

V&Me Summer 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.

	25/08/2025	26/8/2025	27/8/2025	28/8/2025	29/8/2025
25-Aug	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Slow braised lamb with crushed potato & corn on the cob	Chef Quinn's 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 wholewheat pasta Bolognese with a vegetable medley
Lunch (V)	Braised cannellini beans with crushed potato & corn on the cob	Chef Quinn's brown stew chickpeas with rice & peas & mixed peppers	Vegetable pasta bake	Japanese curried tofu with fragrant jasmine rice	Slow cooked wholewheat vegetable Bolognese with a vegetable medley
Side	Corn on the cob	Mixed peppers	Roasted broccoli	Steamed pak choi	Vegetable medley
Dessert	Blueberry & buckwheat muffins	Raspberry cocoa bite	Fresh papaya yoghurt pots	Apple crumble	Homemade vanilla custard
Dinner	Asparagus & cheddar quiche	Shepherdless pie	Truffle & butternut squash crunch	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Vegetarian goulash
	01/09/2025	2/9/2025	3/9/2025	4/9/2025	5/9/2025
1-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
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	Citrus baked salmon 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	Citrus baked tofu with roasted new potatoes & broccoli
Side	Spiced cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi	Roasted broccoli	Garlic roasted broccoli
Dessert	Pear crumble	Vanilla rice pudding	Fresh fruit salad with mint	Carrot bites	Fresh mango yoghurt pot
Dinner	Chicken paprikash with quinoa & spiced cauliflower	Vegetable chow mein with egg	Chill sin carne with sweet potato wedges	Green lentil dahl with fragrant jasmine rice	Slow cooked wholewheat lentil Bolognese

	08/09/2025	9/9/2025	10/9/2025	11/9/2025	12/9/2025
8-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
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	Slow braised lamb with crushed potato & corn on the cob
Lunch (V)	Vegetable pasta bake	Japanese curried tofu with fragrant jasmine rice	Slow cooked wholewheat vegetable Bolognese with a vegetable medley	Lentil & tomato orzo	Braised cannellini beans with crushed potato & corn on the cob
Side	Roasted broccoli	Steamed pak choi	Vegetable medley	Roasted courgettes	Corn on the cob
Dessert	Fresh papaya yoghurt pots	Apple crumble	Homemade vanilla custard	Fresh fruit salad with mint	Blueberry & buckwheat muffins
Dinner	Truffle & butternut squash crunch	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Vegetarian goulash	Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Asparagus & cheddar quiche
	15/09/2025	16/9/2025	17/9/2025	18/9/2025	19/9/2025
15-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
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	Chicken paprikash with quinoa & spiced cauliflower
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	Tofu paprikash with quinoa & spiced cauliflower
Side	Steamed pak choi	Garlic roasted broccoli	Roasted broccoli	Steamed plantain	Spiced cauliflower
Dessert	Fresh fruit salad with mint	Fresh mango yoghurt pot	Carrot bites	Banana & spelt flour loaf	Pear crumble
Dinner	Chill sin carne with sweet potato wedges	Citrus baked salmon with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Tofu mac & cheese

	22/09/2025	23/9/2025	24/9/2025	25/9/2025	26/9/2025
22-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
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	Chef Quinn's brown stew chicken with rice & peas & mixed peppers
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	Chef Quinn's brown stew chickpeas with rice & peas & mixed peppers
Side	Steamed pak choi	Vegetable medley	Roasted courgettes	Corn on the cob	Mixed peppers
Dessert	Apple crumble	Homemade vanilla custard	Fresh fruit salad with mint	Blueberry & buckwheat muffins	Raspberry cocoa bite
Dinner	Roasted sweet potato with chickpeas, tomato sauce & melted cheddar	Vegetarian goulash	Lentil & tomato orzo	Asparagus & cheddar quiche	Shepherdless pie
	29/09/2025	30/9/2025	1/10/2025	2/10/2025	3/10/2025
29-Sep	Monday	Tuesday	Wednesday	Thursday	Friday
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	Slow cooked wholewheat beef lasagne with rosemary & thyme roasted carrots
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	Vegetable wholewheat lasagne
Side	Garlic roasted broccoli	Roasted broccoli	Steamed plantain	Spiced cauliflower	Rosemary & thyme roasted carrots
Dessert	Fresh mango yoghurt pot	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding
Dinner	Slow cooked lentil Bolognese	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Chicken paprikash with quinoa & spiced cauliflower	Vegetable chow mein with egg

	06/10/2025	7/10/2025	8/10/2025	9/10/2025	10/10/2025
6-Oct	Monday	Tuesday	Wednesday	Thursday	Friday
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	Salmon pasta bake and roasted broccoli
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	Vegetable pasta bake
Side	Vegetable medley	Roasted courgettes	Corn on the cob	Mixed peppers	Roasted broccoli
Dessert	Homemade vanilla custard	Fresh fruit salad with mint	Blueberry & buckwheat muffins	Raspberry cocoa bite	Fresh papaya yoghurt pots
Dinner	Vegetarian goulash	Lemon butter roasted salmon with Persian saffron rice & roasted courgette	Asparagus & cheddar quiche	Shepherdless pie	Truffle & butternut squash crunch
	13/10/2025	14/10/2025	15/10/2025	16/10/2025	17/10/2025
13-Oct	Monday	Tuesday	Wednesday	Thursday	Friday
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	Ginger steamed chicken with rice & pak choi
Lunch (V)	Macau tofu with roasted new potatoes & broccoli	Baked tofu with jolloff rice & steamed plantain	Tofu mac & cheese	Vegetable wholewheat lasagne	Ginger steamed borlotti beans with rice & pak choi
Side	Roasted broccoli	Steamed plantain	Spiced cauliflower	Rosemary & thyme roasted carrots	Steamed pak choi
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Fresh fruit salad with mint
Dinner	Green lentil dahl with fragrant jasmine rice	Chickpea & cous cous salad with feta & tomato salsa	Chicken paprikash with quinoa & spiced cauliflower	Vegetable chow mein with egg	Chilli sin carne with sweet potato wedges