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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)
Apple Cider (B)

DINNER

Smoked Turkey (I)
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Peaches (T)
Vanilla Pudding (T)
Pineapple Drink (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Shortbread Cookies (NF)
Banana Pudding (T)
Strawberry Instant Breakfast (B)
Coffee w/ Cream & Sugar (B)
Apple Cider (B)
Orange-Grapefruit Drink (B)

LUNCH

Mushroom Soup (R)
Tuna Salad Spread (T)
Crackers (NF) X2
Peaches (T)
Brownie (NF)
Tropical Punch (B)

DINNER

Beef w/BBQ Sauce (T)
Potatoes au Gratin (R)
Green Beans w/Mushrooms (R)
Tortilla (FF) X2
Fruit Cocktail (T)
Granola Bar (NF)
Lemonade (B)

Flight Day 3**BREAKFAST**

Dried Peaches (IM)
Shortbread Cookies (NF)
Tapioca Pudding (T)
Orange Juice (B)
Peach Apricot Drink (B)
Cocoa (B)

LUNCH

Ham (T)
Cheese Spread (T)
Tortilla (FF) X2
Pineapple (T)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B)

DINNER

Grilled Chicken (T)
Rice w/Butter (T)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Chocolate Pudding (T)
Shortbread Cookies (NF)
Grape Drink (B)

Flight Day 4**BREAKFAST**

Dried Apricots (IM)
Mexican Scrambled Eggs (R)
Butter Cookies (NF)
Grapefruit Drink (B)
Orange-Mango Drink (B)
Coffee w/ Sugar (B)

LUNCH

Shrimp Cocktail (R)
Macaroni & Cheese (R)
Tortilla (FF) X2
Applesauce (T)
Orange Drink (B)

DINNER

Beef Steak (I)
Potatoes au Gratin (R)
Asparagus (R)
Tortilla (FF) X2
Pears (T)
Tapioca Pudding (T)
Tea w/Lemon & Sugar (B)

Flight Day 5

BREAKFAST

Dried Pears (IM)
Vanilla Pudding (T)
Chocolate Instant Breakfast (B)
Orange-Pineapple Drink (B)
Kona Coffee Black (B)

LUNCH

Chicken Consomme (B)
Turkey Salad Spread
Tortilla (FF) X2
Fruit Cocktail (T)
Brownie (NF)
Strawberry Drink (B)

DINNER

Spaghetti w/Meat Sauce (R) X2
Italian Vegetables (R)
Crackers (NF) X2
Butterscotch Pudding (T)
Pears (T)
Grape Drink (B)

Flight Day 6

BREAKFAST

Dried Peaches (IM)
Tapioca Pudding (T)
Bran Chex (R)
Orange-Grapefruit Drink (B)
Tea w/ Lemon & Sugar (B)

LUNCH

Mushroom Soup (R)
Salmon (T)
Noodles & Chicken (R)
Creamed Spinach (R)
Crackers (FF) X2
Candy Coated Peanuts (NF)
Apple Cider (B)

DINNER

Teriyaki Chicken (R) X2
Rice Pilaf (R)
Broccoli au Gratin (R)
Tortilla (FF) X2
Peach Ambrosia (R)
Orange Drink (B)

Flight Day 7

BREAKFAST

Dried Apricots (IM)
Tapioca Pudding (T)
Granola w/Raisins (R)
Orange Juice (B)
Tea w/ Sugar (B)

LUNCH

Shrimp Cocktail (R)
Beef Stroganoff (R)
Rice & Chicken (R)
Cauliflower w/Cheese (R)
Tortilla (FF) X2
Pears (T)
Granola Bar (NF)
Cashews (NF)
Lemonade (B)

DINNER

Smoked Turkey (I)
Turkey Tetrazzini (R)
Tortilla (FF) X2
Peaches (T)
Butter Cookies (NF)
Tropical Punch (B)

Flight Day 8**BREAKFAST**

Dried Apricots (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Orange-Pineapple Drink (B)

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) X2
Peach Ambrosia (R)
Apple Cider (B)

DINNER

Smoked Turkey (I)
Rice & Chicken (R)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Peaches (T)
Vanilla Pudding (T)
Pineapple Drink (B)

Flight Day 9**BREAKFAST**

Dried Pears (IM)
Shortbread Cookies (NF)
Banana Pudding (T)
Strawberry Instant Breakfast (B)
Coffee w/ Cream & Sugar (B)
Apple Cider (B)
Orange-Grapefruit Drink (B)

LUNCH

Mushroom Soup (R)
Tuna Salad Spread (T)
Crackers (NF) X2

Peaches (T)
Brownie (NF)
Tropical Punch (B)

DINNER

Beef w/BBQ Sauce (T)
Potatoes au Gratin (R)
Green Beans w/Mushrooms (R)
Tortilla (FF) X2
Fruit Cocktail (T)
Granola Bar (NF)
Lemonade (B)

Flight Day 10

BREAKFAST

Dried Peaches (IM)
Shortbread Cookies (NF)
Tapioca Pudding (T)
Orange Juice (B)
Peach Apricot Drink (B)
Cocoa (B)

LUNCH

Ham (T)
Cheese Spread (T)
Tortilla (FF) X2
Pineapple (T)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B)

DINNER

Grilled Chicken (T)
Rice w/Butter (T)
Green Beans & Broccoli (R)
Tortilla (FF) X2
Chocolate Pudding (T)
Shortbread Cookies (NF)
Grape Drink (B)

Flight Day 11

BREAKFAST

Dried Apricots (IM)
Mexican Scrambled Eggs (R)
Butter Cookies (NF)
Grapefruit Drink (B)

Orange-Mango Drink (B)

Coffee w/ Sugar (B)

LUNCH

Shrimp Cocktail (R)

Macaroni & Cheese (R)

Tortilla (FF) X2

Applesauce (T)

Orange Drink (B)

DINNER

Beef Steak (I)

Potatoes au Gratin (R)

Asparagus (R)

Tortilla (FF) X2

Pears (T)

Tapioca Pudding (T)

Tea w/Lemon & Sugar (B)

Flight Day 12

BREAKFAST

Dried Pears (IM)

Vanilla Pudding (T)

Chocolate Instant Breakfast (B)

Orange-Pineapple Drink (B)

Kona Coffee Black (B)