

28 Allergen-Free Baby Meal(ABML)

<2022JUN-2022AUG>

*Please note, menu may change.

Lunch/Dinner		
Routes	Menu	Ingredients
All Flights *Except, Flights Departing from North America(excluding Canada)	Rice Porridge w/Spinach	Organic rice, Organic Spinach, Organic Potatoes
	Pear Jelly	Pear Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar,Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)
	Maple Sugar Cookie	White Sorghum, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca),Sweet Potato, Isomalt-oligosaccharide, Baking Powder, Salt, Tea Extract
	Grape Juice	100% Pure Grape Juice
Flights from North America(excluding Canada)	Rice Porridge w/Spinach	Organic rice, Organic Spinach, Organic Potato
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
Second Meal		
Routes	Menu	Ingredients
All Flights to/from North America, Mexico, Europe(excluding Vladivostok) Oceania, India *Exception, NH011,111(ORD) / 001,101(IAD) / 009,109(JFK) 125,005,106,105(LAX) 007, 108,107(SFO) / 117,177(SEA) / 173,113(IAH) / 181,183,185(HNL) 203(FRA) / 205(VIE) / 207(MXP) *Only in Bussiness Class for flights below, NH 803, 801, 802, 841, 842(SIN) / 807, 805, 806, 847, 878, 848(BKK) 835, 836, 855, 872, 856(CGK) / 815, 886(KUL)	Japanese Risotto w/Vegetables	Organic rice, organic cabbage, organic onion, organic daikon radish, organic carrot, organic potato, organic spring onion, organic pumpkin, organic greater burdock, organic sweet potato
	Grape Jelly	Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)
	Soda Candy	Glucose (Corn, Potato, Sweet Potato), Corn Starch, Starch Hydrolysate (Cassava), Acidulant, Flavors, Artificial Colors
	Grape Juice	100% Pure Grape Juice
Flights from North America(excluding Canada)	Japanese Risotto w/Vegetables	Organic rice, organic cabbage, organic onion, organic daikon radish, organic carrot, organic potato, organic spring onion, organic pumpkin, organic greater burdock, organic sweet potato
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Soda Candy	Glucose (Corn, Potato, Sweet Potato), Corn Starch, Starch Hydrolysate (Cassava), Acidulant, Flavors, Artificial Colors
	Grape Juice	100% Pure Grape Juice