

Code	Description / use	Explanation / Characteristics	Avoid	Include	Notes
<b>DBML</b>	<b>Diabetic meal</b> (ALTERNATE NAMES, glucose intolerance, hyperglycemic, carbohydrate restricted)	Ordered by people who cannot eat sugar. Increase complex carbohydrates. High fibre. Low fat. No sugar added.	Products containing sugar, ie. Flavoured yoghurt, jam, cakes and sweet pastries, alcohol, nuts, pinenapple. Fatty foods, foods rich in fructose, sorbitos	Milk , margerine, plain yoghurt, diet jam portion vegetables and fresh fruits, sweetner. Lean meat, skinless poultry, Fish & seafood, Vegetables, whole grain, high fibre foods, unsweetened friuts juices, vegetable sauce without flour	Sugar may be used by diabetics in order to improve glycaemic load. Use broiling , poaching, grilling & steaming cooking method
<b>GFML</b>	<b>Gluten free meal</b> (ALTERNATE NAME; gliadin, non tropical spru, celiac, wheat free, gluten restricted)	Ordered by people who cannot eat gluten which is a protein of wheat, oats, and rye.	Bread, sauces, pasta, barley custard, cakes, chocolates, rolls, and crakers, roquefort cheese, gorgonzola, blue cheese, beer, malt extracts	Dairy products, fresh vegetables and fruits, salads, fish, meat, rice, potato, semolina, millet, corn, , honey, jam, sugar, butter	Use poaching, staming, broiling, or roasting cooking methods. Use gluten-free preparations such as corn strach, tapioca, soyabean flour to bind dishes. All Spices and herbs
<b>LSML</b>	<b>Low sodium meal</b> (ALTERNATE NAMES; low salt, restricted sodium, no salt, no salt added)	Order by people suffering from high blood pressure and those wishing to folloe a sodium-restricted diet.	Salt substitutes; MSG , stock, Bouillon cubes, commercial soups, Cheese, sauces, dressing, cured, smoked, salted or canned foods, butter, chocolate, sausage	Low salt foods, unsalted butter, / low salt margerine, fruits, salads and vegetables, low sodium bread, cracker, pasta, lean meat, honey, jam	Use poaching, staming, broiling, or roasting cooking methods. Use Spices, salt free seasoning mix, vinegar, lemon, lime juice
<b>NLML</b>	<b>Non-lactose meal</b> (ALTERNATE NAMES; lactose intloerance meal, Low dairy, Low milk)	Ordered by those intolerant to milk or milk products. Omit dairy products	Milk cream, cheese, yoghurt, sauces, butter, croissants, pastries and chocolate, Omelette, creamed or breaded meat, commercial soups, scramble egg with milk, some instant coffee, sugar substitutes	Salad roughage, rice, pasta, fish, meat, margerine, fresh vegetables, soy sauce as a substitute for milk, Coffee creamer from non dairy ingredients	
<b>LFML</b>	<b>Low fat meal</b> (ALTERNATE NAMES; low cholesterol, fat restricted, low saturated fat, fat free, gall bladder diet)	Order by those required to reduce their fat intake for various reasons.	Milk, cream, cheese, butter, egg yolk, sauces, dressing, cakes and fatty meat, fried foods, egg yolk, offal ( kidney, liver, tripe, heart). Seafood ( prawns, shrimps, squid, crab, lobster), coconut oil, alcohol	Margerine, boiled vegetables, fish, fruits, wholegrain, bread, lean meat, skinles poultry, low fat dairy products, rice.	Use poaching, steaming, broiling, or roasting cooking methods. Use corn oil, fat-free gravy, little salt, all herbs & spices
<b>LCML</b>	<b>Low calorie meal</b>	Ordered by those following a weight reduction programme or a calorie restricted diet	Fried foods, Added fats, Oils, sugar, gravies & sauces, rich dessert. Cream, mayonaise, dressing, cakes, and fatty meals, alcohol.	Foods low in fat, fruits and vegetables, unsweetened fruits juices, sweeteners.	
<b>LPML</b>	<b>Low protein meal</b>	ordered by people suffreing from liver or kidney disorders	Meat, fish, seafood and meat/fish products, salty foods, cheese and pasta, alcohol, sugar, fried foods.	Vegetables. fruits, cream or butter.	
<b>BLML</b>	<b>Bland meal</b> (ALTERNATE NAMES; soft meals, ulcer diet, light meal, easy to digest, low residue)	Ordered by those who have disorders of the stomach or digestive track.	Baked and fried foods, garlic, onions and spices, alcohol, beans / lentil, cabbage, fatty meat, smoked fish, fatty sauce and food, hot spices such as curry, paprika, chilli, mushroom, leek, peas, butter, chocolate	Unsalted butter, low fat milk and milk products toast, rye bread and boiled veg(no spices). little salt and herbs such as bay leafs, cinnamon, ginger, nut meg, saffron, veg such as spinach, carrots, asparagus, artichoke, pumpkin, potato without skin, cooked fruits, honey, jam.	Use broiling, cooking in foil, light grilling, poaching or steaming.
<b>HFML</b>	<b>High fiber meal</b>	Ordered by those who suffer from gastro-intestinal disorders.	Starches and refined foods.	Wholegrain products, fruits, vegetables, cereals and nuts	
<b>FPML</b>	<b>Fruit platter meal</b>	Friuts. Order by those wishing to eat meal with no additives / preservatives	Additives / preservatives	Prepared fresh fruit, Packaged unsweeted fruits, Orange segment, apples, grapes, pineapple, melons, Dried fruits with sulfites.	

<b>SPML</b>	<b>Special meal</b>	May be due to several reasons	As specified by order	As specified by order	
<b>VGML</b>	<b>Vegetarian meal</b> (ALTERNATE NAMES; western vegetarian, vegan, strict / pure vegetarian)	Strict vegetarians. Meal must not contain anything produced from an animal or animal byproducts.	All types of meat, fish, poultry, eggs, milk, butter yoghurt croissant, pastries and cakes, alcohol, highly processed foods, honey, lard, suet, gelatin, meat stock and gravy	All types of vegetables and fruit.	Use vegetable oil for cooking. Products with added Omega 3 fatty acids normally use fish oil and therefore not suitable.
<b>VLML</b>	<b>Vegetarian lacto meal</b>	Similar to VGML but eggs and dairy products are allowed	All types of meat, fish, poultry, whey, cheese with rennet such as brie, chester, gouda, swiss cheese	Vegetables. fruits, eggs and products containing eggs, milk, and dairy products, cheese without rennet such as sheep cheese, curd cheese	Use vegetable oil for cooking. Products with added Omega 3 fatty acids normally use fish oil and therefore not suitable.
<b>VJML</b>	<b>Jain vegetarians</b> ( ALTERNATE NAME; hindu vegetarian)	Vegetarian foods prepared indian style and according to jain customs.	Meat, poultry, veal ,seafoods, eggs. Root or bulbous vegetables, mushroom . Dairy products, alcohol	Fruits & vegetables. Spices, Tufo, Pulses & cereals. Rice.Butter, cheese, cracker, honey, creamer, jam	Products with added Omega 3 fatty acids normally use fish oil and therefore not suitable.
<b>VOML</b>	<b>Oriental vegetarians</b>	Vegetarian foods prepared chinese style	Meat, poultry, saefoods, eggs . Dairy products.	Fruits & vegetables. Spices.	Products with added Omega 3 fatty acids normally use fish oil and therefore not suitable.
<b>RVML</b>	<b>Vegatarian raw meal</b>	Combination of raw vegetables & fruits	Caffeinated beverages, highly processed foods, additives, preservatives	Raw fruits & vegetables, pure fresh fruits / vegetable juices.	Products with added Omega 3 fatty acids normally use fish oil and therefore not suitable.
<b>AVML</b>	<b>Asian Veg meal</b> (ALTERNATE NAMES; Asiatic veg, indian vegetarian)	Similar to VGML but dairy products are allowed	All types of meat, fish, poultry, and eggs.	Milk and dairy products, all types of vegetables (usually spicy) and fruit, wholegrain product, low processed foods	
<b>HNML</b>	<b>Hindu meal</b>	Ordered by the hindu community who eat lamb, chicken, fish, eggs, and dairy items	Beef, pork veal, alcohol	lamb, mutton, goat, chicken, fish, milk, and dairy products, croissant, pastries and cakes.	Prepare spicy.
<b>MOML</b>	<b>Moslim meal</b>	Ordered by the moslim community . Food chosen , prepared and served in accordance with moslem deitary laws & customs	Pork and pig by- products, alcohol and products containing alcohol, geletine, non-white fish meat from species with out scales or fins.	Halal produced meat, Lamb, chicken, fish, milk, and dairy products, croissant, pastries and cakes. Butter, chocolate, cracker, jam, honey	Use VLML if MOML not available. Meat to be cooked well done. Supply supari and mango chutney if available
<b>PRML</b>	<b>Low purine meal</b>	Orderer by those who have elevated levels of uric acid	Milk and yeast.	fruits,vegetables,wheatbread,skimed milk and croissant	

Approved By: \_\_\_\_\_

Date: \_\_\_\_\_