

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

27-Jul	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Roasted courgettes	Vegeteable medley	Hispi cabbage	Garden peas
Snack	Margherita swirls	Madagascan vanilla & pineapple oat bar	Cheese & tomato wholemeal focaccia	Feta & beetroot scones
Dessert	Cocoa loaf	Vanilla rice pudding	Apple crumble	Spelt blueberry muffins

03/08/2026

4/8/2026

5/8/2026

6/8/2026

3-Aug	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Corn on the cob	Creamed cabbage	Vegeteable medley	Steamed broccoli

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

10/08/2026

11/8/2026

12/8/2026

13/8/2026

10-Aug	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Garden peas	Roasted broccoli	Thyme roasted carrots	Roasted courgettes
Snack	Feta & beetroot scones	Braeburn apple bite	Braeburn apple bite	Margherita swirls
Dessert	Spelt blueberry muffins	Apricot & blueberry kefir yoghurt pots	Lebanese mouhalabieh	Cocoa loaf

17/08/2026

18/8/2026

19/8/2026

20/8/2026

17-Aug	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Roasted broccoli	Steamed broccoli	Corn on the cob	Vegeteable medley
Snack	Garlic wholemeal focaccia	Feta & spinach muffin	Goat's cheese & kale scones	Madagascan vanilla & pineapple oat bar
Dessert	Fruit salad	Fresh mango yoghurt and kefir pot	Banana & spelt flour loaf	Vanilla rice pudding

24/08/2026		25/8/2026		26/8/2026	27/8/2026
24-Aug	Monday	Tuesday		Wednesday	Thursday
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
Lunch (V)	Haricot bean korma with steamed basmati rice	Chinese curried tofu with fragrant jasmine rice		Tofu noodle stir fry	Slow cooked vegetable lasagne
Side	Roasted broccoli	Hispi cabbage		Roasted courgettes	Thyme roasted carrots
Snack	Braeburn apple bite	Cheese & tomato spelt focaccia		Margherita swirls	Braeburn apple bite
Dessert	Apricot & blueberry kefir yoghurt pots	Apple crumble		Cocoa loaf	Lebanese mouhalabieh