

28 Allergen-Free Baby Meal(ABML)

<2025SEP-2025NOV>

\*Please note, menu may change.

| Lunch/Dinner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                         |                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Routes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Menu                                                    | Ingredients                                                                                                                                                                                                                 |
| <b>All Flights</b><br>*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)                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Pumpkin & Sweet Potato                                  | Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Baby Drink                                              | Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride                                                                                                                                  |
| <b>Flights from North America(excluding Canada)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Rice Porridge w/Spinach                                 | Organic rice, Organic Spinach, Organic Potato                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Rice Cookie Strawberry Flavor or Pumpkin & Sweet Potato | Rice Cookie Strawberry Flavor／Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch Pumpkin & Sweet Potato／Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Baby Drink                                              | Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride                                                                                                                                  |
| Second Meal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |                                                                                                                                                                                                                             |
| Routes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Menu                                                    | Ingredients                                                                                                                                                                                                                 |
| <b>The Following Flights</b><br><br>【From NARITA】NH010(JFK) / 006(LAX) / 008(SFO) / 012(ORD) / 002(IAD) / 174(IAH) / 178(SEA) / 184,182(HNL) / 136(YVR) / 180(MEX) / 231(BRU) / 881(PER) / 829(BOM)<br><br>【From HANEDA】NH110,160(JFK) / 126(LAX) / 112(ORD) / 102(IAD) / 114(IAH) / 118(SEA) / 186(HNL)116(YVR) / 211(LHR) / 215(CDG) / 223,203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN) / 219(IST) / 889,879(SYD) / 837(DEL)<br><br>【To NARITA】NH135(YVR) / 179(MEX) / 232(BRU) / 882(PER)<br><br>【To HANEDA】NH115(YVR) / 212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST) / 890(SYD)<br><br>*Only in First Class for flights below,<br>【From HANEDA】NH108(SFO)                                                                                                                                                                                                                                                                             | 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)                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Corn from Hokkaido                                      | Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C)                                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Baby Drink                                              | Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                         |                                                                                                                                                                                                                             |
| <b>Flights from North America(excluding Canada)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 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 or Pumpkin & Sweet Potato | Rice Cookie Strawberry Flavor／Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch Pumpkin & Sweet Potato／Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Corn from Hokkaido                                      | Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C)                                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Baby Drink                                              | Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride                                                                                                                                  |
| Light Meal/Snacks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                         |                                                                                                                                                                                                                             |
| Routes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Menu                                                    | Ingredients                                                                                                                                                                                                                 |
| <b>The Following Flights</b><br><br>【from NARITA】NH010(JFK) / 006(LAX) / 008(SFO) / 012(ORD) / 002(IAD) / 174(IAH) / 178(SEA) / 184,182(HNL) / 136(YVR) / 180(MEX) / 231(BRU)<br><br>【From HANEDA】NH110,160(JFK) / 126,106(LAX) / 108(SFO) / 112(ORD) / 102(IAD) / 114(IAH) / 118(SEA) / 186(HNL) / 116(YVR) / 211(LHR) / 215(CDG) / 223,203(FRA) / 217(MUC) / 205(VIE) / 207(MXP) / 221(ARN) / 219(IST)<br><br>【To NARITA】NH179(MEX) / 804,802(SIN) / 808,806(BKK) / 836(CGK) / 816(KUL) / 830(BOM) / 135(YVR) / 882(PER)<br><br>【To HANEDA】NH115(YVR) / 212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST) 880,890(SYD) / 844,842(SIN) / 850,848,878(BKK) / 872,856(CGK) / 886(KUL) / 838(DEL)<br><br>*Only in Bussiness Class for flights below,<br>【from NARITA】NH881(PER) / 803,801(SIN) / 807,805(BKK) / 835(CGK) / 815(KUL) / 829(BOM)<br><br>【From HANEDA】NH889,879(SYD) / 843,841(SIN) / 849,877,847(BKK) / 855,871(CGK) / 885(KUL) / 837(DEL) | 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                                   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Pear Jelly                                              | Pear Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar,Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Corn from Hokkaido                                      | Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C)                                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Baby Drink                                              | Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride                                                                                                                                  |
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