

Meal for Religious needs

MEAL	CODE	DESCRIPTION
Hindu Meal (Non-veg)	HNML	<ul style="list-style-type: none"> • Contains meat (lamb or chicken), fish, eggs and dairy products. • Does not contain any beef or beef products. • Prepared according to subcontinent taste (mildly spicy to spicy). • Suitable for members of the Hindu community.
Kosher Meal (Requires 72 hours prior notice)	KSML	<ul style="list-style-type: none"> • Contains meat from animals that have split hooves and chew the cud, or species of fish that have both fins and scales. • Contains fruit and vegetables (except those prone to infestation). • Certified in the kosher kitchen and double-sealed after packing.
Vegetarian Jain meal	VJML	<ul style="list-style-type: none"> • Contains non-root vegetables only. • Does not contain any root vegetables like onions, ginger, garlic, potatoes, carrots or animal/animal by-products. • Prepared Asian style. • Suitable for a section of the Indian community who are strict vegetarians.
Vegetarian Meal	VGML	<ul style="list-style-type: none"> • Contains all types of fruits and vegetables. • Does not contain any meat, fish or animal by-products (like animal fat in biscuits). • Does not contain dairy products.
Asian Vegetarian Meal	VGML	<ul style="list-style-type: none"> • Contains all types of fruits, vegetables, and dairy products. • Does not contain any type of meat, fish or eggs. • Prepared according to subcontinent taste (mildly spicy to spicy). • Can qualify as a Hindu meal.
Bland Meal	BLML	<ul style="list-style-type: none"> • Contains mostly soft food that is easily digestible like mashed potatoes, spinach, soft boiled eggs, boiled meats, toast and dairy products. • Does not contain spices, onion or garlic and food that are baked, fried or spicy.
Diabetic Meal	DBML	<ul style="list-style-type: none"> • Contains minimum salt, low fat products, high fibre fruits and vegetables. • Do not contain any kind of sugar (only certain permitted sugar substitutes). • Suitable for guests with diabetes (low insulin levels).
Fruit Platter	FPML	<ul style="list-style-type: none"> • Contains seasonal fruits. • Suitable for guests who are fasting or has dietary needs.
Gluten Free Meal	GFML	<ul style="list-style-type: none"> • Contains meat, poultry, fish, rice, fruits and vegetables, corn, potatoes, dairy products, chocolate, dried beans and peas. • Contains salt and pepper, herbs and spices, sugars and preserves, margarine, tapioca and vegetable oils. • Suitable for guests who need to limit their intake of Gluten (or Gliadin, a protein fraction of gluten), a substance found in wheat, barley, rye and oats.

Meal for Medical and dietary needs

MEAL	CODE	DESCRIPTION
Gluten Free Meal	GFML	<ul style="list-style-type: none"> • Contains meat, poultry, fish, rice, fruits and vegetables, corn, potatoes, dairy products, chocolate, dried beans and peas. • Contains salt and pepper, herbs and spices, sugars and preserves, margarine, tapioca and vegetable oils. • Suitable for guests who need to limit their intake of Gluten (or Gliadin, a protein fraction of gluten), a substance found in wheat, barley, rye and oats
Vegetarian Lacto-Ovo Meal	VLML	<ul style="list-style-type: none"> • Contains dairy products. • Does not contain any meat or meat products, fish, poultry or products with lard or gelatine. • Suitable for guests who do not eat flesh of any kind but can eat milk and cheese products.
Low-calorie Meal	LCML	<ul style="list-style-type: none"> • Contains food with plenty of roughage and with less fats and carbohydrates. • Does not contain sugar, cream, sauces, mayonnaise or fatty meats. • Suitable for guests on restricted or low-calorie diets
Low Fat / Low Cholesterol Meal	LFML	<ul style="list-style-type: none"> • Contains margarine, cottage cheese, egg white, boiled rice, potatoes, lean meats, fish, wholegrain bread, cereals and fruit.
Low Sodium Meal	LSML	<ul style="list-style-type: none"> • Does not contain salt, MSG and baking soda/powder.
Low Lactose Meal	NLML	<ul style="list-style-type: none"> • Contains salads, roughage, pasta, rice, fish or meat. • Does not contain milk and milk products, sauces, soft rolls, croissants or chocolate. • Suitable for guests who are allergic or intolerant to milk or milk products or guests who have low lactose levels in their bodies.
Raw Vegetable Meal	RVML	<ul style="list-style-type: none"> • Contains mainly raw vegetables and salads.
Vegetarian Oriental Meal	VOML	<ul style="list-style-type: none"> • Contains fruits and vegetables. • Does not contain meat, fish, eggs or dairy products. • Prepared in Chinese style. • Suitable for oriental vegetarians.

Meals for Children and babies

MEAL	CODE	DESCRIPTION
Baby Meal	BBML	<ul style="list-style-type: none"> • Proprietary brands of baby meals are available on board. • Parents are advised to carry baby foods familiar to and preferred by their babies. • Milk or baby meals can be heated on board.
Child Meal (Non-Veg)	CHML	<ul style="list-style-type: none"> • Burgers, fish fingers, chicken nuggets, French fries, crisps, pizza or chocolate. • Suitable for children between the ages of 2 to 12.