)

Shortbread Cookies (NF)

Cherry Drink w/ A/S (B)

Lemonade w/ A/S (B) x2

Tea w/ A/S (B) x2

## **Flight Day 4**

### **BREAKFAST**

Granola w/ Blueberries (R)  
Scrambled Egg (R)  
Vanilla Instant Breakfast (B)  
Grape Drink w/ A/S (B) x2

### **LUNCH**

Spicy Chicken & Veggies (R)  
Wheat Thins (FF)  
Tortilla (FF)  
Vanilla Pudding (T)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Cherry Drink w/ A/S (B) x2  
Lemonade w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Rice w/ Butter (T)  
Almonds (NF)  
Pineapple (T)  
Shortbread Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

## **Flight Day 5**

### **BREAKFAST**

Granola w/ Blueberries (R)  
Scrambled Eggs (R)  
Chocolate Instant Breakfast (B)  
Cherry Drink w/ A/S (B) x2

### **LUNCH**

Shrimp Cocktail (R)  
Seafood Chowder (R)  
Rice w/ Butter (T)  
Tortilla (FF)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Lemonade w/ A/S (B) x2

Grape Drink w/ A/S (B) x2

### **DINNER**

Cheese Tortellini (T)  
Graham Crackers (FF)  
Almonds (NF)  
Butter Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

## **Flight Day 6**

### **BREAKFAST**

Oatmeal w/ Brown Sugar (R)  
Breakfast Roll (FF)  
Strawberry Instant Breakfast (B)  
Grape Drink w/ A/S (B) x2

### **LUNCH**

Frankfurters (T)  
Wheat Thins (FF)  
Tortilla (FF)  
Chocolate Pudding (T)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Cherry Drink w/ A/S (B) x2  
Lemonade w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)  
Beef Steak (I)  
Pasta Vegetable Parmesan (R)  
Crackers (NF)  
Pineapple (T)  
Shortbread Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

## **Flight Day 7**

### **BREAKFAST**

Granola w/ Blueberries (R)  
Scrambled Eggs (R)  
Breakfast Roll (FF)  
Vanilla Instant Breakfast (B)

Cherry Drink w/ A/S (B) x2

### **LUNCH**

Shrimp Cocktail (R)

Peanut Butter (T)

Crackers (NF)

Tortilla (FF)

Vanilla Pudding (T)

Granola Bar (NF)

Candy Coated Chocolates (NF)

Lemonade w/ A/S (B) x2

Grape Drink w/ A/S (B) x2

### **DINNER**

Cheese Tortellini (T)

Almonds (NF)

Graham Crackers (FF)

Butter Cookies (NF)

Cherry Drink w/ A/S (B)

Lemonade w/ A/S (B) x2

Tea w/ A/S (B) x2

## **Flight Day 8**

### **BREAKFAST**

Oatmeal w/ Brown Sugar (R)

Scrambled Eggs (R)

Chocolate Instant Breakfast (B)

Grape Drink w/ A/S (B) x2

### **LUNCH**

Spicy Chicken & Veggies (R)

Wheat Thins (FF)

Tortilla (FF)

Granola Bar (NF)

Candy Coated Chocolates (R)

Cherry Drink w/ A/S (B) x2

Lemonade w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)

Macaroni & Cheese (R)

Crackers (NF)

Pineapple (T)

Shortbread Cookies (NF)

Cherry Drink w/ A/S (B)

Grape Drink w/ A/S (B)

Tea w/ A/S (B) x2

## **Flight Day 9**

### **BREAKFAST**

Breakfast Roll (FF)  
Granola w/ Blueberries (R)  
Vanilla Instant Breakfast (B)  
Cherry Drink w/ A/S (B) x2

### **LUNCH**

Shrimp Cocktail (R)  
Frankfurters (T)  
Tortilla (NF)  
Crackers (NF)  
Vanilla Pudding (T)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Lemonade w/ A/S (B) x2  
Grape Drink w/ A/S (B) x2

### **DINNER**

Shrimp Cocktail (R)  
Almonds (NF)  
Pineapple (T)  
Graham Crackers (FF)  
Butter Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

## **Flight Day 10**

### **BREAKFAST**

Granola w/ Blueberries (R)  
Breakfast Roll (FF)  
Scrambled Egg (R)  
Chocolate Instant Breakfast (B)  
Grape Drink w/ A/S (B) x2

### **LUNCH**

Crackers (NF)  
Peanut Butter (T)  
Tortilla (FF)  
Chocolate Pudding (T)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)

Lemonade w/ A/S (B) x2  
Grape Drink w/ A/S (B) x2

#### **DINNER**

Shrimp Cocktail (R)  
Macaroni & Cheese (R)  
Graham Crackers (FF)  
Butter Cookies (NF)  
Cherry Drink w/ A/S (B)  
Grape Drink w/ A/S (B)  
Tea w/ A/S (B) x2

### **Flight Day 11**

#### **BREAKFAST**

Oatmeal w/ Brown Sugar (R) Strawberry Instant Breakfast (B)  
Cherry Drink w/ A/S (B) x2

#### **LUNCH**

Shrimp Cocktail (R)  
Seafood Chowder (R)  
Wheat Thins (FF)  
Tortilla (FF)  
Almonds (NF)  
Granola Bar (NF)  
Candy Coated Chocolates (NF)  
Cherry Drink w/ A/S (B) x2  
Lemonade w/ A/S (B) x2

#### **DINNER**

Cheese Tortellini (T)  
Green Beans & Broccoli (R)  
Shortbread Cookies (NF)  
Cherry Drink w/ A/S (B)  
Lemonade w/ A/S (B) x2  
Tea w/ A/S (B) x2

### **Flight Day 12**

#### **BREAKFAST**

Granola w/ Blueberries (R)  
Scrambled Egg (R)  
Vanilla Instant Breakfast (B)  
Grape Drink w/ A/S (B) x2