



Meal Type | Lunch/Dinner

Meal Code | **AVML (ASIAN VEGETARIAN MEAL)**

Effective Date | 2005

Alternate Names:

- Indian vegetarian

Characteristics:

Meals are a spicy vegetarian combination which include dairy products.

Guidelines :

ALLOW

- Soya and soya products
- Milk and dairy products
- Desserts made with milk but no eggs
- All fruits and vegetables
- Indian / Oriental spices, curry powder

OMIT

- All meat and meat products
- All fish, chicken, fowl, seafood
- Offal
- Lard, gelatine
- Pork and pork products
- Cured meat, cold meat, sausages
- Eggs