

V&Me Autumn 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.

27/10/2025

28/10/2025

29/10/2025

30/10/2025

27-Oct	Monday	Tuesday	Wednesday	Thursday
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
Lunch (V)	Roast tofu with creamed cabbage & mashed potato	Baked tofu with jollof rice & steamed plantain	Tofu mac & cheese	Vegetable wholewheat lasagne
Side	Creamed cabbage	Steamed plantain	Spiced roasted cauliflower	Rosemary & thyme roasted carrots
Snack	Margherita swirls	Feta & beetroot scones	Banana & apple bar	Broccoli & red Leicester cheese bread
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding

03/11/2025

4/11/2025

5/11/2025

6/11/2025

3-Nov	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Corn on the cob	Roasted mixed peppers	Roasted broccoli	Steamed pak choi
Snack	Goat's cheese & kale scones	Margherita swirls	Goat's cheese & beetroot muffins	Cheese & tomato focaccia
Dessert	Blueberry & buckwheat muffins	Cocoa loaf	Fresh papaya yoghurt pots	Apple crumble

10/11/2025		11/11/2025		12/11/2025		13/11/2025	
10-Nov	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Steamed plantain	Rosemary & thyme roasted carrots		Roasted broccoli		Creamed cabbage	
Snack	Feta & beetroot scones	Broccoli & red Leicester cheese bread		Fresh mango yoghurt pot		Margherita swirls	
Dessert	Banana & spelt flour loaf	Vanilla rice pudding		Fruit salad		Carrot bites	
17/11/2025		18/11/2025		19/11/2025		20/11/2025	
17-Nov	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Roasted mixed peppers	Steamed pak choi		Roasted courgette		Corn on the cob	
Snack	Margherita swirls	Cheese & tomato focaccia		Pear & ginger bites		Goat's cheese & kale scones	
Dessert	Cocoa loaf	Apple crumble		Fresh fruit salad		Blueberry & buckwheat muffins	

24/11/2025

25/11/2025

26/11/2025

27/11/2025

24-Nov	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Rosemary & thyme roasted carrots	Creamed cabbage	Steamed pak choi	Steamed plantain
Snack	Broccoli & red Leicester cheese bread	Margherita swirls	Feta & spinach muffin	Feta & beetroot scones
Dessert	Vanilla rice pudding	Carrot bites	Fresh mango yoghurt pot	Banana & spelt flour loaf

01/12/2025

2/12/2025

3/12/2025

4/12/2025

1-Dec	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Steamed pak choi	Corn on the cob		Roasted mixed peppers
Snack	Cheese & tomato focaccia	Goat's cheese & kale scones	Madagascan vanilla & pineapple bar	Margherita swirls
Dessert	Apple crumble	Blueberry & buckwheat muffins	Housemade vanilla custard	Cocoa loaf

08/12/2025		9/12/2025		10/12/2025		11/12/2025	
8-Dec	Monday	Tuesday		Wednesday		Thursday	
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	
Lunch (V)	Roast tofu with creamed cabbage & mashed potato	Baked tofu with jollof rice & steamed plantain		Tofu mac & cheese		Vegetable wholewheat lasagne	
Side	Creamed cabbage	Steamed plantain		Spiced roasted cauliflower		Rosemary & thyme roasted carrots	
Snack	Margherita swirls	Feta & beetroot scones		Banana & apple bar		Broccoli & red Leicester cheese bread	
Dessert	Carrot bites	Banana & spelt flour loaf		Pear crumble		Vanilla rice pudding	
15/12/2025		16/12/2025		17/12/2025		18/12/2025	
15-Dec	Monday	Tuesday		Wednesday		Thursday	
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	
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	
Side	Corn on the cob	Roasted mixed peppers		Roasted broccoli		Steamed pak choi	
Snack	Goat's cheese & kale scones	Margherita swirls		Goat's cheese & beetroot muffins		Cheese & tomato focaccia	
Dessert	Blueberry & buckwheat muffins	Cocoa loaf		Fresh papaya yoghurt pots		Apple crumble	