

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.

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
Snack	Goat's cheese & kale scones	Roasted pepper houmous & cucumber	Goat's cheese & beetroot muffins	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar
Dessert	Blueberry & buckwheat muffins	Raspberry cocoa bite	Fresh papaya yoghurt pots	Apple crumble	Homemade vanilla custard

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
Snack	Banana & apple bar	Broccoli & red leicester cheese bread	Feta & spinach muffin	Roasted pepper houmous & cucumber	Mozzarella & pesto focaccia
Dessert	Pear crumble	Vanilla rice pudding	Fresh fruit salad with mint	Carrot bites	Fresh mango yoghurt pot

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				
Snack	Goat's cheese & beetroot muffins	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar	Strawberry & orange bites	Goat's cheese & kale scones				
Dessert	Fresh papaya yoghurt pots	Apple crumble	Homemade vanilla custard	Fresh fruit salad with mint	Blueberry & buckwheat muffins				
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				
Snack	Feta & spinach muffin	Mozzarella & pesto focaccia	Roasted pepper houmous & cucumber	Feta & beetroot scones	Banana & apple bar				
Dessert	Fresh fruit salad with mint	Fresh mango yoghurt pot	Carrot bites	Banana & spelt flour loaf	Pear crumble				

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				
Snack	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar	Strawberry & orange bites	Goat's cheese & kale scones	Roasted pepper houmous & cucumber				
Dessert	Apple crumble	Homemade vanilla custard	Fresh fruit salad with mint	Blueberry & buckwheat muffins	Raspberry cocoa bite				
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				
Snack	Mozzarella & pesto focaccia	Roasted pepper houmous & cucumber	Feta & beetroot scones	Banana & apple bar	Broccoli & red leicester cheese bread				
Dessert	Fresh mango yoghurt pot	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding				

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	
Snack	Madagascan vanilla & pineapple bar		Strawberry & orange bites		Goat's cheese & kale scones		Roasted pepper houmous & cucumber		Goat's cheese & beetroot muffins	
Dessert	Homemade vanilla custard		Fresh fruit salad with mint		Blueberry & buckwheat muffins		Raspberry cocoa bite		Fresh papaya yoghurt pots	
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	
Snack	Roasted pepper houmous & cucumber		Feta & beetroot scones		Banana & apple bar		Broccoli & red leicester cheese bread		Feta & spinach muffin	
Dessert	Carrot bites		Banana & spelt flour loaf		Pear crumble		Vanilla rice pudding		Fresh fruit salad with mint	