

# V&Me Summer Menu

Mon-Fri → Lunch, side, 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.

	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
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
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	
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	
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	
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				
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				
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Fresh fruit salad with mint				