



Meal Type | Lunch/Dinner

**MEAL CODE** | **AVML (VEGETARIAN HINDU MEAL)**

Effective Date | 01 June 2009

**ALTERNATE NAMES:**

- Asian Vegetarian
- Hindu Vegetarian

**GUIDELINES:**

**PROHIBITED**

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- Meat and Meat products
- Fish
- Fowl and products with lard & gelatine
- Eggs

**ACCEPTABLE**

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- High protein foods (milk, cheese, yoghurt, lentils, beans, tofu)
- Foods rich in iron (dried peas, beans, lentils, wholegrain products, dried apricots) and calcium (broccoli, mustard greens, kale, tofu, navy beans, dried figs, almonds ground or in paste, sesame seeds, brazil nuts, pistachio nuts)

**USE :**

Asian / Hindu Vegetarians

**CHARACTERISTICS :**

Spicy vegetarian combinations with limited use of dairy products.

**NOTE :**

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