

**7 Allergen-Free Meal(AFML)**

<2024SEP-2024NOV>

\*Please note, menu may change.

Lunch/Dinner		
Routes	Menu	Ingredients
<b><u>All flights from Japan</u></b>	Tandoori chicken or Braised Pork & Potato	Tandoori chicken/Tandoori chicken(Chicken, Ketchup, Sauce, Soup Stock, Ginger, Consommé, Curry Powder), Turmeric Rice(Rice, Soup, Seasoning, Vegetable Consommé, Turmeric), Sautéed Vegetable(Broccoli, Cauliflower, Corot, Chinese Soup Stock, Coleseed Oil, Soup Stock) Braised Pork & Potato/Potato, Onion, Pork, Kelp, Millet Sauce, Beet Sugar
	Marinated Whitefish in Curry Sauce	Cod, Red/Yellow Paprika, Lotus Root, Salt, Corn, Olive Oil, Rice Powder, Curry Spices, Japanese Dressing (Burdock, Onion, Carrot, Celery)
	Rice Bread	Rice Flour, Coleseed Oil, Sugar, Salt, Dry Yeast, Trehalose, Thickening Polysaccharide
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavors, Antioxidants
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
	<b><u>All Flights to Japan</u></b> *Except, Flights Departing from North America(excluding Canada)	Braised Pork & Potato
Marinated Whitefish in Curry Sauce		Cod, Red/Yellow Paprika, Lotus Root, Salt, Corn, Olive Oil, Rice Powder, Curry Spices, Japanese Dressing (Burdock, Onion, Carrot, Celery)
Rice Bread		Rice Flour, Coleseed Oil, Sugar, Salt, Dry Yeast, Trehalose, Thickening Polysaccharide
Non-glutinous Rice		Non-glutinous Rice
Pear Jelly		Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavors, Antioxidants
Rice Cookie Strawberry Flavor		Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
Grape Juice		100% Pure Grape Juice
<b><u>Flights from North America(excluding Canada) to Japan</u></b>	Miso-grilled Spanish Mackerel	Spanish Mackerel, Ginger, Kombu Kelp Stock, Miso Milet, Millet Sauce, Beet Sugar, Coleseed Oil
	Marinated Whitefish in Curry Sauce	Cod, Red/Yellow Paprika, Lotus Root, Salt, Corn, Olive Oil, Rice Powder, Curry Spices, Japanese Dressing (Burdock, Onion, Carrot, Celery)
	Quinoa Cookie	Quinoa, Beet Sugar, Sago Palm Starch, Organic Shortening, Trehalose, Baking Powder, Salt, Coral Calcium
	Pumpkin Bolo (Small Round Cookie)	Sago Palm Starch, Tapioka, Organic Shortning, Pumpkin Powder, Beet Sugar, Baking Powder, Salt
	Rice Cracker	Non-Glutinous Rice, Rice Sauce, Palm Starch, Beet Sugar
	Non-glutinous Rice	Non-glutinous Rice
	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
<b><u>The Following Flights from Japan to North America, Mexico, Europe</u></b>  NH010,110(JFK) / 006,126(LAX)/008(SFO) / 012,122,112(ORD) / 002,102(IAD)/174,124,114(IAH) / 178,118(SEA) / 180(MEX) / 231(BRU)/211(LHR) / 215(CDG)/223(FRA)	Stir-fried Pork w/Ginger	Stir-fried Pork w/Ginger(Pork, Sauce, Beet Sugar, Seasoning, Ginger, Coleseed Oil, Salt, Paprika), Steamed Rice w/Japanese Shiso Herb(Rice, Japanese Shiso Herb), Spinach & Bean Sprout Namul(Spinach, Bean Sprout, Carrot, Coleseed Oil, Salt, Vegetable Consommé, Pepper, Garlic)
	Rice Bread	Rice Flour, Coleseed Oil, Sugar, Salt, Dry Yeast, Trehalose, Thickening Polysaccharide
	Grape Jelly	Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice
	Rice Chocolate Cake	Ground Rice (Domestic), Beet Sugar, Coconut Milk, Shortening (Oil Of Palm), Oligosaccharide-Syrup, Cacao Mass, Starch (Sago Palm), Cocoa Powder, Salt, Baking Powder
	<b><u>The Following Flights from Europe, Mexico to Japan</u></b>  NH179(MEX)/232(BRU) / 212(LHR) / 216(CDG)/224, 204(FRA) / 218(MUC) / 206(VIE)	Pork Hamburger Steak
Rice Bread		Rice Flour, Coleseed Oil, Sugar, Salt, Dry Yeast, Trehalose, Thickening Polysaccharide
Non-glutinous Rice		Non-glutinous Rice
Grape Jelly		Grape Juice(Glucose Liquid Sugar & Fruit Sugar) Liquid Sugar, Sugar, Agar, Konjac, Citric Acid, Flavor, Sodium Citrate, Antioxidant (Vitamin C)
Rice Cookie Strawberry Flavor		Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
Grape Juice		100% Pure Grape Juice
Rice Chocolate Cake		Ground Rice (Domestic), Beet Sugar, Coconut Milk, Shortening (Oil Of Palm), Oligosaccharide-Syrup, Cacao Mass, Starch (Sago Palm), Cocoa Powder, Salt, Baking Powder
<b><u>The Following Flights from North America to Japan</u></b>  NH009,109,159(JFK) / 011,111,121(ORD) / 005,105,125(LAX) / 007,107(SFO) / 101,001(IAD) / 117,177(SEA) / 113,173,123(IAH) / 181,183,185(HNL)	Whitefish in curry sauce	Hoki, Onion, Soup (Yeast Extract, Beet Molasses, Salt, Kelp Extract, Shiitake Mushroom Extract), Carrot, Shimeji Mushroom, Powdered Soup, Beet Sugar, Ginger, Seasonig, Vegetable, Curry Powder, Garlic, Trehalose, Modified Starch
	Non-glutinous Rice	Non-glutinous Rice
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Grape Juice	100% Pure Grape Juice

Light Meal/Snacks		
Routes	Menu	Ingredients
<b><u>The Following Flights from Japan</u></b>  NH182,184,186(HNL) / 116,136(YVR) / 889, 879(SYD) / 881(PER) / 829(BOM) / 837(DEL)	Grape Jelly	Grape 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
<b><u>The Following Flights to Japan</u></b>  NH115,135(YVR) / 882(PER) / 890(SYD)		
<b><u>The Following Flights from Japan</u></b>  NH010,110,160(JFK) / 012,122,112(ORD) / 002,102(IAD) / 106(LAX) / 108(SFO) / 114,174,124(IAH) / 180(MEX) / 211(LHR) / 215(CDG) / 223,203(FRA) / 217(MUC) / 205(VIE) / 231(BRU) / 803,801,843,841(SIN) / 807,805,849,877,847(BKK) / 835,855,871(CGK) / 815,885(KUL)	Maple Sugar Cookie	White Sorghum, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), Sweet Potato, Isomalt-oligosaccharide, Baking Powder, Salt, Tea Extract
<b><u>The Following Flights to Japan</u></b>  NH179(MEX) /880(SYD) / 804, 802,844,842(SIN) / 808,806,850,848,878(BKK) / 836,872,856(CGK) / 816,886(KUL)/830(BOM)/ 838(DEL)		
<b><u>The Following Flights to Japan</u></b>  NH009,109,159(JFK) / 011,111,121(ORD) / 101,001(IAD) / 113,173,123(IAH)	Homemade Cookie (Chocolate Cookie)	Sago Palm Starch, Beet Sugar, Coleseed Oil, Cacao Mass, Pumpkin Powder, Cocoa, Salt, Baking Powder
<b><u>The Following Flights from Japan</u></b>  NH160(JFK) / 217(MUC) / 203(FRA)/ 205(VIE)	Rice Bread	Rice Flour, Coleseed Oil, Sugar, Salt, Dry Yeast, Trehalose, Thickening Polysaccharide
	Pear Jelly	Pear Juice, High-fructose Corn Syrup, Sugar, Agar, Konjac, Citric Acid, Trisodium Citrate, Flavors, Antioxidants
	Rice Cookie Strawberry Flavor	Rice Flour, Margarine, Corn Flour, Sugar, Rice Shortening, Strawberry Paste, Corn Starch
	Maple Sugar Cookie	White Sorghum, Shortening (Palm), Maple Sugar, Beet Sugar, Starch (Tapioca), Sweet Potato, Isomalt-oligosaccharide, Baking Powder, Salt, Tea Extract