

V&Me Summer Menu

Mon-Thu → 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.

01/09/2025

2/9/2025

3/9/2025

4/9/2025

1-Sep	Monday	Tuesday	Wednesday	Thursday
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
Lunch (V)	Tofu mac & cheese	Vegetable wholewheat lasagne	Ginger steamed borlotti beans with rice & pak choi	Macau tofu with roasted new potatoes & broccoli
Side	Spiced cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi	Roasted broccoli
Snack	Banana & apple bar	Broccoli & red leicester cheese bread	Feta & spinach muffin	Roasted pepper houmous & cucumber
Dessert	Pear crumble	Vanilla rice pudding	Fresh fruit salad with mint	Carrot bites

08/09/2025

9/9/2025

10/9/2025

11/9/2025

8-Sep	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Roasted broccoli	Steamed pak choi	Vegetable medley	Roasted courgettes
Snack	Goat's cheese & beetroot muffins	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar	Strawberry & orange bites
Dessert	Fresh papaya yoghurt pots	Apple crumble	Homemade vanilla custard	Fresh fruit salad with mint

15/09/2025		16/9/2025		17/9/2025		18/9/2025	
15-Sep	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Steamed pak choi	Garlic roasted broccoli		Roasted broccoli		Steamed plantain	
Snack	Feta & spinach muffin	Mozzarella & pesto focaccia		Roasted pepper houmous & cucumber		Feta & beetroot scones	
Dessert	Fresh fruit salad with mint	Fresh mango yoghurt pot		Carrot bites		Banana & spelt flour loaf	
22/09/2025		23/9/2025		24/9/2025		25/9/2025	
22-Sep	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Steamed pak choi	Vegetable medley		Roasted courgettes		Corn on the cob	
Snack	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar		Strawberry & orange bites		Goat's cheese & kale scones	
Dessert	Apple crumble	Homemade vanilla custard		Fresh fruit salad with mint		Blueberry & buckwheat muffins	

29/09/2025		30/9/2025		1/10/2025		2/10/2025	
29-Sep	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Garlic roasted broccoli	Roasted broccoli		Steamed plantain		Spiced cauliflower	
Snack	Mozzarella & pesto focaccia	Roasted pepper houmous & cucumber		Feta & beetroot scones		Banana & apple bar	
Dessert	Fresh mango yoghurt pot	Carrot bites		Banana & spelt flour loaf		Pear crumble	
06/10/2025		7/10/2025		8/10/2025		9/10/2025	
6-Oct	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Vegetable medley	Roasted courgettes		Corn on the cob		Mixed peppers	
Snack	Madagascan vanilla & pineapple bar	Strawberry & orange bites		Goat's cheese & kale scones		Roasted pepper houmous & cucumber	
Dessert	Homemade vanilla custard	Fresh fruit salad with mint		Blueberry & buckwheat muffins		Raspberry cocoa bite	

13/10/2025		14/10/2025		15/10/2025	16/10/2025
13-Oct	Monday	Tuesday		Wednesday	Thursday
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
Lunch (V)	Macau tofu with roasted new potatoes & broccoli	Baked tofu with jolloff rice & steamed plantain		Tofu mac & cheese	Vegetable wholewheat lasagne
Side	Roasted broccoli	Steamed plantain		Spiced cauliflower	Rosemary & thyme roasted carrots
Snack	Roasted pepper houmous & cucumber	Feta & beetroot scones		Banana & apple bar	Broccoli & red leicester cheese bread
Dessert	Carrot bites	Banana & spelt flour loaf		Pear crumble	Vanilla rice pudding