

Appendix C:

Gemini Standard Menu (4-day cycle)

Day 1, 5, 9

Meal A

Peaches
 Bacon Squares (8)
 Cinnamon Toast Bread
 Cubes (4)
 Grapefruit Drink
 Orange Drink

Meal B

Salmon Salad
 Chicken and Rice
 Sugar Cookie Cubes (4)
 Cocoa
 Grape Punch

Meal C

Beef and Potatoes
 Cheese Cracker
 Cubes (4)
 Chocolate Pudding
 Orange-Grapefruit Drink

Day 2, 6, 10

Meal A

Fruit Cocktail
 Sugar-Coated Cornflakes
 Bacon Squares (8)
 Grapefruit Drink
 Grape Drink

Meal B

Potato Soup
 Chicken and Vegetables
 Tuna Salad
 Pineapple Fruitcake (4)
 Orange Drink

Meal C

Spaghetti and Meat
 Sauce
 Ham and Potatoes
 Banana Pudding
 Pineapple-Grapefruit
 Drink

Day 3, 7, 11

Meal A

Peaches
 Bacon Squares (8)
 Strawberry Cubes (4)
 Cocoa
 Orange Drink

Meal B

Cream of Chicken Soup
 Turkey and Gravy
 Butterscotch Pudding
 Brownies
 Grapefruit Drink

Meal C

Pea Soup
 Beef Stew
 Chicken Salad
 Chocolate Cubes (4)
 Grape Punch

Day 4, 8

Meal A

Fruit Cocktail
 Sausage Patties
 Bacon Squares (8)
 Cocoa
 Grape Drink

Meal B

Potato Soup
 Pork and Scalloped
 Potatoes
 Apple Sauce
 Orange Drink

Meal C

Shrimp Cocktail
 Chicken Stew
 Turkey Bites (4)
 Dry Fruitcake (4)
 Orange-Grapefruit Drink

