

V&Me Summer menu

Mon-Fri → Lunch, side, 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	
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	
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	
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

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				

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		