

## The Menu

### Baby, Infant, and Child Meals

Baby Meal	BBML	Suitable for infants under 1 year old; 1 jar each of main course, vegetable, and desert.
Post Weaning Meal	PWMLM	Suitable for infants between 1 & 2 years old - more substantial than a Baby Meal – items are easy to bite, chew, and digest.
Child Meal	CHML	Suitable for children between 2 to 7 years old; less substantial than an adult meal; easy to bite, chew, and digest.

### Religious Meals

Hindu Meal	HNML	Non-vegetarian, but no beef or veal, preferably meal is cooked in Indian style – cooked spicy or curried.
Kosher Meal	KSML	Kosher Meal – Pre-packed and sealed; contains meat. KSML is only available in SilkAir Business class.
Muslim Meal	MOML	Muslim meal - does not permit pork, pig by-products, ham, bacon or alcohol.

### Vegetarian Meals

Non-strict Indian Vegetarian Meal	AVML	No eggs, but can include dairy products.
Vegetarian Raw Meal	RVML	A combination of raw fruit and/ or vegetables.
Strict Western Vegetarian Meal	VGML	Strictly vegetables; no dairy products, no eggs, no honey; also known as vegan meal, may contain onion/garlic.
Strict Indian Vegetarian Jain Meal	VJML	No root or bulbous vegetables e.g. onion/garlic/ginger; no eggs used in cooking of meal; cooked Indian style.
Vegetarian Lacto-Ovo Meal	VLML	No meat (beef, veal, mutton, chicken fish or pork), but can include eggs & dairy products.
Oriental Style Vegetarian Meal	VOML	No meat, no seafood, no eggs or dairy products to be used in cooking of meal; cooked Chinese style; may contain garlic.

## Medical Meals

Bland Meal	BLML	Low fat, with low fat dairy products; non-spicy diet that is non-irritating for gastric patients (e.g. no black pepper, chilli powder, caffeine, cocoa, alcohol)
Diabetic Meal	DBML	Sugar free meal; limited salt.
Fat Free Meal	FFMLM	No dairy products and fried foods
Fruit Platter Meal	FPML	Only fresh fruit
Gluten Intolerant Meal	GFML	No wheat, barley, rye or oats products e.g., bread and cake
Low Calorie Meal	LCML	Restricted use of sugar, fat, sauces and fried items.
Low Fibre/Residue Meal	LFBRM	Easily digestible meals, e.g. fruits, legumes, vegetables, and whole grain products are avoided.
Low Fat Meal	LFML	Limited fat, sauces, gravies, and fried prawns; low sugar items. Only lean meat and poly-unsaturated fatty liquid vegetable oils allowed.
Low Salt Meal	LSML	Restrict or eliminate sodium chloride, msg, baking powder etcetera, No salt added during preparation
Non Carbohydrate Meal	NCBHD	No starch & carbohydrates.
Non-Strict Nut Free Meal	NFMLA	For pax allergic to nuts, however, nut menu & packet nuts would not be removed from flight.
Low Lactose Meal	NLML	Free of dairy & milk products; milk, milk dry solids, casein, cheese, cream, butter, lactose, and margarine, and chocolate.
Ulcer Diet Meal	UCDEM	Contains easily digestible, plain, poached, and broiled foods, (e.g. white meat, fish); no acidic food and fruit.