

V&Me Autumn 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.

	27/10/2025	28/10/2025	29/10/2025	30/10/2025	31/10/2025
27-Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Roast chicken with creamed cabbage & mashed potato	Baked seabass with jollof 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)	Roast tofu with creamed cabbage & mashed potato	Baked tofu with jollof rice & steamed plantain	Tofu mac & cheese	Vegetable wholewheat lasagne	Ginger steamed borlotti beans with rice & pak choi
Side	Creamed cabbage	Steamed plantain	Spiced roasted cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Fresh mango yoghurt pot
	03/11/2025	4/11/2025	5/11/2025	6/11/2025	7/11/2025
3-Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Slow braised lamb with crushed potato & corn on the cob	Caribbean 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 pasta wholewheat Bolognese with a vegetable medley
Lunch (V)	Braised cannellini beans with crushed potato & corn on the cob	Caribbean brown stew chickpeas with rice & peas & mixed peppers	Vegetable pasta bake	Japanese curried tofu with fragrant jasmine rice	Slow cooked vegetable Bolognese with a vegetable medley
Side	Corn on the cob	Roasted mixed peppers	Roasted broccoli	Steamed pak choi	Roasted vegetable medley
Dessert	Blueberry & buckwheat muffins	Cocoa loaf	Fresh papaya yoghurt pots	Apple crumble	Housemade vanilla custard
	10/11/2025	11/11/2025	12/11/2025	13/11/2025	14/11/2025
10-Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Baked seabass with jollof rice & steamed plantain	Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots	Citrus baked salmon with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Chicken paprikash with bouquet garni quinoa & spiced cauliflower
Lunch (V)	Baked tofu with jollof rice & steamed plantain	Vegetable wholewheat lasagne	Citrus baked tofu with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Tofu paprikash with bouquet garni quinoa & spiced cauliflower
Side	Steamed plantain	Rosemary & thyme roasted carrots	Roasted broccoli	Creamed cabbage	Spiced roasted cauliflower
Dessert	Banana & spelt flour loaf	Vanilla rice pudding	Fruit salad	Carrot bites	Pear crumble

	17/11/2025	18/11/2025	19/11/2025	20/11/2025	21/11/2025
17-Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Caribbean brown stew chicken with rice & peas & mixed peppers	Japanese curried beef with fragrant jasmine rice pak choi	Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Slow braised lamb with crushed potato & corn on the cob	Salmon pasta bake and roasted broccoli
Lunch (V)	Caribbean brown stew chickpeas with rice & peas & mixed peppers	Japanese curried tofu with fragrant jasmine rice	Lemon butter roasted tofu with Persian saffron rice & roasted courgette	Braised cannellini beans with crushed potato & corn on the cob	Vegetable pasta bake
Side	Roasted mixed peppers	Steamed pak choi	Roasted courgette	Corn on the cob	Roasted broccoli
Dessert	Cocoa loaf	Apple crumble	Fresh fruit salad	Blueberry & buckwheat muffins	Fresh papaya yoghurt pots
	24/11/2025	25/11/2025	26/11/2025	27/11/2025	28/11/2025
24-Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots	Roast chicken with creamed cabbage & mashed potato	Ginger steamed chicken with rice & pak choi	Baked seabass with jollof rice & steamed plantain	Citrus baked salmon with roasted new potatoes & broccoli
Lunch (V)	Vegetable wholewheat lasagne	Roast tofu with creamed cabbage & mashed potato	Ginger steamed borlotti beans with rice & pak choi	Baked tofu with jollof rice & steamed plantain	Citrus baked tofu with roasted new potatoes & broccoli
Side	Rosemary & thyme roasted carrots	Creamed cabbage	Steamed pak choi	Steamed plantain	Roasted broccoli
Dessert	Vanilla rice pudding	Carrot bites	Fresh mango yoghurt pot	Banana & spelt flour loaf	Fruit salad
	01/12/2025	2/12/2025	3/12/2025	4/12/2025	5/12/2025
1-Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Japanese curried beef with fragrant jasmine rice pak choi	Slow braised lamb with crushed potato & corn on the cob	🌲 Christmas Lunch Special 🌲	Caribbean brown stew chicken with rice & peas & mixed peppers	7 vegetable pasta
Lunch (V)	Japanese curried tofu with fragrant jasmine rice	Braised cannellini beans with crushed potato & corn on the cob		Caribbean brown stew chickpeas with rice & peas & mixed peppers	7 vegetable pasta
Side	Steamed pak choi	Corn on the cob		Roasted mixed peppers	Roasted courgette
Dessert	Apple crumble	Blueberry & buckwheat muffins	Housemade vanilla custard	Cocoa loaf	Fresh fruit salad

08/12/2025		9/12/2025		10/12/2025		11/12/2025		12/12/2025	
8-Dec	Monday	Tuesday		Wednesday		Thursday		Friday	
Lunch	Roast chicken with creamed cabbage & mashed potato	Baked seabass with jollof 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)	Roast tofu with creamed cabbage & mashed potato	Baked tofu with jollof rice & steamed plantain		Tofu mac & cheese		Vegetable wholewheat lasagne		Ginger steamed borlotti beans with rice & pak choi	
Side	Creamed cabbage	Steamed plantain		Spiced roasted cauliflower		Rosemary & thyme roasted carrots		Steamed pak choi	
Dessert	Carrot bites	Banana & spelt flour loaf		Pear crumble		Vanilla rice pudding		Fresh mango yoghurt pot	
15/12/2025		16/12/2025		17/12/2025		18/12/2025		19/12/2025	
15-Dec	Monday	Tuesday		Wednesday		Thursday		Friday	
Lunch	Slow braised lamb with crushed potato & corn on the cob	Caribbean 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 pasta wholewheat Bolognese with a vegetable medley	
Lunch (V)	Braised cannellini beans with crushed potato & corn on the cob	Caribbean brown stew chickpeas with rice & peas & mixed peppers		Vegetable pasta bake		Japanese curried tofu with fragrant jasmine rice		Slow cooked vegetable Bolognese with a vegetable medley	
Side	Corn on the cob	Roasted mixed peppers		Roasted broccoli		Steamed pak choi		Roasted vegetable medley	
Dessert	Blueberry & buckwheat muffins	Cocoa loaf		Fresh papaya yoghurt pots		Apple crumble		Housemade vanilla custard	