



Meal Type | Lunch / Dinner

MEAL CODE | **BLML (BLAND MEAL)**

Effective Date | 01 June 2009

ALTERNATE NAMES:

GUIDELINES :

PROHIBITED

ACCEPTABLE

- Highly seasoned foods
- Black pepper
- Chilli powder
- "Gassy" vegetables such as cabbage and cauliflower
- Caffeinated beverages
- Fried foods

- Decaffeinated coffee and tea

USE :

Passengers suffering from stomach or intestinal problems

CHARACTERISTICS :

Omit foods / beverages causing gastric discomfort

NOTE :

Use moist heat, dry heat or boiling cooking methods.