



Meal Type | Lunch/Dinner

MEAL CODE | **VJML (VEGETARIAN JAIN MEAL)**

Effective Date | 01 June 2009

ALTERNATE NAMES :

USE :

Jain Vegetarians

CHARACTERISTICS :

Vegetarian foods prepared Indian style and according to Jain customs

NOTE :

Products with added Omega 3 fatty acids normally use fish oil and are therefore not suitable

GUIDELINES :

PROHIBITED

- Meat, poultry
- Fish, seafood
- Eggs
- Root or bulbous vegetables
- Dairy Products

ACCEPTABLE

- Fruit and vegetables
- Spices
- Tofu
- Pulses & Cereals
- Rice