

Appendix B: International Space Station Daily Menu Food List

Refrigerated

Dairy

Cheese
Cheese slices
Cream cheese
Sour cream
Yogurt, fruit

Fruits

Apple
Grapefruit
Kiwi
Orange
Plum

Frozen

Meat and Eggs

Beef:

Beef, brisket, BBQ
Beef, enchilada with spanish rice
Beef, fajita
Beef, patty
Beef, sirloin tips with mushrooms
Beef, steak, bourbon
Beef, steak, teriyaki
Beef, stir fried with onion
Beef, stroganoff with noodles
Luncheon meat
Meatloaf with mashed potatoes and gravy

Lamb:

Lamb, broiled

Poultry:

Chicken, baked
Chicken, enchilada with spanish rice
Chicken, fajita
Chicken, grilled

Chicken, oven fried
Chicken, pot pie
Chicken, stir fried with diced red pepper
Chicken, teriyaki with spring vegetables
Duck, roasted
Meatball, porcupine (turkey)

Pork:

Bacon
Bacon, Canadian
Ham, baked with candied yams
Pork, chop, baked with potatoes au gratin
Pork, sausage, patties
Pork, sweet and sour with rice

Seafood:

Fish, baked
Fish, grilled
Fish, sautéed
Lobster, broiled tails
Scallops, baked
Seafood, gumbo with rice
Shrimp, cocktail
Tuna, noodle casserole

Eggs:

Egg, omelet, cheese
Egg, omelet, vegetable
Egg, omelet, ham
Egg, omelet, sausage
Egg, omelet vegetable and ham
Egg, omelet, vegetable and sausage
Eggs, scrambled with bacon, hash browns sausage
Quiche, vegetable
Quiche, lorraine

Pasta mixtures:

Lasagna, vegetable with tomato sauce
Noodles, stir fry
Spaghetti with meat sauce
Spaghetti with tomato sauce
Tortellini with tomato sauce, cheese



Other:

Egg rolls
Enchilada, cheese with Spanish rice
Pizza, cheese
Pizza, meat
Pizza, vegetable
Pizza, supreme

Fruit

Apples, escalloped
Peaches, sliced with bananas, blueberries
Peaches with bananas, grapes, strawberries
Strawberries, sliced

Soups

Beef, stew
Broccoli, cream of
Chicken, cream of
Chicken noodle
Mushroom, cream of
Won ton

Grains

Biscuits
Bread
Cornbread
Dinner roll
Garlic bread
Sandwich bun, wheat/white
Toast, wheat/white
Tortilla

Breakfast items:

Cinnamon roll
French toast
Pancakes, buttermilk
Pancakes, apple cinnamon
Waffles

Pasta:

Fettuccine alfredo
Macaroni and cheese
Spaghetti

Rice:

Fried
Mexican/Spanish
White

Starchy Vegetables

Corn, whole kernel
Potato, baked
Potatoes, escalloped
Potatoes, oven fried
Potatoes, mashed
Yams, candied
Succotash
Squash corn casserole

Vegetables

Asparagus tips
Beans, green
Beans, green with mushrooms
Broccoli au gratin
Broccoli
Carrot coins
Cauliflower au gratin
Chinese vegetables, stir fry
Mushrooms, fried
Okra, fried
Peas
Peas with carrots
Squash, acorn with apple sauce and cinnamon
Zucchini, spears, fried

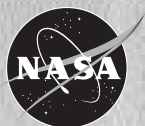
Desserts

Cakes:

Angel food cake
Brownie, chocolate
Chocolate fudge
Shortcake
Yellow cake with chocolate frosting

Dairy:

Ice cream, chocolate
Ice cream, strawberry
Ice cream, vanilla
Yogurt, frozen



Pies and Pastry:

Cheesecake, chocolate
Cheesecake, plain
Cobbler, peach
Pie, apple
Pie, coconut cream
Pie, pecan
Pie, pumpkin

Beverages

Apple juice
Grape juice
Grapefruit juice
Lemonade
Orange juice

Condiments

Margarine
Grated cheese

Cereals

Hot cereal:

Oatmeal
Cream of wheat
Grits

Thermostabilized

Fruit

Applesauce
Fruit cocktail
Peaches
Pears
Pineapple

Salads

Chicken salad
Tuna salad
Turkey salad

Vegetable:

Bean salad, three
Pasta salad
Potato salad, German

Sauerkraut

Soups

Chili
Clam chowder
Egg drop
Miso, Japanese
Vegetable

Desserts

Pudding, butterscotch
Pudding, chocolate
Pudding, lemon
Pudding, tapioca
Pudding, vanilla

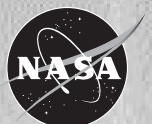
Condiments

Barbecue sauce
Catsup
Chili con queso
Cocktail sauce
Cranberry sauce
Dill pickle chips
Dips, bean
Dips, onion
Dips, ranch
Honey
Horseradish sauce
Jelly, assorted
Lemon juice
Mayonnaise
Mustard
Mustard, hot Chinese
Orange marmalade
Peanut butter (chunky, creamy, whipped)
Picante sauce
Sweet and sour sauce
Syrup, maple
Taco sauce
Tartar sauce

Beverages

Fruit juices:

Cranberry
Cranberry apple
Cranberry raspberry
Gatorade, assorted
Pineapple
Pineapple grapefruit
Tomato



V-8

Milk:

Skim

Low fat

Chocolate (low fat or skim)

Whole

Natural Form

Fruit

Apples, dried

Apricots, dried

Peach, dried

Pear, dried

Prunes

Raisin

Trail mix

Grains

Animal crackers

Cereal, cold

Chex mix

Crackers, assorted

Baked chips, tortillas

Baked chips, potato

Pretzels

Goldfish

Tortilla chips

Potato chips

Rye krisp, seasoned

Desserts

Cookies:

Butter

Chocolate chip

Fortune

Rice krispies treat

Shortbread

Snacks

Beef jerky

Nuts:

Almonds

Cashews

Macadamia

Peanuts

Candy:

Candy-coated chocolates

Candy-coated peanuts

Lifesavers

Gum (sugar free)

Eva Food

In-suit fruit bar

Rehydratable

Beverages

Apple cider

Cherry drink

Cocoa

Coffee (assorted)

Grape drink

Grapefruit drink

Instant breakfast, chocolate

Instant breakfast, vanilla

Instant breakfast, strawberry

Orange drink

Orange mango drink

Orange pineapple drink

Tea (assorted)

Tropical punch

Irradiated Meat

Beef steak

Smoked turkey

