

V&Me Summer Menu

Mon → Fri // Lunch, Side

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.

	25/08/2025	26/8/2025	27/8/2025	28/8/2025	29/8/2025
25-Aug	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Slow braised lamb with crushed potato & corn on the cob	Chef Quinn's brown stew chicken with rice & peas & mixed peppers	Salmon pasta bake and roasted broccoli	Japanese curried beef with fragrant jasmine rice & pak choi	Slow cooked wholewheat pasta Bolognese with a vegetable medley
Lunch (V)	Braised cannellini beans with crushed potato & corn on the cob	Chef Quinn's brown stew chickpeas with rice & peas & mixed peppers	Vegetable pasta bake	Japanese curried tofu with fragrant jasmine rice	Slow cooked wholewheat vegetable Bolognese with a vegetable medley
Side	Corn on the cob	Mixed peppers	Roasted broccoli	Steamed pak choi	Vegetable medley
	01/09/2025	2/9/2025	3/9/2025	4/9/2025	5/9/2025
1-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tofu mac & cheese	Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots	Ginger steamed chicken with rice & pak choi	Macau chicken with roasted new potatoes & broccoli	Citrus baked salmon with roasted new potatoes & broccoli
Lunch (V)	Tofu mac & cheese	Vegetable wholewheat lasagne	Ginger steamed borlotti beans with rice & pak choi	Macau tofu with roasted new potatoes & broccoli	Citrus baked tofu with roasted new potatoes & broccoli
Side	Spiced cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi	Roasted broccoli	Garlic roasted broccoli
	08/09/2025	9/9/2025	10/9/2025	11/9/2025	12/9/2025
8-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Salmon pasta bake and roasted broccoli	Japanese curried beef with fragrant jasmine rice & pak choi	Slow cooked wholewheat pasta Bolognese with a vegetable medley	Lentil & tomato orzo	Slow braised lamb with crushed potato & corn on the cob
Lunch (V)	Vegetable pasta bake	Japanese curried tofu with fragrant jasmine rice	Slow cooked wholewheat vegetable Bolognese with a vegetable medley	Lemon butter roasted tofu with persian saffron rice & roasted courgette	Braised cannellini beans with crushed potato & corn on the cob
Side	Roasted broccoli	Steamed pak choi	Vegetable medley	Roasted courgettes	Corn on the cob

15-Sep		15/09/2025	16/9/2025		17/9/2025	18/9/2025		19/9/2025
15-Sep		Monday	Tuesday		Wednesday	Thursday		Friday
Lunch	Ginger steamed chicken with rice & pak choi		Slow cooked wholewheat lentil Bolognese		Macau chicken with roasted new potatoes & broccoli	Baked seabass with jolloff rice & steamed plantain		Chicken paprikash with quinoa & spiced cauliflower
Lunch (V)	Ginger steamed borlotti beans with rice & pak choi		Slow cooked wholewheat lentil Bolognese		Macau tofu with roasted new potatoes & broccoli	Baked tofu with jolloff rice & steamed plantain		Tofu paprikash with quinoa & spiced cauliflower
Side	Steamed pak choi		Garlic roasted broccoli		Roasted broccoli	Steamed plantain		Spiced cauliflower
22-Sep		22/09/2025	23/9/2025		24/9/2025	25/9/2025		26/9/2025
22-Sep		Monday	Tuesday		Wednesday	Thursday		Friday
Lunch	Japanese curried beef with fragrant jasmine rice & pak choi		Slow cooked wholewheat pasta Bolognese with a vegetable medley		Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Slow braised lamb with crushed potato & corn on the cob		Chef Quinn's brown stew chicken with rice & peas & mixed peppers
Lunch (V)	Japanese curried tofu with fragrant jasmine rice		Slow cooked wholewheat vegetable Bolognese with a vegetable medley		Lemon butter roasted tofu with persian saffron rice & roasted courgette	Braised cannellini beans with crushed potato & corn on the cob		Chef Quinn's brown stew chickpeas with rice & peas & mixed peppers
Side	Steamed pak choi		Vegetable medley		Roasted courgettes	Corn on the cob		Mixed peppers
29-Sep		29/09/2025	30/9/2025		1/10/2025	2/10/2025		3/10/2025
29-Sep		Monday	Tuesday		Wednesday	Thursday		Friday
Lunch	Citrus baked salmon with roasted new potatoes & broccoli		Macau chicken with roasted new potatoes & broccoli		Baked seabass with jolloff rice & steamed plantain	Tofu mac & cheese		Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots
Lunch (V)	Citrus baked tofu with roasted new potatoes & broccoli		Macau tofu with roasted new potatoes & broccoli		Baked tofu with jolloff rice & steamed plantain	Tofu mac & cheese		Vegetable wholewheat lasagne
Side	Garlic roasted broccoli		Roasted broccoli		Steamed plantain	Spiced cauliflower		Rosemary & thyme roasted carrots

06/10/2025		7/10/2025		8/10/2025		9/10/2025		10/10/2025		
6-Oct	Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch	Slow cooked wholewheat pasta Bolognese with a vegetable medley		Lentil & tomato orzo		Slow braised lamb with crushed potato & corn on the cob		Chef Quinn's brown stew chicken with rice & peas & mixed peppers		Salmon pasta bake and roasted broccoli	
Lunch (V)	Slow cooked wholewheat vegetable Bolognese with a vegetable medley		Lentil & tomato orzo		Braised cannellini beans with crushed potato & corn on the cob		Chef Quinn's brown stew chickpeas with rice & peas & mixed peppers		Vegetable pasta bake	
Side	Vegetable medley		Roasted courgettes		Corn on the cob		Mixed peppers		Roasted broccoli	
13/10/2025		14/10/2025		15/10/2025		16/10/2025		17/10/2025		
13-Oct	Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch	Macau chicken with roasted new potatoes & broccoli		Baked seabass with jolloff rice & steamed plantain		Tofu mac & cheese		Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots		Ginger steamed chicken with rice & pak choi	
Lunch (V)	Macau tofu with roasted new potatoes & broccoli		Baked tofu with jolloff rice & steamed plantain		Tofu mac & cheese		Vegetable wholewheat lasagne		Ginger steamed borlotti beans with rice & pak choi	
Side	Roasted broccoli		Steamed plantain		Spiced cauliflower		Rosemary & thyme roasted carrots		Steamed pak choi	