

V&Me Summer menu

Mon-Fri → Lunch, side, snack, dessert

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
Snack	Margherita swirls	Madagascan vanilla & pineapple oat bar	Cheese & tomato wholemeal focaccia	Feta & beetroot scones	Louisiana cornbread
Dessert	Cocoa loaf	Vanilla rice pudding	Apple crumble	Spelt blueberry muffins	Fruit salad

	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
Snack	Goat's cheese & kale scones	Banana & apple bar	Madagascan vanilla & pineapple oat bar	Feta & spinach muffin	Garlic wholemeal focaccia
Dessert	Banana & spelt flour loaf	Carrot bites	Vanilla rice pudding	Fresh mango yoghurt and kefir pot	Fruit salad

10/08/2026	11/8/2026	12/8/2026	13/8/2026	14/8/2026
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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
Snack	Feta & beetroot scones	Braeburn apple bite	Braeburn apple bite	Margherita swirls	Cheese & tomato spelt focaccia
Dessert	Spelt blueberry muffins	Apricot & blueberry kefir yoghurt pots	Lebanese mouhalabieh	Cocoa loaf	Apple crumble

	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
Snack	Garlic wholemeal focaccia	Feta & spinach muffin	Goat's cheese & kale scones	Madagascan vanilla & pineapple oat bar	Margherita swirls
Dessert	Fruit salad	Fresh mango yoghurt and kefir pot	Banana & spelt flour loaf	Vanilla rice pudding	Vanilla custard

	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
Snack	Braeburn apple bite	Cheese & tomato spelt focaccia	Margherita swirls	Braeburn apple bite	Louisiana cornbread
Dessert	Apricot & blueberry kefir yoghurt pots	Apple crumble	Cocoa loaf	Lebanese mouhalabieh	Fruit salad