

Janice Voss

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Dried Pears (IM)
Almonds (NF)
GeniSoy PB Fudge Bar (FF)
Bread Sticks (FF) X4
Vanilla Instant Breakfast (B)

DINNER

Navy Bean Soup (FF)
Corn (R)
Asparagus (R)
Cheddar Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 2

BREAKFAST

Vegetarian Vegetable Soup (T)
Corn (R)
Mashed Potatoes (R)
Bread Sticks (FF) X4
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)

Peanuts (NF)
GeniSoy Choc Mint Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Split Pea Soup (FF) X2
Green Beans w/ Mushrooms (R)
Broccoli Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 3

BREAKFAST

Vegetarian Vegetable Soup (T)
Oatmeal w/ Brown Sugar (R)
Mashed Potatoes (R)
Bread Sticks (FF) X4
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)
Almonds (NF)
GeniSoy Choc Mint Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Chili (FF)
Corn (R)
Asparagus (R)
Cheddar Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 4

BREAKFAST

Vegetarian Vegetable Soup (T)
Oatmeal w/ Raisins (R)
Mashed Potatoes (R)
Bread Sticks (FF) X4
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)

Peanuts (NF)
GeniSoy PB Fudge Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Navy Bean Soup (FF)
Corn (R)
Green Beans w/ Mushrooms (R)
Broccoli Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 5

BREAKFAST

Vegetarian Vegetable Soup (T)
Corn (R)
Mashed Potatoes (R)
Cocoa (B)
Apple Cider (B)

LUNCH

Dried Pears (IM)
Almonds (NF)
GeniSoy Choc Mint Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Split Pea Soup (FF) X2
Green Beans w/ Mushrooms (R)
Cheddar Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 6

BREAKFAST

Vegetarian Vegetable Soup (T)
Oatmeal w/ Brown Sugar (R)
Mashed Potatoes (R)
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)
Peanuts (NF)
GeniSoy Choc Mint Bar (FF)

Vanilla Instant Breakfast (B)

DINNER

Minestrone Soup (FF)

Corn (R)

Asparagus (R)

Broccoli Stuffed Potatoes (FF)

Orange Juice (B)

Apple Cider (B)

Flight Day 7

BREAKFAST

Vegetarian Vegetable Soup (T)

Oatmeal w/ Raisins (R)

Mashed Potatoes (R)

Apple Cider (B)

Cocoa (B)

LUNCH

Dried Pears (IM)

Almonds (NF)

GeniSoy PB Fudge Bar (FF)

Vanilla Instant Breakfast (B)

DINNER

Navy Bean Soup (FF)

Corn (R)

Asparagus (R)

Cheddar Stuffed Potatoes (FF)

Orange Juice (B)

Apple Cider (B)

Flight Day 8

BREAKFAST

Vegetarian Vegetable Soup (T)

Corn (R)

Mashed Potatoes (R)

Apple Cider (B)

Cocoa (B)

LUNCH

Dried Pears (IM)

Peanuts (NF)

GeniSoy Choc Mint Bar (FF)

Vanilla Instant Breakfast (B)

DINNER

Split Pea Soup (FF) X2
Green Beans w/ Mushrooms (R)
Broccoli Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 9**BREAKFAST**

Vegetarian Vegetable Soup (T)
Oatmeal w/ Brown Sugar (R)
Mashed Potatoes (R)
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)
Almonds (NF)
GeniSoy Choc Mint Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Chili (FF)
Corn (R)
Asparagus (R)
Cheddar Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 10**BREAKFAST**

Vegetarian Vegetable Soup (T)
Oatmeal w/ Raisins (R)
Mashed Potatoes (R)
Apple Cider (B)
Cocoa (B)

LUNCH

Dried Pears (IM)
Peanuts (NF)
GeniSoy PB Fudge Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Navy Bean Soup (FF)
Corn (R)
Green Beans w/ Mushrooms (R)
Broccoli Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 11

BREAKFAST

Vegetarian Vegetable Soup (T)
Corn (R)
Mashed Potatoes (R)
Cocoa (B)
Apple Cider (B)

LUNCH

Dried Pears (IM)
Almonds (NF)
GeniSoy Choc Mint Bar (FF)
Vanilla Instant Breakfast (B)

DINNER

Split Pea Soup (FF) X2
Green Beans w/ Mushrooms (R)
Cheddar Stuffed Potatoes (FF)
Orange Juice (B)
Apple Cider (B)

Flight Day 12

BREAKFAST

Vegetarian Vegetable Soup (T)
Oatmeal w/ Brown Sugar (R)
Mashed Potatoes (R)
Apple Cider (B)
Cocoa (B)