

Religious meals

Indian Vegetarian Meal

: This meal is available for vegetarian passengers. It is usually aromatic and spicy, and incorporates flavours from the Indian sub-continent. It can contain all types of vegetables, fresh fruit, dried fruits, legumes, dairy products, tofu, cereal, grains and vegetarian gelatine. It does NOT contain any type of meat or by-products, fish, shellfish, eggs or animal gelatine.

Non-Vegetarian Hindu Meal

: This meal is available for passengers who follow Hindu custom. Meals are non-vegetarian and prepared in Indian culinary style. It can contain lamb, chicken, fish, eggs, milk, dairy products and cereals. It does NOT contain veal, beef or by-products, or raw or smoked fish.

Kosher Meal

: For passengers who follow Jewish custom. Kosher meals are prepared to comply with Jewish dietary requirements. Passover meals cannot be guaranteed.

Vegetarian Jain Meal

: This meal is available for members of the Jain community who are pure vegetarians. It is prepared with a selection of Indian condiments. It can contain fresh fruit, vegetables that grow above ground, tofu, pulses, cereals and rice. It does NOT contain animal products and by-products, seafood, eggs, dairy products, and root vegetables such as onions, mushrooms, ginger, garlic, potatoes, carrots, radishes and turmeric.

Medical and dietary meals

Bland Meal

: This meal is available for passengers who suffer from gastric discomfort. It contains low-fat foods, is non-spicy and is easily digestible. It can contain lean meat, fish, cooked vegetables, fruits, eggs and egg products, white bread, white rice and low-fat dairy products. It does NOT contain raw vegetables such as onions, cabbage and cauliflower, spices (such as black pepper or chilli), fried foods, whole grains, highly seasoned foods.

Diabetic Meal

: This is a low-sugar meal for passengers with diabetes, or those requiring low sugar diet. It can contain lean meat, fish, wholegrain breads and cereals (brown

rice, whole meal pasta, quinoa, barley), starchy vegetables, legumes, fresh fruit, low-fat dairy products, plant-based oils, and diabetic-friendly products such as sugar-free jam. It does NOT contain white bread, white pasta, candies, fried foods, full-fat sweetened dairy products, cream-based sauces and fruits in syrup.

Gluten-Free Meal

: This meal is available for passengers who require a gluten friendly meal. This meal does not contain ingredients or food items with gluten. However our hub and global caterers are not dedicated, certified GF facilities. It can contain meat, fish, seafood, poultry, eggs, dairy products, fruits, vegetables, legumes, corn, rice, potatoes, quinoa, buckwheat, tapioca, and gluten-free breads and cakes. It does NOT contain cereals containing gluten (including oats), products derived from cereals containing gluten (flour, starch, semolina), soups or sauces containing gluten (including soya sauce), and bakery or confectionary items containing gluten.

Low Fat Meal

: This meal is available for passengers who require a diet low in fat. It can contain lean meat, skinless poultry, lean fish, egg whites, rice, potatoes, wholegrain breads and cereals, fresh fruits, vegetables and low-fat dairy. Minimal amounts of plant based oil may be used to prevent sticking. It does NOT contain fried foods, processed meats, added fats (butter, cream), creamy or cheesy sauces, egg yolks, oily fish, processed cheese.

Low Salt Meal

: This meal is available for passengers requiring a diet low in salt or sodium. It can contain meat, poultry or fish with no added salt, eggs and egg products, milk and dairy products, rice and pasta (with no salt added during cooking), fruits, vegetables, herbs, spices. It does NOT contain salty cheese, meat, fish or vegetables that have been smoked, salted, cured or brined, condiments with added salt (e.g. soya sauce, ketchup), salted nuts, seasoned salts, and salt substitutes.

Low-Lactose Meal

: This meal is available for passengers requiring a lactose restricted meal. This meal is not suitable for passengers with a milk allergy. It can contain meat, poultry, fish, eggs, fruits, vegetables, soy products (tofu, soy yoghurts, soy cheeses), pasta, rice, potatoes, pulses, cow's milk alternatives (soy, oat, almond, coconut), milk-free coffee creamers. It does NOT contain cow's milk products (milk, yoghurt, butter, cream, cheese, ghee, kefir, ice cream), dairy-based soups or sauces, bakery or pastry items containing milk (croissants,

muffins, cakes).

Vegan Meal

: This meal is available for passengers requiring a western style vegan-vegetarian meal. It can contain all types of vegetables, fruits, legumes, grains, cereals, soy products, nuts, seeds and vegan-suitable animal alternatives. It does NOT contain any animal product or by-product such as meat, poultry, fish, seafood, eggs, dairy, animal rennet, animal gelatin, animal fat and honey.