

Appendix E: International Space Station Standard Menu (4 days of a 30-day menu)

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
<p>Meal A Eggs Scrambled w/Bacon, Hash Browns, Sausage Toast Margarine Jelly, Assorted Apple Juice Coffee/Tea/Cocoa</p> <p>Meal B Chicken, oven-fried Macaroni and Cheese Corn, whole kernel Peaches Almonds Pineapple-Grapefruit Juice</p> <p>Meal C Beef Fajita Spanish Rice Tortilla Chips Picante Sauce Chili con Queso Tortilla Lemon Bar Apple Cider</p>	<p>Meal A Cereal, cold Yogurt, fruit Biscuit Margarine Jelly, assorted Milk Cranberry Juice Coffee/Tea/Cocoa</p> <p>Meal B Soup, cream of broccoli Beef Patty Cheese Slice Sandwich Bun Pretzels Cried Apples Vanilla Pudding Chocolate Instant Breakfast</p> <p>Meal C Fish, sautéed Tartar Sauce Lemon Juice Pasta Salad Green Beans Bread Margarine Angel Food Cake Strawberries Orange-Pineapple Drink</p>	<p>Meal A French Toast Canadian Bacon Margarine Syrup Orange Juice Coffee/Tea/Cocoa</p> <p>Meal B Cheese Manicotti w/ Tomato Sauce Garlic Bread Berry Medley Cookie, shortbread Lemonade</p> <p>Meal C Turkey Breast, sliced Mashed Sweet Potato Asparagus Tips Cornbread Margarine Pumpkin Pie Cherry Drink</p>	<p>Meal A Cereal, hot Cinnamon Roll Milk Grape Juice Coffee/Tea/Cocoa</p> <p>Meal B Quiche Lorraine Seasoned Rye Krisp Fresh Orange Cookies, Butter</p> <p>Meal C Soup, won ton Chicken Teriyaki Chinese Vegetables, stir- fry Egg Rolls Hot Chinese Mustard Sweet 'n Sour Sauce Vanilla Ice Cream Cookies, fortune Tea</p>

