Airline special meal codes

Every airline uses the same four letter codes for special meals. Ask for the code, not just the name, and your request reads the same on every airline and booking site. What goes in each meal varies by airline.

Religious meals

MOML Muslim meal
No pork or alcohol. Often halal sourced: ask if certification matters to you.

KSML Kosher meal
Sealed meal from a certified kosher caterer. Often needs more notice than other meals.

HNML Hindu meal
Not vegetarian. Usually lamb, chicken or fish, with no beef or pork.

Vegetarian meals

VLML Vegetarian lacto-ovo meal
No meat, fish or seafood. May contain milk and eggs.

VGML Vegan meal
No meat, fish, eggs, milk or other animal products.

AVML Asian vegetarian meal
Indian style, spiced. No meat, fish or eggs. Usually contains milk.

VJML Vegetarian Jain meal
Strict Indian vegetarian. No eggs, root vegetables, onion or garlic.

VOML Vegetarian oriental meal
Chinese or Asian style vegetarian. Usually no meat, fish, eggs or milk.

RVML Raw vegetarian meal
Raw fruit and vegetables only.

Medical and dietary meals

GFML Gluten-intolerant meal
Made without wheat, rye, barley or oats. Traces are still possible: not a guarantee.

DBML Diabetic meal
No added sugar, limited salt and fat.

LSML Low salt meal
No added salt. Limits salty and processed foods.

LFML Low fat meal
Lean, not fried. Limits animal fat and cream.

NLML Low lactose meal
Leaves out milk, cheese, cream and butter. Made for lactose intolerance, not milk allergy.

BLML Bland meal
Soft and mild. No strong spice such as chili or black pepper.

LCML Low calorie meal
Fewer calories. Lean, simply cooked, light on sugar and sauces.

Other meals

CHML Child meal
Child sized and child friendly. Usually ages 2 to 12.

BBML Baby meal
Jars of baby food. Age limits vary by airline.

SFML Seafood meal
Fish and seafood as the main dish. Contains fish or shellfish.

FPML Fruit platter meal
Fresh fruit. Some airlines add dried fruit.

⚠ Food allergy? Read this first

- There is no meal code that removes an allergen for sure. No code guarantees a nut-free meal.
- Airlines generally cannot guarantee a nut-free or allergen-free meal or cabin.
- Tell the airline about the allergy separately, when you book and again on board.
- Carry your own food, and anything your doctor has prescribed, in your hand luggage.

The meal is the airline's job. For the snacks you pack, PlatePal scans the barcode and checks your diet and allergens in seconds.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. Information, not medical or religious advice. Codes are the IATA standard special meal codes; what each meal contains varies by airline, so check yours. Free to print and copy.

PlatePal

POCKET CARDS · CUT ALONG THE DASHED LINES

Print at 100% (actual size). Keep the code cards with your passport, and fill in the request card when you book.

MEAL CODES · FAITH AND VEGETARIAN

MOML	Muslim, no pork or alcohol
KSML	Kosher
HNML	Hindu (not vegetarian)
VLML	Vegetarian, with milk and eggs
VGML	Vegan
AVML	Indian style vegetarian
VJML	Jain
VOML	Chinese style vegetarian
RVML	Raw fruit and vegetables

Contents vary by airline. Check yours.

MEAL CODES · MEDICAL AND OTHER

GFML	Gluten intolerant
DBML	Diabetic
LSML	Low salt
LFML	Low fat
NLML	Low lactose
BLML	Bland
LCML	Low calorie
CHML	Child
BBML	Baby
SFML	Seafood
FPML	Fruit platter

Contents vary by airline. Check yours.

MY MEAL REQUEST

Name _____

Flight and date _____

Meal code _____

Requested on _____

Booking reference _____

Confirm it again at check-in and at the gate.

FOOD ALLERGY

I have a severe allergy to:

_____

_____

A meal code does not cover this. If you are not sure whether a dish contains it, please tell me and I will eat my own food.

How to request a special meal

1. Ask when you book, or later in Manage booking on the airline's site or app.
2. Do it early: usually at least 24 to 48 hours before departure. Kosher often needs more. Check your airline.
3. On a codeshare, ask the airline that operates the flight.
4. Confirm again at check-in and when you board.

Before you fly

1. Find your meal code on this sheet and add it to your booking.
2. Write the code and your booking reference on the request card.
3. Food allergy: tell the airline, pack your own food and keep your medicine with you.
4. Pack snacks you have read the label on, in case the meal does not arrive.

The meal is the airline's job. For the snacks you pack, PlatePal scans the barcode and checks your diet and allergens in seconds.

Scan the code with your phone camera, or visit tryplatepal.com

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