SPECIAL MEAL STRUCTURE

LA COMPAGNIE

MEAL	DESCRIPTION
Asian vegetarian meal	- Contains all types of fruits, vegetables, and dairy products. - Does not contain any type of meat, fish or eggs. - Can qualify as a Hindu meal.
Baby meal	- Baby food.
Child meal (non vegetarian)	- Contains milk products, eggs products, fish without bones, meat without bones. - Does not contain nuts and seeds, products highly spiced, hard candies, rich sauce, whole raisins - Suitable for children between the ages of 1 to 12.
Diabetic meal	- Contains minimum salt, low fat products, high fiber fruits and vegetables. - Do not contain any kind of sugar (only some permitted sugar substitutes). - Suitable for passengers with diabetes (low insulin levels)
Gluten free meal	- Contains meat, poultry, fish, rice, fruits and vegetables, corn, potatoes, dairy products, chocolate, dried beans and peas. - Contains salt and pepper, herbs and spices, sugars and preserves, margarine, tapioca and vegetable oils. - Suitable for passengers who need to limit their intake of Gluten (or Gliadin, a protein fraction of gluten), a substance found in wheat, barley, rye and oats.
Hindu meal (Non vegetarian)	- Contains meat (lamb or chicken), fish, eggs and dairy products. - Does not contain any beef or beef products. - Prepared in accordance with subcontinent taste (mildly spicy to spicy). - Suitable for members of the Hindu community.
Kosher meal (Non vegetarian)	- Contains meat from animals that have split hooves and chew the cud, or species of fish that have both fins and scales. - Contains fruits and vegetables (except those prone to infestation). - Certified in the kosher kitchen and double-sealed after packing.
Low sodium meal	- Does not contain salt, MSG and baking soda/powder.
Muslim meal	- Does not contain pork, pork by-products, beverages with alcohol or food prepared using alcohol. - All meats originate from ritually slaughtered animals.
Low lactose meal	- Contains salads, roughage, pasta, rice, fish or meat. - Does not contain milk and milk products, sauces, soft rolls, croissants or chocolate. - Suitable for passengers who are allergic or intolerant to milk or milk products, or passengers who have low lactose levels in their bodies.
Vegetarian meal	- Contains all types of fruits and vegetables. - Does not contain any meat, fish or animal by-products (like animal fat in biscuits). - Does not contain dairy products.
Vegetarian lacto ovo meal	- Contains dairy products. - Does not contain any meat or meat products, fish, poultry or products with lard or gelatin. - Suitable for guests who do not eat flesh of any kind but can eat milk and cheese products