

V&Me Spring 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.

	23/02/2026	24/2/2026	25/2/2026	26/2/2026	27/2/2026
23-Feb	Monday	Tuesday (CNY Special 🧧)	Wednesday	Thursday	Friday
Lunch	Cuban mojo chicken with black beans, rice & sweetcorn	Sweet & sour chicken with basmati rice & peppers 🧧	Roasted monkfish with bombay potatoes, cauliflower & spinach	Slow cooked whole wheat pasta Bolognese with a vegetable medley	Squash & lentil pasta
Lunch (V)	Cuban mojo tofu with black beans, rice & sweetcorn	Sweet & sour tofu with basmati rice & peppers	Roasted tofu with bombay potatoes, cauliflower & spinach	Slow cooked whole wheat vegetable Bolognese with a vegetable medley	Squash & lentil pasta
Side	Sweetcorn	Mixed peppers	Cauliflower & spinach	Roasted vegetable medley	Hispi cabbage
Dessert	Cocoa loaf	Citrus & matcha sponge 🧧	Fresh fruit salad	Housemade vanilla custard	Apple crumble
	02/03/2026	3/3/2026	4/3/2026	5/3/2026	6/3/2026
2-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Slow cooked whole wheat beef lasagne with rosemary & thyme roasted carrots	Ginger steamed chicken with rice & spring greens	Citrus baked salmon with roasted new potatoes & broccoli	Chicken schnitzel with balkan sauce & roasted potatoes	Baked seabass with jollof rice & corn on the cob
Lunch (V)	Slow cooked whole wheat vegetable lasagne with rosemary & thyme roasted carrots	Ginger steamed borlotti beans with rice & spring greens	Citrus baked tofu with roasted new potatoes & broccoli	Tofu schnitzel with balkan sauce & roasted potatoes	Baked tofu with jollof rice & corn on the cob
Side	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli	mixed peppers	Corn on the cob
Dessert	Vanilla rice pudding	Apricot & blueberry yoghurt pots	Fruit salad	Carrot bites	Banana & spelt flour loaf

09/03/2026

10/3/2026

11/3/2026

12/3/2026

13/3/2026

9-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Roasted monkfish with bombay potatoes, cauliflower & spinach	Slow cooked whole wheat pasta Bolognese with a vegetable medley	Chinese braised beef with jasmine rice & hispi cabbage	Tofu mac & cheese	Cuban mojo chicken with black beans, rice & sweetcorn
Lunch (V)	Roasted tofu with bombay potatoes, cauliflower & spinach	Slow cooked whole wheat vegetable Bolognese with a vegetable medley	Chinese braised tofu with jasmine rice & hispi	Tofu mac and cheese	Cuban mojo tofu with black beans, rice & sweetcorn
Side	Cauliflower & spinach	Roasted vegetable medley	Hispi cabbage	Minted peas	Sweetcorn
Dessert	Fresh fruit salad	Housemade vanilla custard	Apple crumble	Blueberry & buckwheat muffins	Cocoa loaf

16/03/2026

17/3/2026

18/3/2026

19/3/2026

20/3/2026

16-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Citrus baked salmon with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Baked seabass with jollof rice & corn on the cob	Roast chicken with creamed cabbage & mashed potato	Slow cooked whole wheat beef lasagne with rosemary & thyme roasted carrots
Lunch (V)	Citrus baked tofu with roasted new potatoes & broccoli	Green lentil dahl with fragrant jasmine rice	Baked tofu with jollof rice & corn on the cob	Roast tofu with creamed cabbage & mashed potato	Slow cooked whole wheat vegetable lasagne with rosemary & thyme roasted carrots
Side	Roasted broccoli	mixed peppers	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots
Dessert	Fruit salad	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding

	23/03/2026	24/3/2026	25/3/2026	26/3/2026	27/3/2026
23-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chinese braised beef with jasmine rice & hispi cabbage	Tofu mac & cheese	Cuban mojo chicken with black beans, rice & sweetcorn	Chicken Korma with mixed peppers	Roasted monkfish with bombay potatoes, cauliflower & spinach
Lunch (V)	Chinese braised tofu with jasmine rice & hispi	Tofu mac and cheese	Cuban mojo tofu with black beans, rice & sweetcorn	Tofu Korma with mixed peppers	Roasted tofu with bombay potatoes, cauliflower & spinach
Side	Hispi cabbage	Minted peas	Sweetcorn	Mixed peppers	Cauliflower & spinach
Dessert	Apple crumble	Blueberry & buckwheat muffins	Cocoa loaf	Apricot and blueberry yoghurt pots	Fresh fruit salad
	30/03/2026	31/3/2026	1/4/2026	2/4/2026	3/4/2026
30-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Baked seabass with jollof rice & corn on the cob	Roast chicken with creamed cabbage & mashed potato	Slow cooked whole wheat beef lasagne with rosemary & thyme roasted carrots	Ginger steamed chicken with rice & spring greens	Citrus baked salmon with roasted new potatoes & broccoli
Lunch (V)	Baked tofu with jollof rice & corn on the cob	Roast tofu with creamed cabbage & mashed potato	Slow cooked whole wheat vegetable lasagne with rosemary & thyme roasted carrots	Ginger steamed borlotti beans with rice & spring greens	Citrus baked tofu with roasted new potatoes & broccoli
Side	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli
Dessert	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Apricot & blueberry yoghurt pots	Fruit salad