

LIBERO

NETWORK SPECIAL MEALS MADE SIMPLE



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Our unique special meal boxes are fully biodegradable, tamper-evident and designed to be held in the freezer.

The main meal can be removed and placed in the oven.

The heated meal box then inserts at the side for the cabin crew to hand to the passenger.

The box has a tear strip for the passenger to open at the front, making it easier to eat.



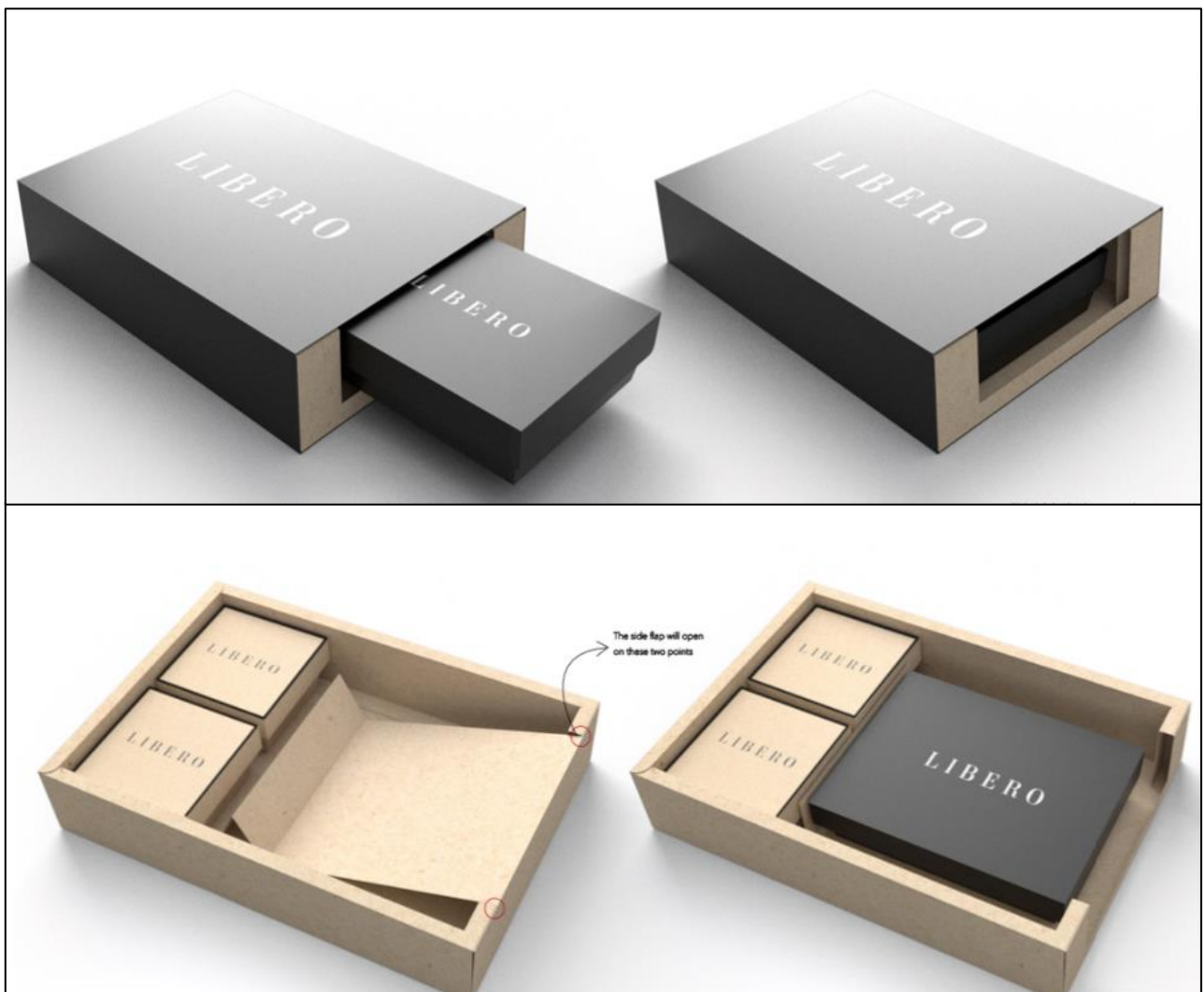
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All boxes contain a bread roll, low salt, pepper, cutlery and a napkin.

All meals are gluten, nut, peanut and sesame-free and produced in an allergen-controlled environment.

Labelling is Natasha's Law compliant October 2021.



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BREAKFAST ALL MEALS DF/GF/LS/LC/LF

Appetiser/Starter

- 1, Apple, cinnamon & seed muffin, coconut yoghurt, berry compote – all diets
- 2, Chocolate chip & pumpkin muffin, raspberry ripple coconut yoghurt – all diets

Entrée/Main

Vegan – Red pepper, spring onion & pea frittata, spicy 5 bean stew,
sauteed mushrooms & kale

Meat – Smoked turkey bacon, chicken sausage, sauteed mushrooms,
cauliflower hash brown & roasted tomato

Jain – Rice & Besan pancakes with chickpea masala

Diabetic – Breakfast sweet potato burrito chipotle vegetables.

On the side

Seedy keto breakfast roll, sunflower spread & no added sugar jam – all diets.

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LUNCH ALL MEALS DF/GF/LS/LC/LF

Appetiser/ Starter

- 1, Smoked hummus & chargrilled veggies
- 2, Lemon coriander hummus & chargrilled veggies

Entrée/Main

Meat – Lemon & pepper chicken, sweet potato chips, mixed green veggies

Fish – Salmon fishcakes, with lemon, mint & pea risotto

Vegan/Diabetic – Mushroom stroganoff with spiced, coconut rice & roasted red pepper.

Jain Aloo pea curry, dosa & chutney (GF)

Dessert

- 1, Blueberry & lemon cheesecake
- 2, Chocolate orange cheesecake

On the side

Gluten-free & vegan bread with sunflower spread

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DINNER ALL MEALS

DF/GF/LS/LC/LF

Appetiser/Starter

- 1, Quinoa & roasted vegetable salad with lemon chicken
- 1, Quinoa & green vegetable salad with smoked marinated tofu
- 2, Oriental brown rice noodle salad with edamame, roasted pepper, & marinated tofu
- 2, Oriental brown rice noodle salad with roasted pepper, & coconut & kaffir chicken

Entrée/Main

- Meat – Lamb ragout with rigatoni
- Fish – Breton fish stew with lemon & turmeric cauliflower rice
- Vegan – Red Thai risotto cakes with kale, green beans & tenderstem broccoli with coconut red Thai sauce
- Jain – Vegetable makhnwala with cabbage parathas

Dessert

- 1, Cappuccino cake
- 2, Black Forest
- 3, Vegan cheese selection and regular cheese selection with GF crackers available

On the side

Gluten-free & vegan bread with sunflower spread

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MEAL TYPE DINNER	BL ML	DB ML	GF ML	LC ML	LF ML	LS ML	NL ML	AV ML	VG ML	VJ ML	VL ML	VO ML	CH ML
Appetiser/Starter													
1, Quinoa & roasted vegetable salad with lemon chicken	X	X	X	X	X	X	X						X
1, Quinoa & green vegetable salad with smoked marinated tofu	X	X	X	X	X	X	X	X	X	X	X	X	X
2, Oriental brown rice noodle salad with edamame, roasted pepper, & marinated tofu	X	X	X	X	X	X	X	X	X	X	X	X	X
2, Oriental brown rice noodle salad with roasted pepper, & coconut & kaffir chicken	X	X	X	X	X	X	X						
Entrée/Main													
Meat – Lamb ragout with rigatoni	X	X	X	X	X	X	X						X
Fish – Breton fish stew with lemon & turmeric cauliflower rice	X	X	X	X	X	X	X						X
Vegan – Red Thai risotto cakes with kale, green beans & tenderstem broccoli with coconut red Thai sauce	X	X	X	X	X	X	X	X	X	X	X	X	X
Jain – Vegetable makhanwala with cabbage parathas	X	X	X	X	X	X	X	X	X	X	X	X	X
Dessert													
1, Cappuccino cake	X	X	X	X	X	X	X	X	X	X	X	X	X
2, Black Forest	X	X	X	X	X	X	X	X	X	X	X	X	X
On the side													
Gluten-free & vegan bread with sunflower spread	X	X	X	X	X	X	X	X	X	X	X	X	X
Cheese													
Vegan cheese selection, GF crackers and chutney	X	X	X	X	X	X	X	X	X	X	X	X	X
Artisan cheese selection, Gf crackers and chutney	X	X	X	X	X	X							X

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