

Home > airline-catering > inflight-meals

## Inflight Meals



### Special Meals

A selection of Special meals is available to accommodate any guests whom have specific medical or dietary needs , religious requirements or special requests.

The listing is in alignment with IATA standards and can be prepared with advance notification of 24 hrs - these must be requested by guests when making their reservation / booking.

### Medical / Dietary Meals

#### **AVML** Vegetarian (Hindu)

Cheese, dairy products, fresh fruit, vegetables, herbs and spices constitute the major ingredients used here, avoiding meat, poultry, shellfish and fish.

#### **BLML** Bland Meal

For those who need to avoid spicy food, this option will include lightly poached / steamed poultry or fish together with fresh vegetables.

#### **DBML** Diabetic

A meal low in fat but relatively high in unrefined carbohydrates, consisting of lean meat, fresh vegetables and pasta or rice.

#### **GFML** Gluten Intolerant

Foods such as bread, cakes, pastries and pies will not be served, although gluten free bread is offered.

**LCML** Low Calorie

A balanced portion of protein is provided by a lean meat or fish entrée, supported with pasta or rice and whole meal bread.

**LFML** Low Fat

No fatty or fried foods are served, and lean meat, white beans, pulses and fresh vegetables are among the principal ingredients.

**LSML** Low Sodium (Salt) Avoiding most processed food products, including bread, this meal may consist of meat, poultry or fish, flavored with herbs and spices to compensate for the lack of salt flavouring.

**NLML** Low Lactose

Excluding dairy products and processed foods, ingredients here major on fresh meat, fish and poultry together with fresh vegetables and fruits.

**VGML** Vegetarian (Vegan)

Fresh vegetables, pulses, pasta and nuts will form the basis of this meal, avoiding meat, poultry, fish and dairy products.

**VLML** Vegetarian (Lacto - Ovo)

Avoiding meat, poultry, shellfish and fish, the meal will contain dairy products, fruit , vegetables and nuts.

**VOML** Vegetarian (Oriental)

Vegetarian meal similar to VGML but prepared in the Chinese style of cooking.

**Religious Meals****MOML** Moslem Meal

All food supplied for our flight are "halal" and there is no need to request a Moslem meal.

**HNML** Hindu

Beef and veal products are avoided in these meals, generally meals are prepared using lamb, chicken and other meats, enhanced by the use of spices.

**VJML** Vegetarian (Jain)

Vegetarian meals prepared in an Indian style and to strict Jain customs.

## **Special Meals**

### **BBML** Baby Meal

Pureed fruits, vegetables, meats, desserts suitable for infants.

### **CHML** Child Meal

Attractive, bite-size items are supplied, nutritionally balanced and avoiding ingredients that could upset a child's digestion.

### **FPML** Fruit Platter

Freshly prepared fruits - oranges, apple, melon, pineapple, grapes, figs, strawberries etc.

### **RVML** Raw Vegetable

Suitable for vegetarians who require only a combination of raw fruits & vegetables.

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