



Meal Type	Lunch / Dinner
MEAL CODE	VLML (VEGETARIAN LACTO-OVO MEAL)
Effective Date	01 June 2009

ALTERNATE NAMES:

GUIDELINES:

PROHIBITED

- Meat and meat products
- Fish
- Fowl and products with lard or gelatine

ACCEPTABLE

- High protein foods (milk, cheese, yoghurt, eggs, lentils, beans, tofu)
- Foods rich in iron (dried peas, beans, lentils, wholegrain products, dried apricots, egg yolks) and calcium (mustard greens, kale, broccoli, tofu, navy beans, dried figs, almonds, ground or in paste, sesame seeds, brazil nuts, pistachio nuts).
- Dairy Products
- Eggs
- Vegetarian-type cheese without rennet

USE :

Lacto-ovo vegetarians.

CHARACTERISTICS :

Vegetarian foods.

NOTE :

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

Cheeses that may be produced with rennet include Parmesan and Gruyere.