

## V&Me Summer Menu

Mon-Thu → 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			
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	
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	
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	
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	
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	
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	
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	
Dessert	Carrot bites		Banana & spelt flour loaf		Pear crumble		Vanilla rice pudding	