

V&Me Autumn Menu

Mon-Fri → 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

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

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
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
Side	Corn on the cob	Roasted mixed peppers	Roasted broccoli	Steamed pak choi	Roasted vegetable medley

	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
	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

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	
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	

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		
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		