

QSAI Special Meals Codes, Definitions & Interpretation Guidelines

Version 2.0



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QSAI SPECIAL MEALS CODES, DEFINITIONS & INTERPRETATION GUIDELINES

Special Meals are an important part of the airline and railway food service offering. As a means of standardizing worldwide Special Meal definitions, recommendations have been developed for Special Meals that are applicable in the international environment of the airline and railway industry.

The *QSAI Special Meal Codes, Definitions & Interpretation Guidelines* contain specific guidelines for the preparation of meals for passengers with specific dietary preferences. The guidelines include several examples of prohibited and acceptable food items and ingredients to support the user in the application of the Special Meal codes and definitions. It is however not the objective of the guidelines to provide an exhaustive list of prohibited and acceptable food items and ingredients.

These guidelines are applicable to Special Meals prepared for passengers, pilots and crew and apply to all services and food items that are provided to a passenger with specific dietary preferences, including but not limited to snacks, appetizers, entrees and desserts.

HISTORY OF THE QSAI SPECIAL MEAL CODES, DEFINITIONS & INTERPRETATION GUIDELINES

As a means of standardizing worldwide Special Meal definitions, the International Air Transport Association (IATA) developed recommendations for Special Meals in the 1970s. However, in 2015, IATA decided to no longer maintain Special Meal codes due to the emerging and changing regulations and the oversight required to upkeep Special Meal definitions. [Medina Quality Food Assurance Services \(Medina Quality\)](#), an IATA strategic partner, was therefore given the role to govern Special Meal requirements as part of its role in the [Quality & Safety Alliance for In-flight Services \(QSAI\)](#). On January 01, 2016, Medina Quality published the first version of the *QSAI Special Meal Codes, Definitions & Interpretation Guidelines (Version 1.0)*.

In 2019, Medina Quality started the process for the revision of the Special Meal requirements to ensure requirements follow updated legislative, dietary and religious requirements and to ensure harmony and international compliance. [During this revision process, food labelling and nutrition legislation from four \(4\) major jurisdictions \(Canada, US, EU and Australia New Zealand\), literature on religious & dietary practices, and expert & specialized associations' opinions were consulted.](#) The Technical Report includes detailed references of consulted regulatory, scientific and any other relevant sources. In addition, an online survey was created to obtain information from QSAI Participants and QSAI Catering Organizations regarding their experience with the use and application of each Special Meal covered by the *QSAI Special Meal Codes, Definitions & Interpretation Guidelines*. For each Special Meal, MQ collected feedback.

During the same time, the Airline Catering Association launched the initiative to restrict the list of Special Meal codes and to redefine some Special Meal codes, more in particular those Special Meals with quantitative nutrient content claims and implied health claims. Hence, the ACA and MQ joined forces and established an updated version of the *QSAI Special Meal Codes, Definitions & Interpretation Guidelines (Version 2.0)*.

To obtain access to the full Technical Report and/or obtain more information about QSAI and our services, contact info@qsaiinternational.com or visit www.qsaiinternational.com

UNDERSTANDING MEDINA QUALITY' ROLE

QSAI Special Meal Codes, Definitions & Interpretation Guidelines were developed in consultation with Medina Quality Food Assurance Services (Medina Quality, www.medinaquality.com; www.qsaiinternational.com), experts in the food quality assurance field. In consultation with the QSAI Participants, Medina Quality also developed the QSAI Food Processing Quality (FPQ) Standards & Interpretation Guidelines which set out the food processing quality requirements for Catering Organizations that are audited under the QSAI Programme.

Requirements related to the provisioning of Special Meals to passengers are currently part of the FPQ Standards. They refer to the availability and use of recipes for the preparation of Special Meals and to the identification of Special Meals. Each Special Meal must be clearly identified with the Special Meal code.

Guidelines for the preparation of Special Meals are based on legislative, religious and dietary requirements and recommendations that are applicable in several jurisdictions worldwide and are intended to ensure harmony and international compliance. As part of Medina Quality's governance of the *QSAI Special Meal Codes, Definitions & Interpretation Guidelines*, a global review of legislative, dietary and religious requirements and guidelines is being conducted at regular intervals to ensure *Definitions & Interpretation Guidelines* are kept up to date.

UNDERSTANDING THE AIRLINE CATERING ASSOCIATION'S ROLE

The Airline Catering Association (hereafter ACA, www.aca.catering) was requested in 2020 by its members – the worldwide onboard catering companies – to undertake a review of the existing Special Meals and their definitions in order to comply with changing national legislations and to assess whether they were still in line with the travelling public's taste and expectations. Therefore, ACA created in Summer 2021 an ad hoc Task Force composed of a panel of seasoned experts from onboard catering companies, from airlines and from other related institutions, including Medina Quality, with the mission to identify those Special Meals in need of a change (in their definitions) and to propose new, more adequate ones when necessary.

The work of the Task Force concentrated mostly on six Special Meals that were deemed to necessitate such a review and that were grouped under what was then called "quantitative" (i.e. those aiming at avoiding or reducing either gluten, lactose, fat, salt, sugar, or calories). The work of the Task Force

was later widened in scope, on the invitation of Medina Quality, to encompass all the existing twenty Special Meals.

The conclusions of the work of the ACA Task Force were eventually integrated by Medina Quality in the current *QSAI Special Meal Codes, Definitions & Interpretation Guidelines* in a way that ACA feels represents fairly and accurately the original intent of the ad hoc Task Force.

HOW TO USE QSAI'S SPECIAL MEAL CODES, DEFINITIONS & INTERPRETATION GUIDELINES

All Special Meal guidelines are formatted in a way to encourage the clear understanding of each Special Meal code and its application. The "Use" of each Special Meal defines the characteristics of the passenger requesting the specified Special Meal. The "Description" of the Special Meal specifies general characteristics of the meal and is typically used by airline and railway operators to promote the meal on their online platforms. Examples of prohibited and acceptable food items give guidance to the user on which food items and ingredients may or may not be used for the preparation of the Special Meal. [Changes and differences with the previous version of the *QSAI Special Meal Codes, Definitions & Interpretation Guidelines* \(Version 1.0, Jan 01 2016\) have been highlighted with call out boxes.](#)

Food providers are encouraged to use these Special Meal guidelines not only to prepare Special Meals according to the suggested food items and ingredients indicated, but also to meet the QSAI's Food Processing Quality Standards and to increase the likelihood of producing safe and high quality food products.

1 ASIAN VEGETARIAN MEAL - HINDU VEGETARIAN MEAL

Meal Code	AVML
Use	Meal service prepared for lacto-vegetarian passengers according to a South Asian cooking style.
Description	Lacto-vegetarian meal service which is typically cooked according to a South Asian cooking style, i.e. spicy or curried. Does not contain any animal products or by-products resulting from animals or eggs. Use of dairy products is accepted.
Prohibited	<p>Animal products (meat, game, poultry, fish, seafood).</p> <p>Animal by-products (bone, stock, rennet, gelatin, animal fat, shortenings, omega-3 fatty acids derived from fish, surimi, carmine, shellac).</p> <p>Eggs and egg products (omelets, egg patties, crepes, egg pizza, egg sandwiches, noodles with eggs).</p> <p>Egg by-products (egg lecithin, albumin, albumen, conalbumin, egg substitutes, globulin, livetin, lysozyme, ovo-, silico-albuminate and vitellin) which may be used in certain baked products, mayonnaise, salad dressings, soups, broths, bouillon, fried products with egg by-products, margarines and vegetable oil sprays.</p>
Acceptable	<p>Lentils, rice (preferable wholegrain, including parboiled, brown or wild rice) and other grains (sago, bulgur, tapioca).</p> <p>Flatbreads.</p> <p>Fruits, vegetables (broccoli, carrot, bok choy, mustard greens, kale) and legumes (beans, peas, soya, tofu).</p> <p>Dairy products without animal rennet or gelatin.</p> <p>South Asian herbs and spices (asafoetida, cardamon, carom seeds, chilli powder, cinnamon, coriander, cumin, fennel seeds, fenugreek seeds, garam masala, garlic, ginger, mustard seed, turmeric).</p> <p>South Asian lacto-vegetarian sauces (chutneys, pickles).</p> <p>Nuts and seeds.</p>
Additional Considerations:	
<ol style="list-style-type: none"> 1. Always check ingredient list for animal or egg products and by-products. 2. South Asian dishes typically are curry or rice dishes. 	

REVISED MEAL USE. The permission of the use of dairy in the AVML is not new. As dairy products are acceptable, the meal is appropriate for lacto-vegetarians. The cooking style was modified from an *Indian subcontinent taste* to a *South Asian cooking style*, with the specification that this is either spicy or curried.

REVISED MEAL DESCRIPTION. The meal no longer prescribes that the use of dairy products must be limited, as the meal is a lacto-vegetarian meal, not a vegan meal.

NEW. Surimi, carmine and shellac have been added as prohibited animal by-products. No other changes were made.

Acceptable food items have been rearranged to avoid references to "rich in calcium" and "rich in iron" claims.

NEW. Pasta without eggs, noodles, dried fruits, nori seaweed and tahini have been removed as these do not typically match a South Asian cooking style. Flatbreads have been added instead.

Dairy products cannot have animal rennet or gelatin.

NEW. Some typical herbs, spices and sauces used in South Asian cooking styles have been included.

2 BABY MEAL

Meal Code	BBML
Use	Meal service prepared for infants from 6 months to < 2 years old.
Description	Meal service contains mashed, strained or pureed food that is easily digestible, mildly seasoned and tender.
Prohibited	Solid food. Whole muscle meat filet (pork, veal, beef) or meat with bones. Highly seasoned or spicy food. Highly acidic or sour food (pickles, citrus fruits). Honey.
Acceptable	Commercially available mashed, strained or pureed meals and desserts (pudding, yoghurt, milk desserts) for infants. Mashed, strained or pureed fruit. Mashed, strained or pureed vegetables (cassava, yam, potatoes, spinach, broccoli, chard, carrots, pumpkins and sweet potatoes). Mashed, strained or pureed meats (meat, poultry). Mashed, strained or pureed legumes (peas, chickpeas, lentils, beans).
Additional Considerations:	
1. Specific nutrient levels and labelling may be required by local regulations and must be followed.	

REVISED MEAL USE.
Babies are typically breastfed. Hence, the Use of the meal now refers to “Infants” instead of “Babies”.

Baby Meals are typically either mashed, pureed or strained (previously only indicated “pureed”).

NEW. Allergenic food items such as foods containing gluten, fish, seafood and eggs have been removed from the prohibited food items list.

NEW. Honey has been added as a prohibited food item because of the risk of infant botulism.

More emphasize has been put on the fact that Baby Meals are usually commercially available products.

Local regulations must be adhered to.

3 BLAND MEAL

Meal Code	BLML
Use	Meal service prepared for passengers requiring a soft-consistency and easily digestible meal.
Description	Meal service contains food that is easily digestible, mildly seasoned and tender.
Prohibited	<p>High fat food.</p> <p>Deep-fried and stir-fried foods.</p> <p>Full-fat dairy food (whole milk, whipped cream, ice cream, fat cheese), dressing and sauces.</p> <p>Non-lean meat and non-lean fish (salmon, fresh tuna, trout, sardines, mackerel).</p> <p>Gas-forming vegetables (broccoli, Brussels sprouts, cabbage, onions, cauliflower, cucumber, pepper, corn).</p> <p>Raw vegetables, raw vegetable salads.</p> <p>High fiber food, whole wheat grain bread, cereal and pasta, brown rice, legumes (peas, lentils, chickpeas, beans, soy).</p> <p>Acidic fruits (berries, grapes, oranges, lemons, limes).</p> <p>Highly seasoned foods (highly salted food, luncheon meats, sausages) and acidic foods (pickles, vinegar, cider).</p> <p>Black pepper, hot spices (chili powder), garlic.</p> <p>Seeds and nuts.</p> <p>Caffeinated beverages.</p> <p>Alcohol.</p>
Acceptable	<p>Lean meats and poultry (skinless).</p> <p>Lean shellfish (prawn, shrimp, squid, crab, lobster) and lean whitefish (haddock, cod, pollock, bass, tilapia, halibut, grouper).</p> <p>Eggs and egg products.</p> <p>Low fiber food, white rice, white bread, white pasta.</p> <p>Low fat dairy products.</p> <p>Soft-consistency fruit (canned fruit, pureed fruit, compotes, fruit juice, bananas), except dried fruit.</p> <p>Cooked, canned or frozen vegetables, pureed vegetables, vegetable juice (except gas-forming vegetables).</p>

REVISED MEAL USE. The Use of the meal has been modified to avoid any health claims. The Description of the meal did however not change.

Fried food has been changed into deep-fried and stir-fried food, which is in line with the already existing requirement to use poaching, steaming, boiling or dry heat cooking methods.

Added prohibited food items are not really new but rather expansions from already existing requirements for a BLML:

- Tender/Soft, i.e. avoiding raw vegetables, and nuts or seeds;
- Easily digestible, i.e. avoiding high fat food, high fiber food, and non-lean proteins; and
- Mildly seasoned, i.e. avoiding highly salted food, highly seasoned meats, and acidic foods.

Lean meats, lean poultry and lean fish (whitefish and shellfish are typically lean) have been added as acceptable protein foods and fit in the concept that a BLML must be easily digestible, i.e. avoiding fatty food and avoiding fibrous or tough meat.

	<p>Soups.</p> <p>Soft, silken tofu.</p> <p>Bland spices (rosemary, thyme, bay leaves, parsley, basil, mint, dill, asafetida).</p> <p>Low fiber hot and cold cereal.</p> <p>Pudding, pancakes made with refined white flour.</p> <p>Decaffeinated coffee and tea.</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> 1. Use poaching, steaming, boiling or dry heat cooking methods. 2. Lean meats include lean poultry, i.e. poultry without skin and poultry that has not been injected with any fats or broths. Red meats must be from lean cuts without or with the least amount of visible fat, such as loin, sirloin and round cuts. When ground, lean and extra lean ground meats do not contain more than 15% fat. Lean fish includes whitefish such as bass, cod, flounder, haddock, halibut, perch, red snapper, and sole. 3. Cooked beans can be acceptable provided they have been soaked prior to cooking or have been fermented (e.g. bean curd) to remove flatulence-causing sugars. 	

NEW. Some newly added examples of acceptable food items are highlighted in bold.

NEW. Detailed description of lean meat, lean poultry and lean fish.

NEW. Beans can be acceptable if prepared under specific conditions.

4 CHILD MEAL

Meal Code	CHML
Use	Meal service prepared for young children (2 - 5 years).
Description	Meal service contains food that is easily identifiable, healthy, tender and easy to chew.
Prohibited	<p>Fish, poultry or meat with bones.</p> <p>Meats high in salt and/or fat (processed meats such as hot dogs, sausages, bacon, ham, bologna, salami & luncheon meats, deep-fried meat, smoked meat), meat with visible fat. Offal (kidneys, liver, tripe, heart, sweetbreads).</p> <p>Tough or large chunks of meat.</p> <p>Fatty fish (herring, mackerel, sardines, salmon, bluefish, catfish, swordfish, anchovies), roe and caviar, smoked fish.</p> <p>Deep-fried foods, fatty sauces, gravies.</p> <p>Full fat dairy products, cream and processed cheeses.</p> <p>Desserts with cream, doughnuts and other fried sweets.</p> <p>Highly seasoned foods (i.e. overly adding of herbs, salt, pepper or spices), pickled foods.</p> <p>Highly salted food (salted snacks, salted olives, stock cubes, gravy, soy sauces).</p> <p>Hard food items (whole nuts & seeds, whole peanuts, hard candy, olives with pits, fruit with hard pits, hard cookies, gummy or gel-type candies).</p> <p>Small round foods (whole grapes, whole cherry tomatoes, whole grape tomatoes, popcorn).</p> <p>Foods with raw or partially cooked meat (tartare), fish (sushi) or eggs (mayonnaise, eggnog, ice cream) or unpasteurized food products (juice, milk, raw sprouts, some soft cheeses made from unpasteurized milk).</p> <p>Sugar-sweetened beverages, syrups like honey, corn syrup, molasses and maple syrup, artificial sweeteners.</p>

NEW. Tough or large chunks of meat can be choking hazards.

More prohibited food items have been added within the scope of being a **healthy meal**, which is not a new concept for the Child Meal, through the prohibition of:

- **Fatty food**, i.e. fatty or fried meat & fish, fried foods, sauces, high fat dairy and dessert products;
- **Salty food**, i.e. salty meats, salted nuts;
- **Sugar-sweetened beverages**;

and the prohibition of **uneasily identifiable food**, such as offal.

The prohibition of hard food items is an extension of the already existing prohibition of hard candy, nuts and seeds.

The prohibition of small round foods is not new, but an extension of the existing prohibition of whole grapes.

NEW. The prohibition of raw, partially cooked or unpasteurized foods is a new addition.

NEW. The prohibition of sugar-sweetened beverages and other food items high in sugar is new.

<p>Acceptable</p>	<p>Lean, tender and moist meat, fish or poultry without bones, ground lean meats, eggs and egg products.</p> <p>Pasta, rice, legumes, peas, lentils, mashed, pureed or cubed potatoes, tofu,</p> <p>Mashed, pureed, cubed, or soft-consistency fruits and cooked vegetables.</p> <p>Spherical food cut lengthwise (grapes, cherry or grape tomatoes, unpitted olives).</p> <p>Unsweetened fat-free, low-fat (1%) and reduced-fat (2%) milk, yogurt, grated or thinly sliced cheese.</p> <p>Crushed or finely chopped peanuts, nuts and seeds.</p> <p>Pastry without hard inclusions.</p> <p>Fortified soy beverages and yogurt, and low-lactose and lactose-free dairy products.</p> <p>Unsalted crackers.</p> <p>Individually packaged fresh fruit cups with no added sugar.</p> <p>Fruit juices (unless sugar-sweetened).</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> 1. When a Child Meal is advertised to cover the age range for toddlers, typically 1 to 3 years, care should be taken to avoid choking hazards through the choice of age-appropriate food items and preparation techniques, including the removal of bones from poultry, meat and fish; cooking until food is soft; mashing or pureeing fruit, vegetables and other food until they are smooth; cut foods into small pieces easy to chew (cubes no larger than 0.5 inch); cut cylindrical food into short, thin strips; cut spherical foods lengthwise; and remove hard pits from fruit. 2. Lean meats include lean poultry, i.e. poultry without skin and poultry that has not been injected with any fats or broths. Red meats must be from lean cuts without or with the least amount of visible fat, such as loin, sirloin and round cuts. When ground, lean and extra lean ground meats do not contain more than 15% fat. Lean fish includes whitefish such as bass, cod, flounder, haddock, halibut, perch, red snapper, and sole. 3. Child meals should be prepared with minimal amount of added sugars, saturated fat and sodium/salt. 	

The list of acceptable products has been extended, with a focus on food items that are healthy (including lean meats, low fat dairy, fruits & vegetables), easily identifiable, tender and easy to chew (removal of carrot and celery sticks).

NEW. Age-appropriate food items and preparation techniques should focus on the avoidance of *choking hazards* (see also Additional Considerations below).

NEW. Consideration should be given to the avoidance of choking hazards, especially if the CHML age range includes toddlers' age, typically 1 to 3 years.

The use of lean proteins is not new and falls within the scope of providing a healthy child meal.

Prohibited food items should target to avoid unhealthy foods, which typically means to avoid food items that are too sugary, fat or salt.

5 BALANCED DIET MEAL

Meal Code	DBML
Use	Meal service prepared for passengers requiring a balanced diet meal.
Description	Meal service contains a balanced amount of fruits and vegetables; whole grain foods or starches; and healthy lean protein foods. Prepared with healthy plant oils and a reasonable amount of sugar, salt and fat, and with no added salt.
Prohibited	<p>Low fiber starchy food (white bread, white rice, basmati rice, white pasta, couscous), highly processed cereal foods which lack fiber (certain breakfast cereals such as corn flakes and grape-nuts cereals).</p> <p>Foods with added sugars (sugar-sweetened desserts, snacks and pastries, sweet sauces, confectionary, canned fruit, sugar-sweetened dairy products, sweetened cereals).</p> <p>Foods with higher sodium content (processed foods such as bacon and sausages, salty meats, canned foods with added salt, fast food, soya sauce).</p> <p>Added salt.</p> <p>Fatty foods (deep-fried foods, meat with visible fat, whole milk and whole milk products, butter, cream, sour cream, ice cream, cream cheese).</p> <p>Foods higher in saturated fat (red meats such as beef and pork, skin on poultry, processed meats such as bacon, sausages, deli meat, hot dogs and burgers, grilled cheese, pizza, fried foods, biscuits, cakes, pastries, pies, potato chips, crisp, tacos, burritos, savoury snacks).</p> <p>Cooking fats and oils with high percentage of saturated fat (coconut oil, palm oil, butter, cooking margarine, shortening, lard).</p> <p>Foods with <i>trans</i>-fats (hard margarine, shortening, chips, baked goods such as cookies, cakes & pies, deep-fried food including french fries, doughnuts, fish sticks & fried chicken, frozen pizza, non-dairy creamer).</p> <p>Beverages with added sugars (sugar-sweetened drinks such as sodas, fruit drinks, energy drinks, juices, sport drinks, sweetened tea and coffee), sweet dairy products.</p> <p>Food items with a high glycemic index, i.e. GI > 70 (watermelon, fruits in syrup).</p>

REVISED MEAL NAME.
The Balanced Diet Meal has been developed as a consolidation between the former Diabetic, Low Fat and Low Salt Meal, now combined into a Balanced Diet Meal. Code remains DBML.

REVISED MEAL USE & DESCRIPTION. “Diabetic meal” and “low sugar” claims no longer apply. DBML food items must be chosen from 3 food categories: (i) fruits and non-starch vegetables; (ii) whole grain foods or starches and (iii) lean proteins; and include provisions to limit the addition of sugar, salt and fat.

NEW. Prohibited food items are arranged to fit the concept of a balanced diet meal, and the consolidation of the former DBML, LFML and LSML codes. Highlighted in bold and to avoid are food items high in sugar, salt, and fat, no added salt, and avoiding saturated and *trans*-fat.

The prohibition of food items with a high glycemic index has been maintained, but the list of fruits with high GI has been revised.

<p>Acceptable</p>	<p>Fresh, or frozen non-starch vegetables, cooked or raw. Low salt canned vegetables or canned vegetables without added salt. Unsweetened vegetable juices.</p> <p>Fresh, frozen, or dried fruit, cooked or raw. Unsweetened fruit juices.</p> <p>Whole grain food (brown, parboiled, wild rice, brown pasta or noodles, whole grain bread, whole grain cereals and crackers, polenta, quinoa, oats, barley, buckwheat, bulgur, amaranth), or starchy vegetables (potatoes, corn, acorn squash, butternut squash, green peas, parsnips, plantain, pumpkin, sweet potato/yam, beans).</p> <p>Healthy lean protein foods (lean meat, lean poultry, fish and seafood, eggs, legumes such as lentils, peas and beans, nuts, seeds, soy products such as tofu and tempeh).</p> <p>Fat-free, low-fat (1%) or reduced-fat (2%) milk and fat-free, low-fat or reduced fat dairy products (milk, yoghurt, dairy desserts, cottage and other low fat cheeses).</p> <p>Healthy plant oils (canola, corn, olive, peanut, avocado, safflower, soybean, sunflower, walnut), vegan butter, nut butter, and nut pastes.</p> <p>Salt alternatives (garlic, lemon juice, onion powder, dill, oregano, paprika, rosemary, ginger, coriander, cinnamon, sage, tarragon, turmeric).</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> This meal has been developed as a consolidation of previously offered diabetic, low-fat and low-salt meals. The use of foods (and beverages) high in added sugars, fat (including saturated & <i>trans</i> fat), and sodium, should be limited. For further guidance, national dietary guidelines should be consulted, which typically recommend daily intake limits for these nutrients as follows: <ol style="list-style-type: none"> Sodium: less than 2300 mg per day (or less than 5.75 g salt per day) Added sugars: less than 10% of total energy intake Saturated fat: less than 10% of total energy intake The meal service typically contains ½ fruits and non-starchy vegetables; ¼ whole grain foods or starchy vegetables; and ¼ healthy protein foods. Lean meats include poultry without skin and poultry that has not been injected with fats or broths. Lean red meats (beef, pork, lamb) should not be used, unless when requested by the carrier (typical lean cuts without or with the least amount of visible fat are loin, sirloin and round cuts). When ground, lean and extra lean ground meats do not contain more than 15% fat. Lean fish includes whitefish such as bass, cod, flounder, haddock, halibut, perch, red snapper, and sole. 	<div data-bbox="906 1415 1208 1717" data-label="Figure"> </div>

NEW. Highlighted in bold are the food categories characteristic for a Balanced Diet Meal, i.e. fruits and non-starch vegetables; whole grains or starchy vegetables; healthy lean proteins; prepared with healthy plant oils. Food items should have reasonable amount of sugar (avoid sugar sweetened food), salt (avoid salty food) and fat (use low/reduced fat or fat-free alternatives), and with no added salt (use salt alternatives).

For further guidance on the use of healthy foods in a Balanced Diet Meal, which uses reasonable amounts of sugar, fat and salt, national dietary guidelines should be consulted.

NEW. The (visual) distribution of the main food categories helps to protect the concept of a balanced diet meal.

NEW. Added detailed description of lean meat, lean poultry and lean fish.

6 FRUIT PLATTER MEAL

Meal Code	FPML
Use	Meal service prepared for passengers requiring a meal containing only fruits.
Description	Meal service contains only fruits, which do not contain any additives or preservatives.
Prohibited	Fruits with additives or preservatives. Canned fruit. Food items that are not fruit.
Acceptable	Prepared fresh fruit and fruit juices without added additives or preservatives. Packaged unsweetened fruit without added additives or preservatives. Dried fruit without sulfites.
Additional Considerations:	
<ol style="list-style-type: none"> 1. This meal is also being suggested as an alternative meal option for the low calorie meal, which is no longer available. 2. Certain carriers use this meal as an allergen-free meal and hence, this meal must only contain fruits (e.g. bread and yoghurt should not be added). 3. Fresh lemon juice can be added to in-house prepared meals as a natural preservative (bottled lemon juice usually contains additives and preservatives). 	

NEW. The specification that food items that are not fruit cannot be used, makes it clearer the FPML can only contain fruit.

NEW. A FPML may also be used as an alternative for the LCML, which is no longer available. The Vegetarian Raw Meal can also be suggested as an appropriate substitute for the previously offered LCML.

Bread or yoghurt should not be added to a FPML.

NEW. Adding fresh lemon juice to a Fruit Platter Meal is acceptable.

7 GLUTEN INTOLERANT MEAL

Meal Code	GFML
Use	Meal service prepared for passengers requesting a meal without any gluten-containing ingredients.
Description	Meal service does not contain ingredients or food items with gluten. May contain traces of gluten. Not suitable for passengers with wheat allergy.
Prohibited	<p>Cereals containing gluten (wheat, rye, oats, barley, triticale, kamut and spelt).</p> <p>Products derived from cereals containing gluten (flour, starch, bran, sprouts, semolina, couscous).</p> <p>Pasta, bread, breadcrumbs, breakfast cereals, muesli, granola, muffins, cakes, pancakes, pastries and custard powder containing gluten, noodles made from wheat, crackers.</p> <p>Soup, sauce, soya sauce and gravy mixes that have been made with flour containing gluten.</p> <p>Malted cereals and products (beer, whiskey, malt vinegar, some confections, some flavored drinks, ovaltine, maltodextrin).</p> <p>Deli meats, meat substitutes and sausages containing gluten.</p> <p>Confectionary with chocolate and cereals containing gluten.</p> <p>Nuts and nut products.</p> <p>Some dairy products may contain gluten (certain blue cheeses, cheese spreads and flavored yogurts).</p> <p>Some cooking sprays may contain wheat flour or wheat starch.</p>
Acceptable	<p>Meat, fish, seafood, poultry.</p> <p>Fruit, vegetables.</p> <p>Rice, corn, potato, sweet potato and derived products (cooked rice, puffed rice, rice bubbles, rice noodles, corn flakes without any malt ingredients, corn or buckwheat polenta, corn flour and potato flour without any gluten ingredients).</p> <p>Gluten-free oats, buckwheat, millet, amaranth and their derived products (flour, buckwheat pancakes).</p>

REVISED MEAL NAME.
The name of the meal has changed from *Gluten-Friendly Meal* to *Gluten-Intolerant Meal*. This does not require a change to the Meal Code.

REVISED USE. The *Use* of the meal has been modified but the concept did not change.

REVISED DESCRIPTION. A Gluten Intolerant Meal is made in the same facility or on the same equipment, or served in the same environment as gluten-containing food items. Hence passengers should be notified the meal can contain traces of gluten.

A few examples of prohibited food items containing gluten have been added in bold.

Nuts are often processed and packaged on lines shared with gluten-containing products.

NEW. Oats, when used, must be gluten-free.

	<p>Eggs.</p> <p>Dairy products.</p> <p>Legumes (soy, lentils, peas, beans) and derived products (soy milk, soy flour, non-aromatized tofu) except soya sauce.</p> <p>Quinoa, sago, tapioca.</p> <p>Seeds (linseed, sunflower seed).</p> <p>Oils and fats.</p> <p>All certified gluten-free products.</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> 1. Always verify the ingredient list to ensure no gluten-containing ingredients are added. 2. Where local regulation is more strict, local regulation must be followed. 3. Carriers should notify consumers that gluten intolerant meals are made in the same facility or on the same equipment, or served in the same environment as gluten-containing food items and hence may contain traces of gluten. 4. The preparation and ordering of a gluten-free meal shall be done through the use of the Special Meal code GXML and guaranteed gluten-free, which includes an assurance the meal does not contain more than 20 ppm of gluten (or as per local regulatory requirements). 	

NEW. All certified gluten-free food items are acceptable.

Carefully verify ingredient lists.

NEW. Passengers onboard should be notified gluten-intolerant meals may contain traces of gluten.

NEW. When offered, Gluten-Free Meals should use the GXML code.

8 HINDU NON-VEGETARIAN MEAL

Meal Code	HNML
Use	Meal service prepared according to Hindu customs and respecting Hindu dietary practices and beliefs.
Description	Non-vegetarian meal service which is typically cooked according to an Indian cooking style, i.e. spicy or curried.
Prohibited	Beef, veal, pork and derived products (sauces, extracts, bone, stock, fats, rennet, gelatin, shortenings, tallow). Raw and smoked fish.
Acceptable	Lamb, goat, fish, poultry, eggs and egg products. Rice, legumes (lentils, beans, peas, soy) and grains (sago, bulgur, tapioca). Flatbreads. Fruits and vegetables. Dairy products. South Asian herbs and spices (asafoetida, cardamon, carom seeds, chilli powder, cinnamon, coriander, cumin, fennel seeds, fenugreek seeds, garam masala, garlic, ginger, mustard seed, turmeric). South Asian sauces (chutneys, pickles).
Additional Considerations:	
<ol style="list-style-type: none"> 1. The (lacto-)vegetarian alternative of this meal is the Asian Vegetarian / Hindu Vegetarian Meal (AVML). 2. Indian dishes typically are curry or rice dishes. 	

REVISED MEAL NAME.
The Name of the meal has been changed to a Hindu *Non-Vegetarian* Meal although the Code of the meal has not changed.

Examples of acceptable food items typically used in a non-vegetarian Hindu Meal have been added.

NEW. Some typical herbs, spices and sauces used in Indian cooking styles have been included.

9 KOSHER MEAL

Meal Code	KSML
Use	Meal service prepared according to Jewish religious specifications.
Description	Meal service only contains foods prepared in accordance with Jewish dietary laws and customs.
Prohibited	Food that is not being prepared according to Jewish religious specifications.
Acceptable	Meat, poultry or fish from kosher animals (chicken, turkey, beef, veal, lamb, tuna, salmon). Unprocessed (i.e. fresh or uncooked) fruit and vegetables. Other certified kosher products.
Additional Considerations:	
1. The kosher meal production process must be verified and approved by an appropriate third-party authority.	

Fruits and vegetables are kosher in their unprocessed form.

Kosher Meals must be prepared and packaged under the supervision of a mashgiach.

10 LOW CALORIE MEAL

NEW. The LCML meal option is no longer available.

Meal Code	LCML
Use	Meal service no longer being offered.
Description	Meal service no longer being offered.
<p>This meal option is no longer available.</p> <p>Suggested alternative meal services are Fruit Platter Meal (FPML) and Vegetarian Raw Meal (RVML).</p>	

11 LFML – BALANCED DIET MEAL

Meal Code	LFML
Use	Meal service prepared for passengers requiring a balanced diet meal.
Description	Meal service contains a balanced amount of fruits and vegetables; whole grain foods or starches; and healthy lean protein foods. Prepared with healthy plant oils and a reasonable amount of sugar, salt and fat, and with no added salt.
<p>The Low Fat Meal option has now been consolidated with the previously offered Diabetic and Low Salt Meals into a Balanced Diet Meal, with code DBML.</p> <p>See Balanced Diet Meal (DBML) for further details.</p>	

NEW. The LFML meal option is now part of the newly developed Balanced Diet Meal. The LFML code nevertheless can still be used in special meal reservation systems, but will direct the order towards a Balanced Diet Meal (DBML).

12 LACTOSE INTOLERANT MEAL

Meal Code	NLML
Use	Meal service prepared for passengers requesting a meal without any lactose-containing ingredients.
Description	Meal service does not contain ingredients or food items with lactose nor dairy products and their derivatives as sources of lactose. May contain traces of lactose. Not suitable for passengers with a milk allergy.
Prohibited	<p>Dairy products (milk, yogurt, butter, cheese, ice cream, kefir, sherbet, puddings), milk powder, lactose, whey, casein, lactalbumin.</p> <p>Products containing dairy ingredients: some baked goods (muffins, biscuits, cake), some breakfast cereals, omelets and scrambled eggs with milk or cream, crepes, creamed or breaded dishes (vegetables, meat, poultry, fish) and sauces, cream soups, luncheon meats, chocolate.</p> <p>Dairy products may also be added to instant soups, potatoes and breakfast drinks, frozen dinners, margarines, candies and snacks, salad dressings, instant coffees, instant creamers and sugar substitutes.</p>
Acceptable	<p>Meat, poultry, fish.</p> <p>Eggs cooked without milk.</p> <p>Fresh fruits and vegetables, fruit and vegetable juices.</p> <p>Packaged / frozen fruit and vegetables not processed with lactose or dairy products (milk, butter).</p> <p>Pasta, noodles, potatoes, rice.</p> <p>Cereals (corn, wheat, barley, oats, rye).</p> <p>Nuts and seeds. Peanut butter.</p> <p>Legumes (soy, peas, lentils, beans), soybean products (soy cheese, tofu).</p> <p>Plant-based milk (soy milk, almond milk, coconut milk) and products thereof.</p> <p>Oils.</p> <p>Coffee creamers from non-dairy ingredients.</p> <p>Certified lactose-free food items.</p>

REVISED MEAL NAME.
The name of the meal has changed from *Low Lactose Meal* to *Lactose Intolerant Meal*. This does not require a change to the Meal Code.

REVISED USE. The *Use* of the meal has been modified but the concept did not change.

REVISED DESCRIPTION. A Lactose Intolerant Meal is made in the same facility or on the same equipment, or served in the same environment as lactose-containing food items. Hence passengers should be notified the meal can contain traces of lactose.

NEW. All certified lactose-free food items are acceptable.

Additional Considerations:

1. Always verify the ingredient list to ensure no lactose ingredients are added.
2. Where local regulation is more strict, local regulation must be followed.
3. Carriers should notify consumers that lactose intolerant meals are made in the same facility or on the same equipment, or served in the same environment as lactose-containing food items and hence may contain traces of lactose.

Carefully verify ingredient lists.

NEW. Passengers onboard should be notified that lactose-intolerant meals may contain traces of lactose.

13 LSML – BALANCED DIET MEAL

Meal Code	LSML
Use	Meal service prepared for passengers requiring a balanced diet meal.
Description	Meal service contains a balanced amount of fruits and vegetables; whole grain foods or starches; and healthy lean protein foods. Prepared with healthy plant oils and a reasonable amount of sugar, salt and fat, and with no added salt.
<p>The Low Salt Meal option has now been consolidated with the previously offered Diabetic and Low Fat Meals into a Balanced Diet Meal, with code DBML.</p> <p>See Balanced Diet Meal (DBML) for further details.</p>	

NEW. The LSML meal option is now part of the newly developed Balanced Diet Meal. The LSML code nevertheless can still be used in special meal order reservation systems, but will direct the order towards a Balanced Diet Meal (DBML).

14 MUSLIM MEAL

Meal Code	MOML
Use	Meal service prepared for passengers wishing to follow Muslim dietary customs.
Description	Meal service contains halal certified protein (meat, chicken), or natural halal food items (fruits and vegetables, halal approved fish). Does not contain pork, alcohol or doubtful (mushbooh) food items. <i>Note: The preparation of a MOML is based on the conformity of used ingredients and not on a production process validation, therefore can be processed either in a halal or a non-halal certified facility.</i>
Prohibited	Pork and pig by-products (pork gelatin, bacon, ham, sausage, deli meats, lard, bone, stock, fat, hydrolyzed porcine collagen). Non-halal meat and by-products thereof. Non-halal fish (fish from species without scales or fins, such as catfish, eel, marlin, sturgeon, swordfish). Alcohol, flavoring extracts with alcohol, wine vinegar. Food containing ingredients and additives derived from non-halal animals (carmine/cochineal, animal casein, shellac). Mushbooh food containing ingredients of which the origin is unknown (gelatin, enzymes, emulsifiers, flavours).
Acceptable	Halal certified meat (beef, lamb, poultry). Halal approved fish (i.e. fish with scales such as bass, cod, salmon) and shellfish. Dairy products, except cheese with animal rennet or gelatin. Eggs and egg products. Nuts and grains. Fruits and vegetables. Potato, rice, pasta. Legumes. Halal certified food items.

REVISED MEAL USE & DESCRIPTION. The *Use* and *Description* of the meal have been revised to provide more clarity on expectations and meal contents.

NEW. Added prohibited food items in bold are wine vinegar, ingredients and additives from non-halal animals and mushbooh food/ ingredients.

Animal rennet cannot be derived from pork nor from uncertified meat.

Additional Considerations:

1. Halal certified meat means meat that has been ritually slaughtered according to Muslim dietary laws and customs. Contact local Islamic authorities for further details on permitted fish and shellfish.
2. Always verify the ingredient list to ensure no pork or no alcohol is added. When derived from animals beside pork, ingredients must be obtained from halal meats. In doubt, the mushbooh ingredient must not be used.
3. Wine vinegar can be acceptable if the wine was initially used to turn the product to vinegar. If added after the vinegar was made, the wine vinegar is haram (i.e. forbidden by Islam). Contact the manufacturer for greater certainty.
4. In areas where halal certified meat cannot be sourced locally, vegetarian meal options can be offered alternatively, including a Vegetarian Lacto-Ovo Meal (VLML).

Carefully verify ingredient lists.

Wine vinegar can be acceptable under certain conditions.

NEW. VLML can be an alternative meal choice in case halal ingredients cannot be sourced locally.

15 SEAFOOD MEAL

Meal Code	SFML
Use	Meal service prepared for passengers requiring a meal with seafood, i.e. fish and shellfish.
Description	Meal that does not contain any meat or poultry.
Prohibited	Meat and meat products. Poultry and poultry products.
Acceptable	Fruits and vegetables. Pasta, rice. Fish and seafood products.

REVISED MEAL DESCRIPTION. Although the prohibited food items list already included poultry, the prohibition of the use of poultry is now also included in the *Description* of the meal.

16 VEGETARIAN JAIN MEAL

Meal Code	VJML
Use	Meal service prepared for Jain vegetarian passengers according to an Indian cooking style.
Description	Strict vegetarian meal service which is typically cooked Indian style, i.e. spicy or curried. Does not contain any animal products or animal by-products, no eggs, honey nor dairy products, no root nor bulbous vegetables and no fermented food.
Prohibited	<p>Animal products (meat, game, poultry, fish, seafood).</p> <p>Animal by-products (bone, lard, stock, rennet, gelatin, animal fat, butter, shortenings, omega-3 fatty acids derived from fish, surimi, carmine, shellac).</p> <p>Honey.</p> <p>Eggs and egg products (omelets, egg patties, crepes, scrambled eggs, egg pizza, egg sandwiches, noodles with eggs).</p> <p>Egg by-products (egg lecithin, albumin, albumen, conalbumin, egg substitutes, globulin, livetin, lysozyme, ovo-, silico-albuminate and vitellin which may be used in certain baked products, mayonnaise, salad dressings, soups, broths, bouillon, fried products using egg by-products, margarines and vegetable oil sprays with animal-derived ingredients).</p> <p>Dairy products (milk, butter, whey, cream, kefir, yogurt and cheese).</p> <p>Fermented food items.</p> <p>Roots and bulbous vegetables (potato, onions, carrots, beets, fennel, radishes, garlic, fresh ginger and turmeric, cassava/tapioca, caraway root).</p> <p>Mushroom, fungus, yeast.</p> <p>Buds and sprouts.</p> <p>Alcohol.</p>
Acceptable	<p>Rice (preferably wholegrain, brown, parboiled, or wild), legumes (lentils, beans, peas, soy) and grains (bulgur, corn, oat).</p> <p>Flatbreads.</p>

REVISED MEAL DESCRIPTION. The meal *Description* now better defines the typical cooking style a Jain meal uses and which food items are typically not allowed.

The list of prohibited food items has been updated with bolded food items, i.e. surimi, carmine, shellac, fermented food items, fennel, tapioca (derived from cassava), and caraway root.

NEW. Fermented foods are prohibited to avoid killing a large number of microorganisms associated with the fermenting process.

Examples of acceptable food items typically used in a non-vegetarian Hindu Meal have been added.

	<p>Fruits and vegetables that grow above the ground (non-root vegetables).</p> <p>Nuts and seeds (sesame, sunflower, flax, dill, celery, fennel).</p> <p>Tofu (unfermented).</p> <p>Indian spices from non-root vegetables (ajwain, asafoetida/hing, bay leaves, caraway seeds, cardamom, chili, cloves, coriander, cumin, fenugreek, nutmeg, mace, mustard, nigella seeds, paprika, pepper, saffron).</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> 1. Always verify the ingredient list for any of the prohibited food items. 2. Jain meals are typically based on the use of grains or legumes and prepared in a Indian cooking style (curry or rice dishes). 	

NEW. Alternative acceptable Indian spices have been included.

Carefully verify ingredient lists.

17 VEGETARIAN LACTO-OVO MEAL

Meal Code	VLML
Use	Meal service prepared for lacto-ovo vegetarian passengers.
Description	Vegetarian meal service which does not contain animal products or animal by-products but may contain egg and dairy products.
Prohibited	Animal products (meat, game, poultry, fish, seafood). Animal by-products except dairy products and egg products (bone, lard, stock, rennet, gelatin, animal fat, shortenings, omega-3 fatty acids derived from fish, surimi, carmine, shellac).
Acceptable	Fruits and vegetables. Rice, pasta, noodles, bread and other starchy carbohydrates (preferably wholegrain options). Eggs and egg products. Dairy products (milk, butter, whey, cream, kefir, yogurt and cheese provided the cheese is made without animal derived rennet or gelatin). Legumes (lentils, beans, peas, soy) and grains (quinoa, bulgur, rice, oatmeal) Seeds and nuts, nori seaweed, tahini.
Additional Considerations:	
1. Always verify ingredient lists for animal products and by-products.	

NEW. The list of prohibited food items has been updated to include surimi, carmine and shellac.

The list of acceptable food items has mainly only been reorganized to avoid food being referred to as “rich in proteins” or “rich in iron”.

Carefully verify ingredient lists.

18 VEGETARIAN ORIENTAL MEAL

Meal Code	VOML
Use	Meal service prepared for vegetarian passengers according to an Oriental cooking style.
Description	Vegetarian meal service which is typically cooked according to an Oriental or East Asian cooking style. Does not contain animal products or animal by-products, no eggs and no dairy products.
Prohibited	<p>Animal products (meat, game, poultry, fish, seafood).</p> <p>Animal by-products (bone, lard, stock, rennet, gelatin, animal fat, butter, shortenings, omega-3 fatty acids derived from fish, surimi, carmine, shellac).</p> <p>Eggs products (omelets, egg patties, crepes, egg pizza, scrambled eggs, egg sandwiches, noodles with eggs).</p> <p>Egg by-products (egg lecithin, albumin, albumen, egg substitutes, conalbumin, globulin, livetin, lysozyme, ovo-, silico-albuminate and vitellin) which may be used in certain baked products, mayonnaise, salad dressings, soups, broths, bouillon, margarines and vegetable oil sprays.</p> <p>Dairy products (milk, butter, whey, cream, yogurt, cheese).</p>
Acceptable	<p>Rice, noodles without eggs, bread and other starchy carbohydrates (preferable wholegrain options).</p> <p>Legumes (beans, peas, soy).</p> <p>Fruits and vegetables, nori.</p> <p>Fortified soy yogurt, fortified soy and other non-dairy beverages.</p> <p>Oriental spices (basil, cinnamon cassia, cilantro, coriander, chiles, cloves, cumin, galangal, garlic, ginger, lemongrass, spearmint, star anise and turmeric).</p> <p>Vegetarian oriental sauces (light soy sauce, dark soy sauce, Japanese soy sauce or shoyu, mushroom soy, tamari, kecap manis, vegetarian oyster sauce, vegetarian fish sauce, hoisin sauce).</p>
Additional Considerations:	
<ol style="list-style-type: none"> 1. Always check ingredient list for animal products and by-products, egg products and by-products and dairy products. 2. Oriental or East Asian cooking styles include Japanese, Chinese, Thai and Korean cooking styles and are typically based on rice or noodles (without eggs). 	

NEW. The list of prohibited food items has been updated to include surimi, carmine and shellac.

Pasta without eggs, dried fruit, lentils, grains, tahini, seeds and nuts have been removed as these do not match an Oriental or East Asian cooking style.

The list of acceptable food items has mainly only been reorganized to avoid food being referred to as "rich in calcium" and "rich in iron".

NEW. Some typical spices and sauces used in Oriental cooking styles have been included.

Carefully verify ingredient lists.

19 VEGETARIAN RAW MEAL

Meal Code	RVML
Use	Meal service prepared for vegan-vegetarian passengers requiring a meal that mainly consists of raw or lightly processed fruits and vegetables.
Description	Vegetarian meal service that mainly contains raw or lightly processed fruits and vegetables, nuts, seeds, legumes and grains.
Prohibited	<p>Cooked or highly processed fruits and vegetables.</p> <p>Fruits and vegetables with additives or preservatives.</p> <p>Animal products (meat, game, poultry, fish, seafood).</p> <p>Animal by-products (bone, lard, stock, rennet, gelatin, animal fat, butter, shortenings and omega-3 fatty acids derived from fish, surimi, carmine, shellac).</p> <p>Eggs and egg products (omelets, egg patties, crepes, scrambled eggs, egg pizza, egg sandwiches, noodles with eggs).</p> <p>Egg by-products (egg lecithin, albumin, albumen, conalbumin, egg substitutes, globulin, livetin, lysozyme, ovo-, silico-albuminate and vitellin) which may be used in certain baked products, mayonnaise, salad dressings, soups, broths, bouillon, margarines and vegetable oil sprays.</p> <p>Dairy products (milk, butter, whey, cream, kefir, yogurt and cheese).</p> <p>Refined oils.</p> <p>Refined salt, refined sugar, flours.</p> <p>Baked goods. Processed foods. Roasted nuts and seeds.</p> <p>Pasteurized juices, caffeinated beverages (coffee, tea), alcohol.</p>
Acceptable	<p>Raw fruits and vegetables, salads and fresh juices.</p> <p>Lightly processed fruits and vegetables (heated at temperatures below 104–118°F/40–48°C, dried, dehydrated, mashed, strained, juiced or pureed).</p> <p>Raw seeds (sunflower, sesame, pumpkin) and raw nuts (cashews, almonds).</p> <p>Soaked or sprouted legumes and grains.</p>

REVISED MEAL USE. Raw vegetarians can have raw foods but can now also have lightly processed foods. Also, as the meal only consist of plant-based food, the meal is rather vegan instead of vegetarian.

REVISED MEAL DESCRIPTION. Next to fruits and vegetables, vegan vegetarians can have nuts, seeds, legumes and grains.

NEW. Surimi, carmine and shellac have also been added as prohibited animal by-products.

The prohibition of eggs, egg products and dairy is not new, as the meal should consist of plant-based food items only.

NEW. The refining of oils, salt and sugar are considered highly processed foods and must be avoided. Also to avoid are baked goods, processed foods, roasted nut & seeds and pasteurized food.

NEW. Acceptable “light processing” techniques have been added.

NEW. Soaked legumes and grains and sprouted legumes have been added as acceptable, next to the already allowed sprouted seeds.

	<p>Raw nut milks and raw nut butters.</p> <p>Cold-pressed vegetable oils, vinegar, unpasteurized raw soy sauce.</p> <p>Fermented foods from raw or lightly processed fruits, vegetables, legumes or grains (miso, kimchi, sauerkraut).</p> <p>Seaweed.</p> <p>Mushrooms.</p> <p>Herbs, unrefined salt.</p>
<p>Additional Considerations:</p> <ol style="list-style-type: none"> 1. Always verify ingredient lists for animal products and by-products, egg products and by-products and dairy products. 2. Food provider must have an appropriate HACCP plan in case sprouted legumes and grains are used as ingredients in a Vegetarian Raw Meal. 3. This meal is being provided as an alternative meal option for the Low Calorie Meal, which is no longer being offered. 	

Carefully verify ingredient lists.

NEW. Sprouted legumes and sprouted grains are potentially hazardous foods.

NEW. Another appropriate alternative for the previously offered LCML is the Fruit Platter Meal.

20 VEGAN MEAL

Meal Code	VGML
Use	Meal service prepared for vegan passengers.
Description	Vegan meal service which does not contain animal products or animal by-products, no eggs, honey nor dairy products.
Prohibited	<p>Animal products (meat, game, poultry, fish, seafood).</p> <p>Animal by-products (bone, lard, stock, rennet, gelatin, animal fat, butter, shortenings, omega-3 fatty acids derived from fish, surimi, carmine, shellac).</p> <p>Eggs and egg products (omelets, egg patties, crepes, scrambled eggs, egg pizza, egg sandwiches, noodles with eggs).</p> <p>Egg by-products (egg lecithin, albumin, albumen, conalbumin, egg substitutes, globulin, livetin, lysozyme, ovo-, silico-albuminate and vitellin) which may be used in certain baked products, mayonnaise, salad dressings, soups, broths, bouillon, fried products, margarines and vegetable oil sprays.</p> <p>Dairy products (milk, butter, whey, cream, kefir, yogurt and cheese).</p> <p>Honey.</p>
Acceptable	<p>Fruits and vegetables.</p> <p>Rice, potatoes, pasta without eggs, noodles without eggs, bread, and other starchy carbohydrates (preferably wholegrain options).</p> <p>Legumes (lentils, beans, peas, soy) and grains (quinoa, bulgur, oatmeal).</p> <p>Nuts and seeds, nori seaweed.</p> <p>Fortified dairy alternatives (soya drinks and yoghurts).</p> <p>Plant-based oils, butters and spreads, tahini.</p> <p>Dried fruit (figs, apricots).</p>
Additional Considerations:	
<ol style="list-style-type: none"> Always verify ingredient lists for animal products and by-products, egg products and by-products and dairy products. 	

REVISED MEAL NAME & USE. The meal Name and Use have been changed from *Vegan-Vegetarian* to *Vegan*, though this modification does not impact the meal Description.

NEW. Surimi, carmine and shellac have been added as prohibited food items.

The list of acceptable food items has been reorganized to avoid food being referred to as “rich in calcium” and “rich in iron”.

Carefully verify ingredient lists.