

Brian Duffy

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Beef Steak (I)
Broccoli au Gratin (R)
Tortilla (FF) x2
Peaches (T)
Tapioca Pudding (T)
Cashews (NF)
Apple Cider (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Chicken Strips in Salsa (T)
Noodles & Chicken (R)
Asparagus (R)
Chocolate Pudding (T)
Grape Drink (B)
Kona Coffee w/C & S (B)

Flight Day 2

BREAKFAST

Dried Peaches (IM)
Cheese Grits (FF)
Mexican Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)

Breakfast Roll (FF)
Orange-Grapefruit Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Cheese Tortellini (T)
Grilled Chicken (T)
Macaroni & Cheese (R)
Rice & Chicken (R)
Tortilla (FF) x2
Vanilla Pudding (T)
Cashews (NF)
Lemonade (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Spicy Chicken & Veggies (R)
Mashed Potatoes (R)
Italian Vegetables (R)
Butterscotch Pudding (T)
Orange Drink (B)
Kona Coffee w/C & S (B)

Flight Day 3

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Breakfast Roll (FF)
Orange-Mango Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Smoked Turkey (I)
Noodles & Chicken (R)
Tortilla (FF) x2
Fruit Cocktail (T)
Cashews (NF)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Seafood Chowder (R)
Spaghetti w/Meat Sauce (R) x2
Cauliflower w/Cheese (R)
Strawberries (R)
Vanilla Pudding (T)
Tropical Punch (B)
Kona Coffee w/C & S (B)

Flight Day 4**BREAKFAST**

Cheese Grits (FF)
Oatmeal w/ Raisins (R)
Applesauce (T)
Sausage Pattie (R)
Tortilla (FF) x2
Breakfast Roll (FF)
Cocoa (B) x2
Coffee (B)

LUNCH

Beef Pattie (R)
Grilled Chicken (T)
Macaroni & Cheese (R)
Rice & Chicken (R)
Tortilla (FF) x2
Cashews (NF)
Candy Coated Chocolates (NF)
Strawberry Drink (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Beef Ravioli (T)
Pasta Vegetable Parmesan (R)
Asparagus (R)
Banana Pudding (T)
Tea w/Lemon (B)
Kona Coffee w/C & S (B)

Flight Day 5**BREAKFAST**

Dried Apricots (IM)
Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Oatmeal w/Raisins (R)
Breakfast Roll (FF)
Orange-Pineapple Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Dried Beef (IM) x2
Beef w/BBQ Sauce (T)
Tortilla (FF) x2
Applesauce (T)
Candy Coated Chocolates (NF)
Apple Cider (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Cheese Tortellini (T)
Turkey Tetrazzini (R)
Mashed Potatoes (R)
Creamed Spinach (R)
Lemonade (B)
Kona Coffee w/C & S (B)
Orange-Grapefruit Drink (B) x2

Flight Day 6

BREAKFAST

Cheese Grits (FF)
Applesauce (T)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Breakfast Roll (FF)
Orange-Grapefruit Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Beef Steak (I)
Asparagus (R)
Mashed Potatoes (R)
Tortilla (FF) x2
Chocolate Pudding (T)
Shortbread Cookies (NF)

Almonds (NF)
Candy Coated Chocolates (NF)
Grape Drink (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Chicken Consomme (B)
Cashew Curry Chicken (R)
Sweet & Sour Chicken (R)
Potatoes au Gratin (R)
Green Beans w/Mushrooms (R)
Tea w/ Lemon (B)
Kona Coffee w/C & S (B)

Flight Day 7

BREAKFAST

Dried Peaches (IM)
Mexican Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Breakfast Roll (FF)
Orange-Mango Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Dried Beef (IM) x2
Ham (T)
Spicy Chicken & Veggies (R)
Tortilla (FF) x2
Vanilla Pudding (T)
Butter Cookies (NF)
Candy Coated Chocolates (NF)
Lemonade (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Spaghetti w/Meat Sauce (R) x2
Broccoli au Gratin (R)
Pears (T)
Granola Bar (NF)
Tea w/Lemon (B)
Kona Coffee w/C & S (B)

Flight Day 8

BREAKFAST

Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Breakfast Roll (FF)
Cocoa (B) x2
Coffee (B)

LUNCH

Beef Steak (I)
Broccoli au Gratin (R)
Tortilla (FF) x2
Peaches (T)
Tapioca Pudding (T)
Cashews (NF)
Apple Cider (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Chicken Strips in Salsa (T)
Noodles & Chicken (R)
Asparagus (R)
Chocolate Pudding (T)
Grape Drink (B)
Kona Coffee w/C & S (B)

Flight Day 9**BREAKFAST**

Dried Peaches (IM)
Cheese Grits (FF)
Mexican Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Breakfast Roll (FF)
Orange-Grapefruit Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Cheese Tortellini (T)
Grilled Chicken (T)
Macaroni & Cheese (R)
Rice & Chicken (R)
Tortilla (FF) x2

Vanilla Pudding (T)
Cashews (NF)
Lemonade (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Spicy Chicken & Veggies (R)
Mashed Potatoes (R)
Italian Vegetables (R)
Butterscotch Pudding (T)
Orange Drink (B)
Kona Coffee w/C & S (B)

Flight Day 10

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Seasoned Scrambled Eggs (R)
Oatmeal w/Brown Sugar (R)
Breakfast Roll (FF)
Orange-Mango Drink (B)
Cocoa (B) x2
Coffee (B)

LUNCH

Smoked Turkey (I)
Noodles & Chicken (R)
Tortilla (FF) x2
Fruit Cocktail (T)
Cashews (NF)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Seafood Chowder (R)
Spaghetti w/Meat Sauce (R) x2
Cauliflower w/Cheese (R)
Strawberries (R)
Vanilla Pudding (T)
Tropical Punch (B)
Kona Coffee w/C & S (B)

Flight Day 11

BREAKFAST

Cheese Grits (FF)
Oatmeal w/ Raisins (R)
Applesauce (T)
Sausage Pattie (R)
Tortilla (FF) x2
Breakfast Roll (FF)
Cocoa (B) x2
Coffee (B)

LUNCH

Beef Pattie (R)
Grilled Chicken (T)
Macaroni & Cheese (R)
Rice & Chicken (R)
Tortilla (FF) x2
Cashews (NF)
Candy Coated Chocolates (NF)
Strawberry Drink (B) x2
Coffee (B)

DINNER

Shrimp Cocktail (R)
Mushroom Soup (R)
Beef Ravioli (T)
Pasta Vegetable Parmesan (R)
Asparagus (R)
Banana Pudding (T)
Tea w/Lemon (B)
Kona Coffee w/C & S (B)

Flight Day 12

BREAKFAST

Dried Apricots (IM)
Sausage Pattie (R)
Mexican Scrambled Eggs (R)
Oatmeal w/Raisins (R)
Breakfast Roll (FF)
Orange-Pineapple Drink (B)
Cocoa (B) x2
Coffee (B)