

Scott Altman

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Beef Ravioli (T) x2
Italian Vegetables (R)
Cheddar Cheese Spread (T)
Crackers (NF) x2
Tropical Punch (B) x2

DINNER

Grilled Chicken (T)
Rice & Chicken (R)
Asparagus (R)
Tortilla (FF) x2
Vanilla Pudding (T)
Shortbread Cookies (NF)
Granola Bar (NF) x2
Orange Drink (B) x2

Flight Day 2

BREAKFAST

Breakfast Roll (FF)
Oatmeal w/ Brown Sugar (R)
Peaches (T)
Vanilla Breakfast Drink (B)
Orange Drink (B) x2

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Macadamia Nuts (NF) x2
Applesauce (T)
Lemon-Lime Drink (B) x2

DINNER

Turkey Tetrazzini (R)
Fettuccine (R)
Italian Vegetables (R)
Peach Ambrosia (R)
Cashews (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

Flight Day 3

BREAKFAST

Breakfast Roll (FF)
Granola w/ Raisins (R)
Dried Peaches (IM)
Kona Coffee (B)
Orange Drink (B) x2

LUNCH

Spaghetti w/ Meat Sauce (R) x2
Green Beans/Mushrooms (R)
Peaches (T)
Candy Coated Chocolates (NF)
Candy Coated Peanuts (NF) x2
Orange Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R)
Green Beans/Mushrooms (R)
Granola Bar (NF) x2
Applesauce (T)
Shortbread Cookies (NF) x2
Lemon-Lime Drink (B) x2

Flight Day 4

BREAKFAST

Scrambled Eggs (R)

Sausage Pattie (R)
Fruit Cocktail (T)
Orange Juice (B)
Cherry Drink w/ A/S (B)

LUNCH

Shrimp Cocktail (R)
Spicy Chicken & Vegetables (R)
Rice Pilaf (R)
Cashews (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

DINNER

Shrimp Cocktail (R)
Teriyaki Chicken (R)
Potatoes au Gratin (R)
Broccoli au Gratin (R)
Chocolate Pudding (T)
Macadamia Nuts (NF) x2
Orange Drink w/ A/S (B) x3

Flight Day 5

BREAKFAST

Breakfast Roll (FF)
Granola w/ Blueberries (R)
Peach Ambrosia (R)
Chocolate Breakfast Drink (B)
Orange Drink (B) x2

LUNCH

Seafood Chowder (R) x2
Crackers (NF) x2
Cheddar Cheese Spread (T)
Cauliflower w/ Cheese (R)
Lemon-Lime Drink (B) x2

DINNER

Chicken Strips in Salsa (T) x2
Rice Pilaf (R)
Green Beans/Broccoli (R)
Granola Bar (NF) x2
Shortbread Cookies (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

Flight Day 6

BREAKFAST

Oatmeal w/ Brown Sugar (R) x2
Pears (T)
Orange Drink (B) x2
Apple Cider (B)

LUNCH

Noodles & Chicken (R)
Broccoli au Gratin (R)
Fruit Cocktail (T)
Almonds (NF) x2
Brownie (NF)
Cherry Drink w/ A/S (B) x2

DINNER

Shrimp Cocktail (R)
Beef Stroganoff (R)
Cauliflower w/ Cheese (R)
Peach Ambrosia (R)
Cashews (NF) x2
Candy Coated Peanuts (NF) x2
Orange Drink (B) x2

Flight Day 7

BREAKFAST

Mexican Scrambled Eggs (R)
Granola (R)
Fruit Cocktail (T)
Kona Coffee (B)
Lemon-Lime Drink (B) x2

LUNCH

Beef Ravioli (T) x2
Italian Vegetables (R)
Cheddar Cheese Spread (T)
Crackers (NF) x2
Tropical Punch (B) x2

DINNER

Grilled Chicken (T)
Rice & Chicken (R)
Asparagus (R)
Tortilla (FF) x2
Vanilla Pudding (T)

Shortbread Cookies (NF)
Granola Bar (NF) x2
Orange Drink (B) x2

Flight Day 8

BREAKFAST

Breakfast Roll (FF)
Oatmeal w/ Brown Sugar (R)
Peaches (T)
Vanilla Breakfast Drink (B)
Orange Drink (B) x2

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Macadamia Nuts (NF) x2
Applesauce (T)
Lemon-Lime Drink (B) x2

DINNER

Turkey Tetrazzini (R)
Fettuccine (R)
Italian Vegetables (R)
Peach Ambrosia (R)
Cashews (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

Flight Day 9

BREAKFAST

Breakfast Roll (FF)
Granola w/ Raisins (R)
Dried Peaches (IM)
Kona Coffee (B)
Orange Drink (B) x2

LUNCH

Spaghetti w/ Meat Sauce (R) x2
Green Beans/Mushrooms (R)
Peaches (T)
Candy Coated Chocolates (NF)
Candy Coated Peanuts (NF) x2
Orange Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R)
Green Beans/Mushrooms (R)
Granola Bar (NF) x2
Applesauce (T)
Shortbread Cookies (NF) x2
Lemon-Lime Drink (B) x2

Flight Day 10**BREAKFAST**

Scrambled Eggs (R)
Sausage Pattie (R)
Fruit Cocktail (T)
Orange Juice (B)
Cherry Drink w/ A/S (B)

LUNCH

Shrimp Cocktail (R)
Spicy Chicken & Vegetables (R)
Rice Pilaf (R)
Cashews (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

DINNER

Shrimp Cocktail (R)
Teriyaki Chicken (R)
Potatoes au Gratin (R)
Broccoli au Gratin (R)
Chocolate Pudding (T)
Macadamia Nuts (NF) x2
Orange Drink w/ A/S (B) x3

Flight Day 11**BREAKFAST**

Breakfast Roll (FF)
Granola w/ Blueberries (R)
Peach Ambrosia (R)
Chocolate Breakfast Drink (B)
Orange Drink (B) x2

LUNCH

Seafood Chowder (R) x2

Crackers (NF) x2
Cheddar Cheese Spread (T)
Cauliflower w/ Cheese (R)
Lemon-Lime Drink (B) x2

DINNER

Chicken Strips in Salsa (T) x2
Rice Pilaf (R)
Green Beans/Broccoli (R)
Granola Bar (NF) x2
Shortbread Cookies (NF) x2
Butterscotch Pudding (T)
Tropical Punch w/ A/S (B) x2

Flight Day 12

BREAKFAST

Oatmeal w/ Brown Sugar (R) x2
Pears (T)
Orange Drink (B) x2
Apple Cider (B)

LUNCH

Noodles & Chicken (R)
Broccoli au Gratin (R)
Fruit Cocktail (T)
Almonds (NF) x2
Brownie (NF)
Cherry Drink w/ A/S (B) x2

DINNER

Shrimp Cocktail (R)
Beef Stroganoff (R)
Cauliflower w/ Cheese (R)
Peach Ambrosia (R)
Cashews (NF) x2
Candy Coated Peanuts (NF) x2
Orange Drink (B) x2

Flight Day 13

BREAKFAST

Mexican Scrambled Eggs (R)
Granola (R)
Fruit Cocktail (T)
Kona Coffee (B)
Lemon-Lime Drink (B) x2