

V&Me Summer menu

Mon-Fri → Lunch, side, dessert, dinner

V&Me does not handle Nuts or Sesame in our kitchen(s), or include them in our recipes. However, we cannot guarantee that for our suppliers, so food may contain these allergens. V&Me handles all other 11 allergens in our kitchen(s), and there is a potential risk of cross-contamination. In accepting V&Me deliveries, I confirm that I agree to the terms and conditions of sale on the V&Me website and acknowledge the aforementioned risks.

Please contact V&Me directly to discuss any other dietary requirements or allergies.

V&Me reserves the right to make suitable replacement to the menu without prior notice.

27/07/2026		28/7/2026		29/7/2026		30/7/2026		31/7/2026	
27-Jul	Monday	Tuesday	Wednesday	Thursday	Friday				
Lunch	Ginger chicken noodle stir fry	Slow cooked beef ragu with spelt rigatoni & a vegetable medley	Chinese braised beef with jasmine, pearl barley & hispi cabbage	Slow cooked lentil Bolognese with tubetti lisci pasta	Chicken stroganoff with mashed potato				
Lunch (V)	Tofu noodle stir fry	Slow cooked seitan ragu with spelt rigatoni and vegetable medley	Chinese curried tofu with fragrant jasmine rice	Slow cooked lentil Bolognese with tubetti lisci pasta	Butter bean stroganoff with mashed potato				
Side	Roasted courgettes	Vegeteable medley	Hispi cabbage	Garden peas	squash green beans and red peppers				
Dessert	Cocoa loaf	Vanilla rice pudding	Apple crumble	Spelt blueberry muffins	Fruit salad				
Dinner	Roast salmon with cajun sweet potato & roasted courgettes	Mediterranean vegetable & feta quiche	Tuna & salmon fisherman's pie	Spring lamb with roasted potatoes & peas	Chickpea stew with roasted butternut squash, green beans & red peppers				
Dinner (V)	Roast tempeh with cajun sweet potato & roasted courgettes	Mediterranean vegan quiche	Summer vegetable pie	Roasted mushroom with roasted potatoes & peas	Chickpea stew with roasted butternut squash, green beans & red peppers				

03/08/2026		4/8/2026		5/8/2026		6/8/2026		7/8/2026	
3-Aug	Monday	Tuesday	Wednesday	Thursday	Friday				
Lunch	Baked sea bream with jollof rice & corn on the cob	Green lentil dahl with fragrant jasmine rice	Slow cooked beef ragu with spelt rigatoni & a vegetable medley	Chef Quinn's Brown stew chicken with rice and peas & broccoli	Bombay spiced salmon with roasted potatoes & broccoli				
Lunch (V)	Tomato & black beans with jollof rice & corn on the cob	Green lentil dahl with fragrant jasmine rice	Slow cooked seitan ragu with spelt rigatoni and vegetable medley	Chef Quinn's Brown stew butter beans with rice and peas & broccoli	Bombay spiced tofu with roasted potatoes & broccoli				
Side	Corn on the cob	Creamed cabbage	Vegeteable medley	Steamed broccoli	Roasted broccoli				
Dessert	Banana & spelt flour loaf	Carrot bites	Vanilla rice pudding	Fresh mango yoghurt and kefir pot	Fruit salad				
Dinner	Butter bean cottage pie	Roast chicken with creamed cabbage & mashed potato	Mediterranean vegetable & feta quiche	Panko topped mac & cheese	Slow cooked black bean ragu				

Dinner (V)	Butter bean cottage pie	Roast butter beans with creamed cabbage & mashed potato	Mediterranean vegan quiche	Panko topped mac & cheese	Slow cooked black bean ragu
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10/08/2026		11/8/2026		12/8/2026		13/8/2026		14/8/2026	
10-Aug	Monday	Tuesday		Wednesday		Thursday		Friday	
Lunch	Slow cooked lentil Bolognese with tubetti lisci pasta	Chicken korma with steamed basmati rice		Slow cooked beef lasagne with rosemary & thyme roasted carrots		Ginger chicken noodle stir fry		Chinese braised beef with jasmine, pearl barley & hispi cabbage	
Lunch (V)	Slow cooked lentil Bolognese with tubetti lisci pasta	Haricot bean korma with steamed basmati rice		Slow cooked vegetable lasagne		Tofu noodle stir fry		Chinese curried tofu with fragrant jasmine rice	
Side	Garden peas	Roasted broccoli		Thyme roasted carrots		Roasted courgettes		Hispi cabbage	
Dessert	Spelt blueberry muffins	Apricot & blueberry kefir yoghurt pots		Lebanese mouhalabieh		Cocoa loaf		Apple crumble	
Dinner	Spring lamb with roasted potatoes & peas	Chifferi rigati salmon pasta bake with roasted broccoli		Vegetarian jambalaya		Roast salmon with cajun sweet potato & roasted courgettes		Tuna & salmon fisherman's pie	
Dinner (V)	Roasted mushroom with roasted potatoes & peas	Chifferi rigati vegetable & lentil pasta bake with roasted broccoli (vegan)		Vegetarian jambalaya		Roast tempeh with cajun sweet potato & roasted courgettes		Summer vegetable pie	

17/08/2026		18/8/2026		19/8/2026		20/8/2026		21/8/2026	
17-Aug	Monday	Tuesday		Wednesday		Thursday		Friday	
Lunch	Bombay spiced salmon with roasted potatoes & broccoli	Chef Quinn's Brown stew chicken with rice and peas & broccoli		Baked sea bream with jollof rice & corn on the cob		Slow cooked beef ragu with spelt rigatoni & a vegetable medley		Chicken schnitzel with balkan sauce, roasted potatoes & roasted peppers	
Lunch (V)	Bombay spiced tofu with roasted potatoes & broccoli	Chef Quinn's Brown stew butter beans with rice and peas & broccoli		Tomato & black beans with jollof rice & corn on the cob		Slow cooked seitan ragu with spelt rigatoni and vegetable medley		Tofu schnitzel with balkan sauce, potato & roasted peppers	
Side	Roasted broccoli	Steamed broccoli		Corn on the cob		Vegeteable medley		Roasted peppers	
Dessert	Fruit salad	Fresh mango yoghurt and kefir pot		Banana & spelt flour loaf		Vanilla rice pudding		Vanilla custard	
Dinner	Slow cooked black bean ragu	Panko topped mac & cheese		Butter bean cottage pie		Mediterranean vegetable & feta quiche		Spelt Radiatori pasta with a Tuscan Sun-Blushed Tomato Sauce	
Dinner (V)	Slow cooked black bean ragu	Panko topped mac & cheese		Butter bean cottage pie		Mediterranean vegan quiche		Spelt Radiatori pasta with a Tuscan Sun-Blushed Tomato Sauce	

	24/08/2026	25/8/2026	26/8/2026	27/8/2026	28/8/2026
24-Aug	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken korma with steamed basmati rice	Chinese braised beef with jasmine, pearl barley & hispi cabbage	Ginger chicken noodle stir fry	Slow cooked beef lasagne with rosemary & thyme roasted carrots	Chicken stroganoff with mashed potato
Lunch (V)	Haricot bean korma with steamed basmati rice	Chinese curried tofu with fragrant jasmine rice	Tofu noodle stir fry	Slow cooked vegetable lasagne	Butter bean stroganoff with mashed potato
Side	Roasted broccoli	Hispi cabbage	Roasted courgettes	Thyme roasted carrots	squash green beans and red peppers
Dessert	Apricot & blueberry kefir yoghurt pots	Apple crumble	Cocoa loaf	Lebanese mouhalabieh	Fruit salad
Dinner	Chifferi rigati salmon pasta bake with roasted broccoli	Tuna & salmon fisherman's pie	Roast salmon with cajun sweet potato & roasted courgettes	Vegetarian jambalaya	Chickpea stew with roasted butternut squash, green beans & red peppers
Dinner (V)	Chifferi rigati vegetable & lentil pasta bake with roasted broccoli (vegan)	Summer vegetable pie	Roast tempeh with cajun sweet potato & roasted courgettes	Vegetarian jambalaya	Chickpea stew with roasted butternut squash, green beans & red peppers