

# Michael Lopez-Alegria

## 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)
- Beef Stroganoff (R)
- Fettuccine (R)
- Green Beans & Mushrooms (R)
- Tapioca Pudding (T)
- Lemonade (B) x2

### DINNER

- Chicken Consomme (B)
- Cheese Tortellini (T) x2
- Italian Vegetables (R)
- Shortbread Cookies (NF)
- Orange-Mango Drink (B) x2

## Flight Day 2

### BREAKFAST

- Peanuts (NF)
- Peaches (T)
- Rice Krispies (R)
- Strawberry Breakfast Drink (B)
- Orange Juice (B)
- Tea w/ Sugar (B)

### LUNCH

- Mushroom Soup (R)

Chicken Strips in Salsa (T)  
Broccoli au Gratin (R)  
Mashed Potatoes (R)  
Chocolate Pudding (T)  
Tropical Punch (B) x2

#### **DINNER**

Seafood Chowder (R)  
Vegetable Risotto (R) x2  
Tomatoes & Eggplant (T)  
Butter Cookies (NF)  
Lemonade (B) x2

### **Flight Day 3**

#### **BREAKFAST**

Almonds (NF)  
Fruit Cocktail (T)  
Oatmeal w/ Brown Sugar (R)  
Breakfast Roll (FF)  
Pineapple Drink (B)  
Cocoa (B)

#### **LUNCH**

Chicken Consomme (B)  
Beef w/ BBQ Sauce (T)  
Rice Pilaf (R)  
Corn (R)  
Granola Bar (NF)  
Grape Drink (B) x2

#### **DINNER**

Shrimp Cocktail (R)  
Macaroni & Cheese (R) x2  
Green Beans & Mushrooms (R)  
Brownie (NF)  
Peach-Apricot Drink (B) x2

### **Flight Day 4**

#### **BREAKFAST**

Peanuts (NF)  
Pineapple (T)  
Bran Chex (R)  
Vanilla Breakfast Drink (B)  
Grapefruit Drink (B)  
Kona Coffee w/ C&S (B)

## **LUNCH**

Mushroom Soup (R)  
Cashew Curry Chicken (R)  
Broccoli au Gratin (R)  
Rice w/ Butter (T)  
Tapioca Pudding (T)  
Orange Juice (B) x2

## **DINNER**

Seafood Chowder (R)  
Beef Ravioli (T) x2  
Italian Vegetables (R)  
Shortbread Cookies (NF)  
Grape Drink (B) x2

## **Flight Day 5**

### **BREAKFAST**

Almonds (NF)  
Peaches (T)  
Rice Krispies (R)  
Breakfast Roll (FF)  
Apple Cider (B)  
Tea w/ Sugar (B)

## **LUNCH**

Shrimp Cocktail (R)  
Spicy Chicken & Veggies (R)  
Mashed Potatoes (R)  
Corn (R)  
Chocolate Pudding (T)  
Lemonade (B) X2

## **DINNER**

Chicken Consomme (B)  
Turkey Tetrazzini (R) x2  
Green Beans & Mushrooms (R)  
Butter Cookies (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 6**

### **BREAKFAST**

Peanuts (NF)  
Fruit Cocktail (T)  
Cornflakes (R)

Chocolate Breakfast Drink (B)  
Grapefruit Drink (B)  
Cocoa (B)

### **LUNCH**

Shrimp Cocktail (R)  
Beef Stroganoff (R)  
Fettuccine (R)  
Green Beans & Mushrooms (R)  
Tapioca Pudding (T)  
Lemonade (B) x2

### **DINNER**

Chicken Consomme (B)  
Cheese Tortellini (T) x2  
Italian Vegetables (R)  
Shortbread Cookies (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 7**

### **BREAKFAST**

Almonds (NF)  
Pineapple (T)  
Oatmeal w/ Brown Sugar (R)  
Breakfast Roll (FF)  
Apple Cider (R)  
Kona Coffee w/ C&S (B)

### **LUNCH**

Mushroom Soup (R)  
Chicken Strips in Salsa (T)  
Broccoli au Gratin (R)  
Mashed Potatoes (R)  
Chocolate Pudding (T)  
Orange-Pineapple Drink (B) x2

### **DINNER**

Seafood Chowder (R)  
Vegetable Risotto (R) x2  
Tomatoes & Eggplant (T)  
Butter Cookies (NF)  
Lemonade (B) x2

## **Flight Day 8**

### **BREAKFAST**

Peanuts (NF)  
Peaches (T)  
Rice Krispies (R)  
Strawberry Breakfast Drink (B)  
Orange Juice (B)  
Cocoa (B)

### **LUNCH**

Chicken Consomme (B)  
Beef w/ BBQ Sauce (T)  
Rice Pilaf (R)  
Corn (R)  
Granola Bar (NF)  
Grape Drink (B) x2

### **DINNER**

Shrimp Cocktail (R)  
Macaroni & Cheese (R) x2  
Green Beans & Mushrooms (R)  
Brownie (NF)  
Peach-Apricot Drink (B)  
Pineapple Drink (B) x2

## **Flight Day 9**

### **BREAKFAST**

Almonds (NF)  
Fruit Cocktail (T)  
Bran Chex (R)  
Breakfast Roll (FF)  
Tropical Punch (B)  
Tea w/ Sugar (B)

### **LUNCH**

Mushroom Soup (R)  
Cashew Curry Chicken (R)  
Broccoli au Gratin (R)  
Rice w/ Butter (T)  
Tapioca Pudding (T)  
Orange Juice (B) x2

### **DINNER**

Seafood Chowder (R)  
Beef Ravioli (T) x2  
Italian Vegetables (R)  
Shortbread Cookies (NF)  
Strawberry Drink (B) x2

## **Flight Day 10**

### **BREAKFAST**

Peanuts (NF)  
Pears (T)  
Granola w/ Blueberries (R)  
Vanilla Breakfast Drink (B)  
Orange Juice (B)  
Kona Coffee w/ C&S (B)

### **LUNCH**

Shrimp Cocktail (R)  
Spicy Chicken & Veggies (R)  
Mashed Potatoes (R)  
Corn (R)  
Chocolate Pudding (T)  
Lemonade (B) x2

### **DINNER**

Chicken Consomme (B)  
Turkey Tetrazzini (R) x2  
Green Beans & Mushrooms (R)  
Butter Cookies (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 11**

### **BREAKFAST**

Almonds (NF)  
Fruit Cocktail (T)  
Bran Chex (R)  
Breakfast Roll (FF)  
Tropical Punch (B)  
Tea w/Sugar (B)

### **LUNCH**

Shrimp Cocktail (R)  
Beef Stroganoff (R)  
Fettuccine (R)  
Green Beans & Mushrooms (R)  
Tapioca Pudding (T)  
Lemonade (B) x2

### **DINNER**

Chicken Consomme (B)  
Cheese Tortellini (T) x2

Italian Vegetables (R)  
Shortbread Cookies (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 12**

### **BREAKFAST**

Peanuts (NF)  
Peaches (T)  
Rice Krispies (R)  
Strawberry Breakfast Drink (B)  
Orange Juice (B)  
Tea w/ Sugar (B)