

# Restaurant of the Month

By Rebecca Shireman

## Sharing the **Space Adventure**

### Astronauts Who Launch & Lunch at **Kennedy Space Center Visitor Complex**

Lunch With An Astronaut is a unique dining and learning experience. The casual meal, hosted each day at Kennedy Space Center Visitor Complex, satisfies both your craving for delicious food and your hunger for deeper knowledge about what it's really like to be in space from the men and women who have lived it.

First, sit down to a delicious buffet lunch that includes an array of salads, delicious hot entrees with side dishes and an impressive spread of tasty desserts. With mouthwatering selections influenced by a variety of regions and ethnicities and incorporating local and sustainable ingredients, children and adults alike will be pleased by the delicious, freshly prepared assortment of food served.

After lunch, you'll hear personal stories from a veteran NASA astronaut. Specific topics range from the type of food that astronauts eat in space to the scientific experiments and

experiences of living and working in space. Appearances rotate regularly, and each astronaut gives a personalized presentation before taking questions from the audience.

Is it cold in space? What's it like to be weightless? Now is your chance to ask these questions and more.

Astronauts like Wendy Lawrence, Winston Scott, Barbara Morgan and Bob Springer share intriguing and sometimes even humorous stories. They hope to inspire children and adults alike to strive for excellence while learning about the various adventures of highly skilled

space explorers. Bring your camera or smartphone - afterward, all guests have the opportunity to take a photo with the astronaut.

"As a parent, bringing my kids to enjoy Lunch With An Astronaut was everything I wanted it to be," said Josh Thompson, a recent guest. The astronaut, Wendy Lawrence, told us it was her childhood dream to fly to space. Then she went on to explain the steps she took to achieve her goal. Hearing about the wonders of space from someone who experienced it firsthand was awe-inspiring. On top of all that, the food was delicious as well."

Each day at Kennedy Space Center Visitor Complex, guests have the opportunity to meet veteran NASA astronauts. Astronaut Encounter (included with daily admission) briefings allow ample time for discussion. Each day guests also have the opportunity to get an astronaut's autograph.

"KSC is the real thing, the 'right stuff!'" said Jon McBride, space shuttle pilot and director of astronaut education programs at Kennedy Space Center Visitor Complex. "We are totally dedicated to exploration, inspiration and most importantly, the education of our youth."

Kennedy Space Center Visitor Complex brings to life the epic story of the U.S. space program, where NASA made history and where it's still being made. Fun and educational activities, include the Kennedy Space Center Tour featuring the Apollo/Saturn V Center with an actual Saturn V moon rocket, Space Shuttle Atlantis®, Shuttle Launch Experience®, IMAX® A Beautiful Planet 3D and Journey To Space 3D films, Astronaut Encounter, Rocket Garden, and many other interactive exhibits.

Seating is limited, so registering online in advance is highly recommended or by calling 877-313-2610. Lunch With An Astronaut is not included in daily admission. For more information, visit [KennedySpaceCenter.com](http://KennedySpaceCenter.com)

