

What do astronauts eat?

Astronauts eat the same food as we do so you could eat a sandwich on the international space station, however if you tried to drink a cup of water in space, the water would turn into bubbles and float away so they would have to have it in bottles.

Monday

Breakfast: 1 Orange Juice (bottled), Fruit salad in tub.

Lunch: Lentil soup

Tea: (Packaged) pasta

Tuesday

Breakfast: 1 Orange juice, Yoghurt.

Lunch: Sandwiches

Tea: Tortilla wraps

Wednesday

Breakfast: 1 orange juice and Fruit salad.

Lunch: Sandwiches

Tea: Spaghetti bolognese and Mand Ms.

Thursday

Breakfast: Grape juice and Raisins

Lunch: Chicken soup

Tea: Pasta and ice cream

Friday

Breakfast: Yoghurt and Grape Juice

Lunch: Sandwiches

Tea: Lentil Soup and Mand Ms.

Saturday

Breakfast: 1 orange juice and Fruit salad.

Lunch: Chicken Soup

Dinner: Tortilla wraps