

# 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
<b>25-Aug</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	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
<b>Lunch (V)</b>	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
<b>Side</b>	Corn on the cob	Mixed peppers	Roasted broccoli	Steamed pak choi	Vegetable medley
<b>Snack</b>	Goat's cheese & kale scones	Roasted pepper houmous & cucumber	Goat's cheese & beetroot muffins	Cheese & tomato focaccia	Madagascar vanilla & pineapple bar
<b>Dessert</b>	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
<b>1-Sep</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	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
<b>Lunch (V)</b>	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
<b>Side</b>	Spiced cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi	Roasted broccoli	Garlic roasted broccoli
<b>Snack</b>	Banana & apple bar	Broccoli & red leicester cheese bread	Feta & spinach muffin	Roasted pepper houmous & cucumber	Mozzarella & pesto focaccia
<b>Dessert</b>	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