

# V&Me Summer Menu

Mon-Fri → Lunch, side, snack, dessert, dinner

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	
Dinner	Asparagus & cheddar quiche		Shepherdless pie		Truffle & butternut squash crunch		Roasted sweet potato with chickpeas, tomato sauce & melted cheddar		Vegetarian goulash	
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	
Dinner	Chicken paprikash with quinoa & spiced cauliflower		Vegetable chow mein with egg		Chill sin carne with sweet potato wedges		Green lentil dahl with fragrant jasmine rice		Slow cooked wholewheat lentil Bolognese	

	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
Dinner	Truffle & butternut squash crunch	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Vegetarian goulash	Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Asparagus & cheddar quiche
	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
Dinner	Chill sin carne with sweet potato wedges	Citrus baked salmon with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Tofu mac & cheese

	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
Dinner	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Vegetarian goulash	Lentil & tomato orzo	Asparagus & cheddar quiche	Shepherdless pie
	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
Dinner	Slow cooked lentil Bolognese	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Chicken paprikash with quinoa & spiced cauliflower	Vegetable chow mein with egg

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				
Dinner	Vegetarian goulash	Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Asparagus & cheddar quiche	Shepherdless pie	Truffle & butternut squash crunch				
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				
Dinner	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Chicken paprikash with quinoa & spiced cauliflower	Vegetable chow mein with egg	Chill sin carne with sweet potato wedges				