

Marc Garneau

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

DINNER

Flight Day 2

BREAKFAST

Breakfast Roll (FF)
Dried Apricots (IM)
Seasoned Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Cheese Spread (T)
Tortilla (FF) X2
Broccoli au Gratin (R)
Tapioca Pudding (T)
Peanuts (NF)
Grape Drink (B) x2

DINNER

Smoked Turkey (I)
Creamed Spinach (R)
Italian Vegetables (R)
Banana Pudding (T)
Candy Coated Peanuts (NF)

Orange Drink (B)

Flight Day 3

BREAKFAST

Granola w/ Blueberries (R)
Scrambled Eggs (R)
Trail Mix (IM)
Breakfast Roll (FF)
Orange-Mango Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Mushroom Soup (R)
Tuna Salad Spread (T)
Crackers (NF) x2
Apple (FF) (Day 3 only)
Brownie (NF)
Grape Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Italian Vegetables (R)
Granola Bar (NF)
Candy Coated Peanuts (NF)
Orange-Mango Drink (B)

Flight Day 4

BREAKFAST

Granola w/ Blueberries (R)
Mexican Scrambled Eggs (R)
Dried Apricots (IM)
Orange-Mango Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Ham (T)
Cheese Spread (T)
Tortilla (FF) X2
Pineapple (T)
Candy Coated Chocolates (NF)
Peach-Apricot Drink (B) x2

DINNER

Macaroni & Cheese (R)

Creamed Spinach (R)
Italian Vegetables (R)
Chocolate Pudding (T)
Shortbread Cookies (NF)
Peach-Apricot Drink (B)

Flight Day 5

BREAKFAST

Oatmeal w/ Raisins (R)
Mexican Scrambled Eggs (R)
Trail Mix (IM)
Peach-Apricot Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Dried Beef (IM) x2
Italian Vegetables (R)
Tortilla (FF)
Apple (FF)
Granola Bar (NF)
Almonds (NF)
Orange Drink (B) x2

DINNER

Shrimp Cocktail (R)
Frankfurters (T)
Broccoli au Gratin (R)
Italian Vegetables (R)
Trail Mix (IM)
Tapioca Pudding (T)
Lemonade (B)

Flight Day 6

BREAKFAST

Oatmeal w/ Brown Sugar (R)
Scrambled Eggs (R)
Dried Apricots (IM)
Orange-Pineapple Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Macaroni & Cheese (R)
Italian Vegetables (R)
Crackers (NF)
Butterscotch Pudding (T)

Apple (FF)
Grape Drink (B) x2

DINNER

Beef w/BBQ Sauce (T)
Shrimp Cocktail (R)
Creamed Spinach (R)
Applesauce (T)
Brownie (NF)
Orange-Mango Drink (B)

Flight Day 7

BREAKFAST

Granola w/Blueberries (R)
Mexican Scrambled Eggs (R)
Trail Mix (IM)
Peach-Apricot Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Pears (T)
Macadamia Nuts (NF)
Apple Cider (B) x2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Broccoli au Gratin (R)
Italian Vegetables (R)
Pineapple (T)
Vanilla Pudding (T)
Pineapple Drink (B)

Flight Day 8

BREAKFAST

Granola w/ Raisins (R)
Dried Apricots (IM)
Vanilla Breakfast Drink (B)
Orange-Mango Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Beef Stroganoff (R) x2
Cauliflower w/ Cheese (R)
Tortilla (FF)
Pears (T)
Granola Bar (NF)
Cashews (NF)
Lemonade (B) x2

DINNER

Smoked Turkey (I)
Turkey Tetrazzini (R)
Pasta Vegetable Parmesan (R)
Peaches (T)
Butter Cookies (NF)
Grape Drink (B)

Flight Day 9

BREAKFAST

Breakfast Roll (FF)
Dried Apricots (IM)
Seasoned Scrambled Eggs (R)
Orange-Pineapple Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Cheese Spread (T)
Tortilla (FF) X2
Broccoli au Gratin (R)
Tapioca Pudding (T)
Peanuts (NF)
Grape Drink (B) x2

DINNER

Smoked Turkey (I)
Creamed Spinach (R)
Italian Vegetables (R)
Banana Pudding (T)
Candy Coated Peanuts (NF)
Orange Drink (B)

Flight Day 10

BREAKFAST

Granola w/ Blueberries (R)
Scrambled Eggs (R)
Trail Mix (IM)

Breakfast Roll (FF)
Orange-Mango Drink (B)
Coffee w/ C & S (B) x2

LUNCH

Mushroom Soup (R)
Tuna Salad Spread (T)
Crackers (NF) x2
Apple (FF) (Day 3 only)
Brownie (NF)
Grape Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Italian Vegetables (R)
Granola Bar (NF)
Candy Coated Peanuts (NF)
Orange-Mango Drink (B)

Flight Day 11

BREAKFAST

Granola w/ Blueberries (R)
Mexican Scrambled Eggs (R)
Dried Apricots (IM)
Orange-Mango Drink (B)
Coffee w/ C & S (B) x2