

Scott Horowitz

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)
Chicken Strips in Salsa (T)
Rice Pilaf (R)
Tortilla (FF) x2
Peaches (T)
Brownie (NF)
Apple Cider (B)
Tea w/ Lemon & Sugar (B)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Cheese Tortellini (T)
Fettuccine (R)
Italian Vegetables (R)
Chocolate Pudding (T)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 2

BREAKFAST

Dried Pears (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Grapefruit Drink (B)

LUNCH

Shrimp Cocktail (R)
Crunchy Peanut Butter (FF)
Grape Jelly (T)
Tortilla (FF) x2
Fruit Cocktail (T)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)
Lemon-Lime Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R)
Green Beans & Broccoli (R)
Peach Ambrosia (R)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 3**BREAKFAST**

Dried Apricots (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Mango Drink (B)

LUNCH

Shrimp Cocktail (R)
Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Applesauce (T)
Brownie (NF)
Tea w/ Lemon & Sugar (B)
Peach-Apricot Drink (B) x2

DINNER

Shrimp Cocktail (R)
Seafood Chowder (R)
Grilled Chicken (T)
Rice w/ Butter (T)
Tapioca Pudding (T)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 4

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Dried Beef (IM)
Cheddar Cheese Spread (T)
Tortilla (FF) x2
Applesauce (T)
Cashews (NF)
Tea w/ Lemon & Sugar (B)
Orange Drink (B) x2

DINNER

Shrimp Cocktail (R)
Spaghetti w/ Meat Sauce (R)
Pasta Vegetable Parmesan (R)
Vegetable Risotto (R)
Strawberries (R)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 5

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Chicken Strips in Salsa (T)
Rice Pilaf (R)
Tortilla (FF) x2
Peaches (T)
Brownie (NF)
Apple Cider (B)
Tea w/ Lemon & Sugar (B)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Cheese Tortellini (T)
Fettuccine (R)
Italian Vegetables (R)
Chocolate Pudding (T)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 6

BREAKFAST

Dried Pears (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Grapefruit Drink (B)

LUNCH

Shrimp Cocktail (R)
Crunchy Peanut Butter (FF)
Grape Jelly (T)
Tortilla (FF) x2
Fruit Cocktail (T)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)
Lemon-Lime Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R)
Green Beans & Broccoli (R)
Peach Ambrosia (R)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 7

BREAKFAST

Dried Apricots (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Mango Drink (B)

LUNCH

Shrimp Cocktail (R)
Frankfurters (T)
Macaroni & Cheese (R)

Tortilla (FF) x2
Applesauce (T)
Brownie (NF)
Tea w/ Lemon & Sugar (B)
Peach-Apricot Drink (B) x2

DINNER

Shrimp Cocktail (R)
Seafood Chowder (R)
Grilled Chicken (T)
Rice w/ Butter (T)
Tapioca Pudding (T)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 8

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Dried Beef (IM)
Cheddar Cheese Spread (T)
Tortilla (FF) x2
Applesauce (T)
Cashews (NF)
Tea w/ Lemon & Sugar (B)
Orange Drink (B) x2

DINNER

Shrimp Cocktail (R)
Spaghetti w/ Meat Sauce (R)
Pasta Vegetable Parmesan (R)
Vegetable Risotto (R)
Strawberries (R)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 9

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Brown Sugar (R)

Cocoa (B)
Orange-Pineapple Drink (B)

LUNCH

Shrimp Cocktail (R)
Chicken Strips in Salsa (T)
Rice Pilaf (R)
Tortilla (FF) x2
Peaches (T)
Brownie (NF)
Apple Cider (B)
Tea w/ Lemon & Sugar (B)
Lemonade (B) x2

DINNER

Shrimp Cocktail (R)
Cheese Tortellini (T)
Fettuccine (R)
Italian Vegetables (R)
Chocolate Pudding (T)
Candy Coated
Chocolates (NF)
Apple Cider (B)

Flight Day 10

BREAKFAST

Dried Pears (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Grapefruit Drink (B)

LUNCH

Shrimp Cocktail (R)
Crunchy Peanut Butter (FF)
Grape Jelly (T)
Tortilla (FF) x2
Fruit Cocktail (T)
Trail Mix (IM)
Tea w/ Lemon & Sugar (B)
Lemon-Lime Drink (B) x2

DINNER

Shrimp Cocktail (R)
Beef Steak (I)
Mashed Potatoes (R)
Green Beans & Broccoli (R)

Peach Ambrosia (R)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 11

BREAKFAST

Dried Apricots (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Mango Drink (B)

LUNCH

Shrimp Cocktail (R)
Frankfurters (T)
Macaroni & Cheese (R)
Tortilla (FF) x2
Applesauce (T)
Brownie (NF)
Tea w/ Lemon & Sugar (B)
Peach-Apricot Drink (B) x2

DINNER

Shrimp Cocktail (R)
Seafood Chowder (R)
Grilled Chicken (T)
Rice w/ Butter (T)
Tapioca Pudding (T)
Candy Coated Chocolates (NF)
Apple Cider (B)

Flight Day 12

BREAKFAST

Dried Peaches (IM)
Oatmeal w/ Brown Sugar (R)
Cocoa (B)
Orange-Pineapple Drink (B)