



Meal Type | Lunch / Dinner

**MEAL CODE** | **NLML (LOW LACTOSE MEAL)**

Effective Date | 01 June 2009

**ALTERNATE NAMES:**

- Low dairy
- Low Milk
- Lactose intolerant

**USE :**

Lactose intolerant passengers.  
NOT SUITABLE FOR COW MILK  
ALLERGIC PASSENGERS.

**CHARACTERISTICS :**

Omit dairy products.

**NOTE :**

Read all labels

**GUIDELINES :**

**PROHIBITED**

- Milk, yoghurt, ice cream, sherbet, puddings
- Prepared mixes (muffins, biscuits, some breakfast cereals)
- Creamed or breaded vegetables
  
- Breads prepared with dairy products
- Omelette, crepes, scrambled eggs with milk, cream, butter
- Creamed or breaded meat / fish/ eggs (no fillings containing dairy products)
- Commercial soups
  
- Chocolate, toffee, butterscotch, caramels
- Some instant coffees
- Sugar substitutes

**ACCEPTABLE**

- Meat / poultry
- Fresh vegetables
  
- Packaged/ frozen fruit and vegetables not processed with lactose
- Soy beverages as a substitute for milk
- Coffee creamers from non-dairy ingredients (no sodium caseinate)