

Koichi Wakata

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

DINNER

- Shrimp Cocktail (R)
- Rice & Chicken (R)
- Macaroni & Cheese (R)
- Italian Vegetables (R)
- Trail Mix (IM)
- Grapefruit Drink (B) x2

Flight Day 2

BREAKFAST

- Dried Peaches (IM)
- Mexican Scrambled Eggs (R)
- Butter Cookies (NF)
- Strawberry Instant Breakfast (B)
- Orange-Pineapple Drink (B)

LUNCH

- Shrimp Cocktail (R)
- Chicken Consomme (B)
- Turkey Tetrazzini (R)
- Asparagus (R)
- Tortilla (FF) x2
- Banana Pudding (T)
- Orange Juice (B)

DINNER

Shrimp Cocktail (R)
Smoked Turkey (I)
Rice & Chicken (R)
Green Beans w/ Mushrooms (R)
Tortilla (FF) x2
Granola Bar (NF)
Orange-Grapefruit Drink (B) x2

Flight Day 3**BREAKFAST**

Dried Apricots (IM)
Cornflakes (R)
Cashews (NF)
Orange Juice (B)
Cocoa (B)

LUNCH

Mushroom Soup (R)
Dried Beef (IM)
Rice & Chicken (R)
Italian Vegetables (R)
Almonds (NF)
Grapefruit Drink (B) x2

DINNER

Shrimp Cocktail (R)
Noodles & Chicken (R)
Mexican Scrambled Eggs (R)
Tortilla (FF) x2
Tapioca Pudding (T)
Grape Drink (B) x2

Flight Day 4**BREAKFAST**

Dried Pears (IM)
Rice Krispies (R)
Butter Cookies (NF)
Strawberry Instant Breakfast (B)
Grape Drink (B)

LUNCH

Dried Beef (IM)
Teriyaki Chicken (R)

Potatoes au Gratin (R)
Asparagus (R)
Tortilla (FF) x2
Peach Ambrosia (R)
Orange Juice (B) x2

DINNER

Shrimp Cocktail (R)
Rice & Chicken (R)
Macaroni & Cheese (R)
Italian Vegetables (R)
Trail Mix (IM)
Grapefruit Drink (B) x2

Flight Day 5

BREAKFAST

Dried Peaches (IM)
Mexican Scrambled Eggs (R)
Butter Cookies (NF)
Strawberry Instant Breakfast (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Chicken Consomme (B)
Turkey Tetrazzini (R)
Asparagus (R)
Tortilla (FF) x2
Banana Pudding (T)
Orange Juice (B)

DINNER

Shrimp Cocktail (R)
Smoked Turkey (I)
Rice & Chicken (R)
Green Beans w/ Mushrooms (R)
Tortilla (FF) x2
Granola Bar (NF)
Orange-Grapefruit Drink (B) x2

Flight Day 6

BREAKFAST

Dried Apricots (IM)
Cornflakes (R)
Cashews (NF)

Orange Juice (B)

Cocoa (B)

LUNCH

Mushroom Soup (R)

Dried Beef (IM)

Rice & Chicken (R)

Italian Vegetables (R)

Almonds (NF)

Grapefruit Drink (B) x2

DINNER

Shrimp Cocktail (R)

Noodles & Chicken (R)

Mexican Scrambled Eggs (R)

Tortilla (FF) x2

Tapioca Pudding (T)

Grape Drink (B) x2

Flight Day 7

BREAKFAST

Dried Pears (IM)

Rice Krispies (R)

Butter Cookies (NF)

Strawberry Instant Breakfast (B)

Grape Drink (B)

LUNCH

Dried Beef (IM)

Teriyaki Chicken (R)

Potatoes au Gratin (R)

Asparagus (R)

Tortilla (FF) x2

Peach Ambrosia (R)

Orange Juice (B) x2

DINNER

Shrimp Cocktail (R)

Rice & Chicken (R)

Macaroni & Cheese (R)

Italian Vegetables (R)

Trail Mix (IM)

Grapefruit Drink (B) x2

Flight Day 8

BREAKFAST

Dried Peaches (IM)
Mexican Scrambled Eggs (R)
Butter Cookies (NF)
Strawberry Instant Breakfast (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Chicken Consomme (B)
Turkey Tetrazzini (R)
Asparagus (R)
Tortilla (FF) x2
Banana Pudding (T)
Orange Juice (B)

DINNER

Shrimp Cocktail (R)
Smoked Turkey (I)
Rice & Chicken (R)
Green Beans w/ Mushrooms (R)
Tortilla (FF) x2
Granola Bar (NF)
Orange-Grapefruit Drink (B) x2

Flight Day 9**BREAKFAST**

Dried Apricots (IM)
Cornflakes (R)
Cashews (NF)
Orange Juice (B)
Cocoa (B)

LUNCH

Mushroom Soup (R)
Dried Beef (IM)
Rice & Chicken (R)
Italian Vegetables (R)
Almonds (NF)
Grapefruit Drink (B) x2

DINNER

Shrimp Cocktail (R)
Noodles & Chicken (R)
Mexican Scrambled Eggs (R)
Tortilla (FF) x2

Tapioca Pudding (T)
Grape Drink (B) x2

Flight Day 10

BREAKFAST

Dried Pears (IM)
Rice Krispies (R)
Butter Cookies (NF)
Strawberry Instant Breakfast (B)
Grape Drink (B)

LUNCH

Dried Beef (IM)
Teriyaki Chicken (R)
Potatoes au Gratin (R)
Asparagus (R)
Tortilla (FF) x2
Peach Ambrosia (R)
Orange Juice (B) x2

DINNER

Shrimp Cocktail (R)
Rice & Chicken (R)
Macaroni & Cheese (R)
Italian Vegetables (R)
Trail Mix (IM)
Grapefruit Drink (B) x2

Flight Day 11

BREAKFAST

Dried Peaches (IM)
Mexican Scrambled Eggs (R)
Butter Cookies (NF)
Strawberry Instant Breakfast (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Chicken Consomme (B)
Turkey Tetrazzini (R)
Asparagus (R)
Tortilla (FF) x2
Banana Pudding (T)
Orange Juice (B)

DINNER

Shrimp Cocktail (R)

Smoked Turkey (I)

Rice & Chicken (R)

Green Beans w/ Mushrooms (R)

Tortilla (FF) x2

Granola Bar (NF)

Orange-Grapefruit Drink (B) x2

Flight Day 12**BREAKFAST**

Dried Apricots (IM)

Cornflakes (R)

Cashews (NF)

Orange Juice (B)

Cocoa (B)