

V&Me Autumn Menu

Mon-Fri → Lunch, side, snack, dessert, dinner

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	
Snack	Margherita swirls	Feta & beetroot scones		Banana & apple bar		Broccoli & red Leicester cheese bread		Feta & spinach muffin	
Dessert	Carrot bites	Banana & spelt flour loaf		Pear crumble		Vanilla rice pudding		Fresh mango yoghurt pot	
Dinner	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa		Chicken paprikash with bouquet garni quinoa & spiced cauliflower		Vegetable chow mein with egg		Chilli sin carne with sweet potato wedges	
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	
Snack	Goat's cheese & kale scones	Margherita swirls		Goat's cheese & beetroot muffins		Cheese & tomato focaccia		Madagascan vanilla & pineapple bar	
Dessert	Blueberry & buckwheat muffins	Cocoa loaf		Fresh papaya yoghurt pots		Apple crumble		Housemade vanilla custard	
Dinner	Courgette & sun-dried tomato quiche	Shepherdless pie		Truffle & butternut squash crunch		Roasted sweet potato with chickpeas, tomato sauce & melted cheddar		Cardamon carrot bake with autumnal vegetables & a mushroom crust	

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				
Snack	Margherita swirls	Feta & beetroot scones	Banana & apple bar	Broccoli & red Leicester cheese bread	Feta & spinach muffin				
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Fresh mango yoghurt pot				
Dinner	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Chicken paprikash with bouquet garni quinoa & spiced cauliflower	Vegetable chow mein with egg	Chill sin carne with sweet potato wedges				
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				
Snack	Goat's cheese & kale scones	Margherita swirls	Goat's cheese & beetroot muffins	Cheese & tomato focaccia	Madagascan vanilla & pineapple bar				
Dessert	Blueberry & buckwheat muffins	Cocoa loaf	Fresh papaya yoghurt pots	Apple crumble	Housemade vanilla custard				
Dinner	Courgette & sun-dried tomato quiche	Shepherdless pie	Truffle & butternut squash crunch	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Cardamon carrot bake with autumnal vegetables & a mushroom crust				

	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
Snack	Broccoli & red Leicester cheese bread	Margherita swirls	Feta & spinach muffin	Feta & beetroot scones	Fresh mango yoghurt pot
Dessert	Vanilla rice pudding	Carrot bites	Fresh mango yoghurt pot	Banana & spelt flour loaf	Fruit salad
Dinner	Vegetable chow mein with egg	Green lentil dahl with fragrant jasmine rice	Chill sin carne with sweet potato wedges	Chickpea & cous cous salad with feta & tomato salsa	Slow cooked wholewheat lentil Bolognese
	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
Snack	Cheese & tomato focaccia	Goat's cheese & kale scones	Madagascan vanilla & pineapple bar	Margherita swirls	Pear & ginger bites
Dessert	Apple crumble	Blueberry & buckwheat muffins	Housemade vanilla custard	Cocoa loaf	Fresh fruit salad
Dinner	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Courgette & sun-dried tomato quiche	Cardamon carrot bake with autumnal vegetables & a mushroom crust	Shepherdless pie	Lemon butter roasted salmon with Persian saffron rice & roasted courgette

	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
Snack	Feta & beetroot scones	Broccoli & red Leicester cheese bread	Fresh mango yoghurt pot	Margherita swirls	Banana & apple bar
Dessert	Banana & spelt flour loaf	Vanilla rice pudding	Fruit salad	Carrot bites	Pear crumble
Dinner	Chickpea & cous cous salad with feta & tomato salsa	Vegetable chow mein with egg	Slow cooked wholewheat lentil Bolognese	Roast chicken with creamed cabbage & mashed potato	Tofu mac & cheese
	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
Snack	Margherita swirls	Cheese & tomato focaccia	Pear & ginger bites	Goat's cheese & kale scones	Goat's cheese & beetroot muffins
Dessert	Cocoa loaf	Apple crumble	Fresh fruit salad	Blueberry & buckwheat muffins	Fresh papaya yoghurt pots
Dinner	Shepherdless pie	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	7 vegetable pasta	Courgette & sun-dried tomato quiche	Truffle & butternut squash crunch