

Annex II Special Meals of Air China 2018 Edition

Codes	Names	Best for	Eligible flights	Time limit for reservation	Characteristics	Guidelines		Special notes
						prohibited	Acceptable	
AVML	Vegetarian Hindu meal Asian Vegetarian meal Vegetarian Hindu food	Vegetarians of Asia or India	All	No later than 24 hours (included) before scheduled departure time	Curry vegetarian dishes, including limited dairy products	Meat and meat products; Fish; Poultry and products containing lard or gum; Eggs	High protein foods (cheese, yogurt, lentils, beans, tofu); Foods rich in iron (dried peas, beans, lentils, whole wheat products, preserved apricots); Calcium-rich foods (broccoli, mustard, cabbage, tofu, beans, dried figs, almonds, sesame paste or sesame sauce, Brazil nuts, pistachios); curries	Containing Omega 3 fatty acids, usually made with fish oil and therefore prohibited
VGML	Plain vegetarian meal	strict vegetarians or vegans	All	No later than 24 hours (included) before scheduled departure time	Strict vegetarian diet not containing dairy products and eggs	Animal products; meat and meat products; Fish; Poultry and products containing lard or gum; Dairy products; Eggs; Honey,	High protein food (lentils, beans, tofu); Foods rich in iron (dried peas, beans, lentils, whole wheat products, preserved apricots); foods rich in calcium (broccoli, mustard, cabbage, tofu, bean, dried figs, almonds, sesame paste or sesame paste, Brazil nuts, pistachios)	Containing Omega 3 fatty acids, usually made with fish oil and therefore prohibited
VLML	VEGETARIAN LACTO-OVO MEAL	Lacto-ovo vegetarians.	All	No later than 24 hours (included) before scheduled departure time	Vegetarian foods	Meat and meat products. Fish. Fowl and products with lard or gelatine.	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,	Containing Omega 3 fatty acids, usually made with fish oil and therefore prohibited

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							ground or in paste sesame seeds, brazil nuts, pistachio nuts). Dairy products.	
VOML	VEGETARIAN ORIENTAL MEAL	Oriental vegetarians, dietary habits based on Buddhist traditions	All	No later than 24 hours (included) before scheduled departure time	Vegetarian foods prepared Chinese style.	Meat, poultry, fish, seafood. Eggs. Dairy products.	Fruit and Vegetables. Olive oil. Spices.	Containing Omega 3 fatty acids, usually made with fish oil and therefore prohibited
VJML	VEGETARIAN JAIN MEAL	Jain vegetarians.	All	No later than 24 hours (included) before scheduled departure time	Vegetarian foods prepared Indian style and according to Jain customs.	Meat, poultry, fish, seafood. Eggs. Root or bulbous vegetables. Dairy products.	Fruit and vegetables. Spices. Tofu. Pulses and cereals. Rice.	Containing Omega 3 fatty acids, usually made with fish oil and therefore prohibited
HNML	HINDU MEAL	Passengers wishing to follow Hindu customs	All	No later than 24 hours (included) before scheduled departure time	Foods prepared according to Hindu customs and respecting Hindu dietary practices and beliefs.	Beef. Veal. Pork. Raw and smoked fish.	Lamb. Domestic fowl. Fish. Milk products. Spicy foods and curry.	Use AVML code if a vegetarian Hindu meal is desired
MOML	MOSLEM MEAL	Passengers wishing to follow Moslem customs.	All	No later than 24 hours (included) before scheduled departure time	Foods chosen, prepared and served in accordance with Moslem dietary laws and customs.	Pork and pig by products. Gelatine. Alcohol. Flavouring extracts with alcohol. Non-white fish meat from species without scales or fins.	Halal produced meat / poultry from approved sources. Milk.	Use VLML if MOML not available.
KSML	KOSHER MEAL	Passengers wishing to	Int'l/dom routes	No later than 48 hours (included) before	Passengers wishing to follow Jewish	Foods chosen, prepared and served in accordance with Jewish dietary	Food provided by certified Jewish food manufacturers;	Nil

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		follow Jewish customs.		scheduled departure time	customs.	laws and customs.	Whole fruit	
BBML	BABY MEAL Infant food Baby food	Children < 2 years.	All	No later than 24 hours (included) before scheduled departure time	Minced food with less sugar and salt	Highly seasoned foods. Foods containing wheat, gluten. Fish, eggs and citrus fruit. Pork veal and beef. Solid food for children < 1 year. Meat with bone.	Strained fruit. Strained vegetables. Strained meats. Desserts.	Nil
CHML	CHILD MEAL	2> Children> 12 years.	All	No later than 24 hours (included) before scheduled departure time	Soft and easy to chew meals. Easily identified foods. Healthy choices.	Fish with bone. Meat with bone. Nuts and seeds. Highly seasoned foods. Hard candy. Rich sauces. Whole grapes.	Carrot sticks; Cheese and biscuits; Sucking food; Independent packaging of fruit cups; Juice	should be packaged independently for children to keep for snacks later.
GFML	GLUTEN INTOLERANT MEAL Coeliac disease Non-tropical sprue Dermatitis herpetiformis Low wheat Gluten-restricted Low gliadin Low gluten	Gluten intolerant passengers. NOT SUITABLE FOR GLUTEN ALLERGIC PASSENGERS	All	No later than 24 hours (included) before scheduled departure time	Ensure gluten from any source is not present in foods.	Wheat, wheat flour, rye, oats and barley. Pasta, bread, bread crumbs and batter. Oat-based breakfast cereals. Semolina. Soup, sauce, soya sauce and gravy mixes that have been made with flour. Cakes muffins, pastries. Malt products, ovaltine. Starch derived from cereals containing gluten. Custard powder. Luncheon meats. Meat substitutes. sausages. Confectionary with chocolate including cereals containing gluten. Nuts and nut products.	Fruit, vegetables Meat, fish, poultry. Oil Puffed rice, rice bubbles, corn flakes (no malt m ingredients). Potato flour, soy flour, rice flour. Corn flour (no wheat in ingredients). Sago, tapioca. Rice lentils, split peas. Soy milk. Dairy products.	Commercially prepared gluten-free products may not be suitable if wheat in ingredients. Gluten intolerant passengers may also be lactose intolerant. Do not provide foods where the ingredients cannot be verified by the manufacturer's

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DBML	DIABETIC MEAL Low sugar No added sugar	Diabetic passengers	All	No later than 24 hours (included) before scheduled departure time	Increased complex carbohydrates. High fibre. Low fat. No sugar added.	Fried food; White sugar, brown sugar and glucose	Lean meats. Poultry (skinless). Fish (sea bass, tuna) and seafood. Low fat dairy products. Vegetables (potatoes carrots, cauliflower, tomatoes, beans, peppers). Wholegrain pasta, breads, rice and cereals. High fibre foods (fresh and dried fruit such as grapes, apples, pears, bananas and oranges). Packaged fruit if packed in water or in their own juices. Unsweetened fruit juices. Commercially prepared diabetic products. High intensity sweeteners (Acesulfame-K, Aspartame, Cyclamate, Neohesperidine, Acesulfam Aspartame salt, Saccharin, Sucralose, Stevia, Thaumatin, Neotame).	Availability of sugar substitutes depends on local legislation.

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BLML	BLAND MEAL	Passengers suffering from stomach / intestinal problems.	All	No later than 24 hours (included) before scheduled departure time	Omit foods / beverages causing gastric discomfort.	Highly seasoned foods. Black pepper. Chili powder. “Gassy” vegetables, such as cabbage and cauliflower. Caffeinated beverages. Fried foods. Raw/cold foods	White porridge, vegetable porridge and millet porridge; Green leafy vegetables	Use moist heat, dry heat or boiling cooking methods.
LCML	LOW CALORIE MEAL Calorie-restricted	Passengers wishing to follow a calorie-restricted diet.	All	No later than 24 hours (included) before scheduled departure time	Increased complex carbohydrates. High fibre. Low fat.	Fried foods. Added fats, oils and sugar. Gravies and sauces. Rich desserts.	Lean meats. Low fat dairy products. Fresh fruit and vegetables. High fibre wholegrain breads. Packaged fruit if packed in water or in their own juices. Unsweetened fruit juices. Commercially prepared low-calorie products. High intensity sweeteners (Acesulfame-K, Aspartame, Cyclamate, Neohesperidine, Acesulfam Aspartame salt, Saccharin, Sucralose Stovia, Thaumatin, Neotame).	Nil

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LFML	LOW FAT MEAL Low cholesterol	Fat-restricted Gall bladder diet Low saturated fat Passengers wishing to follow a fat-restricted diet.	All	No later than 24 hours (included) before scheduled departure time	Increased complex carbohydrates. High fibre. Fats high unsaturated fatty acids Low dietary cholesterol Low in saturated fatty acids.	Fried foods. Sauces high in fat (cheese or cream sauces). Egg yolks. Offal (kidneys, liver, tripe, heart, sweetbreads). Seafood (prawn, shrimp, squid, crab, lobster). Fish roe and caviar. Added fats, oils. Alcohol-refined sugars. Processed meats. Processed cheeses.	Lean meats. Poultry (skinless). Fresh fruit and vegetables. High fibre wholegrain breads. High fibre wholegrain cereals. Low fat dairy products. Mono or polyunsaturated margarine. Mono or polyunsaturated oils (olive, peanut, canola, safflower, sunflower or soybean oil). Gravies with no cream/fat added.	Use poaching, steaming broiling or roasting cooking methods.
LSML	LOW SALT MEAL	Passengers wishing to follow a sodium-restricted diet.	All	No later than 24 hours (included) before scheduled departure time	No salt added. Omit highly salted foods.	Salt substitutes. MSG. stocks, bouillon cubes, commercial soups and sauce mixes. Salted, smoked cured or packaged foods. Items in brine (pickled meats/vegetables / sauerkraut). Processed cheeses. Olives, anchovies. Bakery products using self-rising flour or baking soda. Most condiments (ketchup, mustard. BBQ sauce, soy sauce Worcestershire sauce, seasoned salt). Gravies sauces and dressings. Garlic, onion, celery salts. Breads.	Salt-free margarine. Low sodium breakfast cereals. Low sodium cheeses. Pepper, herbs, spices, vinegar, lemon and lime juice, salt-free seasoning mixes. Garlic, onion, celery powders.	Nil

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NLML	LOW LACTOSE MEAL	Lactose intolerant passengers. NOT SUITABLE FOR COW MILK ALLERGIC PASSENGERS.	All	No later than 24 hours (included) before scheduled departure time	Foods of low lactose	Milk, yoghurt, cheese, ice cream, sherbet, puddings. Prepared mixes (muffins, biscuits, some breakfast cereals). Creamed or breaded vegetables. Breads prepared with dairy products. Omelette, crepes, scrambled eggs with milk, cream, butter. Creamed or breaded meat / fish / eggs (no fillers containing dairy products). Commercial soups Chocolate, toffee, butterscotch, caramels. Some instant coffees. Sugar substitutes.	Meat / poultry. Fresh vegetables. Packaged / frozen fruit and vegetables not processed with lactose. Soy beverages as a substitute for milk. Coffee creamers from non-dairy ingredients (no sodium casienate)	Nil
SFML	SEAFOOD MEAL	Passengers with preference or seafood	Int'l/dom routes	No later than 24 hours (included) before scheduled departure time	Cuisine includes one or more seafood, not meat.	Seafood substitutes (e.g. processed crab sticks, processed fish balls)	No special requirements	Nil
FPML	FRUIT MEAL	Passengers with preference or fruits	All	No later than 24 hours (included) before scheduled departure time	Including a variety of fresh fruits, excluding other foods	Additives; preservatives.	Fresh processed fruit; sulphite-free dried fruit.	Local seasonal fruit should be provided
RVML	Raw food vegetarian meal	Passengers with reference for raw food vegetarian meal	All	No later than 24 hours (included) before scheduled departure time	Including a variety of fresh fruits and vegetables, non-animal protein foods	Caffeine beverage; Deeply processed seed foods; Additives; Preservatives	Raw fruits and vegetables; pure fresh fruit/vegetable juice	Containing Omega 3 fatty acids, usually made with fish oil and herefore prohibited