

ALL KINDS OF DIETS

Asian Vegetarian Meal - AVML

A vegetarian meal usually incorporating flavours from the Indian sub-continent. The meal will contain fruit, veggies and milk products but no eggs, fish or meat.

Baby Meal - BBML

A pureed organic meal and dessert

Bland Meal - BLML

This meal is designed for passengers who may have ulcers, heartburn, nausea, vomiting, diarrhoea or have undergone stomach or intestinal surgery. Includes foods that are soft, not very spicy, and low in fibre.

CAKE – Birthday/Celebration Cake

We do gluten-free and vegan cakes only, which are by nature, dairy free.

Children Meal - CHML

Children's meal predominantly contain soft and easy to chew foods which are usually both easily identifiable and healthy. We have Cub food for Kids.

Celebration Cake Meal - CLML

Just as our Birthday cakes, all of ours are gluten-free and vegan.

Diabetic Meal - DBML

A modern take on the diabetic meal, low carbohydrate and low glycaemic index.

Gluten Free Meal – GFML

Meals that don't contain wheat, barley or rye.
This meal is suitable for coeliacs.
All our food is gluten-free.

High Fibre Meal - HFML

Meals that are higher in fibre which break down slower in the body and thus aid digestion and gut health.

Junior Meal - JNML

As children's meals for slightly older children. Recognisable children's foods that are easy to eat.

Low Calorie Meal - LCML

Meal is lower in carbohydrate and fats.

Low Fat Meal – LFML

Meal is lower in fats.

Low Protein Meal - LPML

Less protein, mostly vegetarian meal.

Low Salt Meal - LSML

Intended for persons with high blood pressure. Ingredients are chosen for their low sodium content and no salt is added during the cooking process.

Lactose free meal - NLML

It excludes milk and dairy products (yoghurt, cheese, butter, ice cream, water ice and etc). Otherwise known as a dairy free meal.

Peanut Free Meal - PFML

All our meals are nut-free.

Low Purine Meal – PRML

A meal with a low quantity of purine, typically for people with gout.

Seafood Meal – SFML

Contains only seafood items.

Vegetarian Vegan Meal - VGML

Excludes any ingredients of animal origin.
Otherwise known as VVML

Vegetarian Lacto - Ovo Meal

It contains vegetables, fresh fruit, eggs, dairy products, and pulses. It may contain eggs and dairy products. It does not contain any type of fish or meat.

Vegetarian Oriental Meal - VOML

This is a vegetarian meal that is prepared Chinese or Oriental-style.

Vegetarian Vegan Meal - VVML

see VGML

Other Meals

Low Fodmap meal.
Low carb/keto meal.
Paleo meal.
Sports meal.