



Meal Type | Lunch / Dinner

**MEAL CODE**

**GFML (GLUTEN INTOLERANT MEAL)**

Effective Date

01 June 2009

**ALTERNATE NAMES:**

- Coeliac disease
- Non-tropical sprue
- Dermatitis herpetiformis
- Low wheat
- Gluten restricted
- Low gliadin
- Low gluten

**USE :**

Gluten intolerant passengers.  
NOT SUITABLE FOR GLUTEN  
ALLERGIC PASSENGERS.

**CHARACTERISTICS :**

Ensure gluten from any source is not present in foods. Do not provide foods where the ingredients cannot be verified by the manufacturer's label.

**NOTE :**

Commercially prepared gluten-free products may not be suitable if wheat in ingredients. Gluten intolerant passengers may also be lactose intolerant.

**GUIDELINES :**

**PROHIBITED**

- Wheat, wheat flour, rye, oats and barley
- Pasta, bread, breadcrumbs and batter
- Oat-based breakfast cereals
- Semolina
- Soup, sauce, soya sauce and gravy mixes that have been made with flour
- Cakes, muffins, pastries
- Malt products, ovaltine
- Starch derived from cereals containing gluten
- Custard powder
- Luncheon meats
- Meat substitutes
- Sausages
- Confectionary with chocolate including cereals containing gluten
- Nuts and nut products

**ACCEPTABLE**

- Fruits, vegetables
- Meat, fish, poultry
- Oil
- Puffed rice, rice bubbles, corn flakes (no malt in ingredients)
- Potato flour, soy flour, rice flour
- Corn flour (no wheat in ingredients)
- Sago, tapioca
- Soy milk
- Dairy products