

28 Allergen-Free Baby Meal(ABML)

<2026 September-2026 November>

*Please note, menu may change.

Lunch/Dinner		
Routes	Menu	Ingredients
All Flights *Except, Flights Departing from North America(excluding Canada)	Rice Porridge with Spinach	Organic Rice, Organic Spinach, Organic Potato
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Pumpkin & Sweet Potato or Green and Yellow Vegetables & Sweet Potato	Pumpkin & Sweet Potato／Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar Green and Yellow Vegetables & Sweet Potato/Vegetables (Carrot (USA), Tomato, Purple Sweet Potato, Spinach), Starch, Agar/ Gelling Agent (Polysaccharide Thickener), Citric Acid
	Baby Drink	Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride
Flights from North America(excluding Canada)	Rice Porridge with Spinach	Organic Rice, Organic Spinach, Organic Potato
	Pumpkin & Sweet Potato or Green and Yellow Vegetables & Sweet Potato	Pumpkin & Sweet Potato／Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar Green and Yellow Vegetables & Sweet Potato/Vegetables (Carrot (USA), Tomato, Purple Sweet Potato, Spinach), Starch, Agar / Gelling Agent (Polysaccharide Thickener), Citric Acid
	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 with Vegetables	Organic Rice, Organic Cabbage, Organic Onion, Organic Daikon Radish, Organic Carrot, Organic Potato, Organic Green Onion, Organic Pumpkin, Organic Burdock Root, Organic Sweet Potato
	Grape Jelly	Grape Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Corn from Hokkaido or Carrot & Grape	Corn from Hokkaido/Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C) Carrot & Grape/Organic Carrot (New Zealand), Organic Fruits (Organic Lemon, Organic Grape), Starch, Agar / Gelling Agent (Polysaccharide Thickener)
	Baby Drink	Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride
Flights from North America(excluding Canada)	Japanese Risotto with Vegetables	Organic Rice, Organic Cabbage, Organic Onion, Organic Daikon Radish, Organic Carrot, Organic Potato, Organic Green Onion, Organic Pumpkin, Organic Burdock Root, Organic Sweet Potato
	Pumpkin & Sweet Potato or Green and Yellow Vegetables & Sweet Potato	Pumpkin & Sweet Potato／Vegetables (Pumpkin (Domestic Product), Sweet Potato), Cornstarch, Beet sugar Green and Yellow Vegetables & Sweet Potato/Vegetables (Carrot (USA), Tomato, Purple Sweet Potato, Spinach), Starch, Agar / Gelling Agent (Polysaccharide Thickener), Citric Acid
	Corn from Hokkaido or Carrot & Grape	Corn from Hokkaido/Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C) Carrot & Grape/Organic Carrot (New Zealand), Organic Fruits (Organic Lemon, Organic Grape), Starch, Agar / Gelling Agent (Polysaccharide Thickener)
	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 with Vegetables	Organic Rice, Organic Cabbage, Organic Onion, Organic Daikon Radish, Organic Carrot, Organic Potato, Organic Green Onion, Organic Pumpkin, Organic Burdock Root, Organic Sweet Potato
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavorings, Antioxidants(Vitamin C)
	Corn from Hokkaido or Carrot & Grape	Corn from Hokkaido/Corn (not genetically modified) (Hokkaido), Cornstarch, Sugar, Salt/Antioxidant (vitamin C) Carrot & Grape/Organic Carrot (New Zealand), Organic Fruits (Organic Lemon, Organic Grape), Starch, Agar / Gelling Agent (Polysaccharide Thickener)
	Baby Drink	Sugar, Fructose, Glucose, Sodium Chloride, Citric Acid, Sodium Citrate, Potassium Chloride