



Meal Type | Lunch/Dinner

MEAL CODE | **VGML (VEGETARIAN VEGAN MEAL)**

Effective Date | 01 June 2009

ALTERNATE NAMES:

- Non-Dairy
- No-eggs

USE :

Vegans or pure vegetarians

CHARACTERISTICS :

Strict vegetarian foods

NOTE :

Products with added Omega 3 fatty acids normally use fish oil and are therefore not suitable. Read all labels. Note that some vegetarians prefer foods grown and processed organically.

GUIDELINES:

PROHIBITED

- Products from animal sources
- Meat and meat products
- Fish
- Fowl and products with lard or gelatine
- Dairy Products
- Eggs
- Honey

ACCEPTABLE

- High protein foods (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).