

28 Allergen-Free Baby Meal(ABML)

<2026MAR-2026MAY>

*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)
	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
Flights from North America(excluding Canada)	Rice Porridge w/Spinach	Organic rice, Organic Spinach, Organic Potato
	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
The Following Flights [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) [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) [To NARITA] NH135(YVR) / 179(MEX) / 232(BRU) / 882(PER) [To HANEDA] NH115(YVR) / 212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST) / 890,880(SYD) *Only in First Class for flights below, [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
	Flights from North America(excluding Canada)	Japanese Risotto w/Vegetables
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
The Following Flights [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) [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) [To NARITA] NH179(MEX) / 804,802(SIN) / 808,806(BKK) / 836(CGK) / 816(KUL) / 830(BOM) / 135(YVR) [To HANEDA] NH115(YVR) / 212(LHR) / 216(CDG) / 224,204(FRA) / 218(MUC) / 206(VIE) / 208(MXP) / 222(ARN) / 220(IST) / 844,842(SIN) / 850,848,878(BKK) / 872,856(CGK) / 886(KUL) / 838(DEL) *Only in Bussiness Class for flights below, [from NARITA] NH881(PER) / 803,801(SIN) / 807,805(BKK) / 835(CGK) / 815(KUL) / 829(BOM) [From HANEDA] NH889,879(SYD) / 843,841(SIN) / 849,877,847(BKK) / 855,871(CGK) / 885(KUL) / 837(DEL) [To NARITA] NH882(PER) [To HANEDA] NH880,890(SYD)	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