

V&Me Spring 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.

	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
Dinner	Shepherdless pie	Salmon pasta bake with roasted broccoli	Chicken stroganoff with mashed potato & mixed peppers	Courgette & sun-dried tomato quiche	Chinese braised beef with jasmine rice & hispi cabbage
	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
Dinner	Vegetable tagine with cous cous	Slow cooked whole wheat lentil Bolognese	Vegetable chow mein with egg	Green lentil dahl with fragrant jasmine rice	Chili sin carne with sweet potato wedges

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				
Dinner	Chicken stroganoff with mashed potato & mixed peppers	Courgette & sun-dried tomato quiche	Squash & lentil pasta	Spring lamb with minted peas & roasted potato	Shepherdless pie				
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				
Dinner	Vegetable chow mein with egg	Chicken schnitzel with balkan sauce & roasted potatoes	Chili sin carne with sweet potato wedges	Tuscan sun-blushed tomato pasta with basil & black beans	Vegetable tagine with cous cous				

	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
Dinner	Squash & lentil pasta	Spring lamb with minted peas & roasted potato	Shepherdless pie	Salmon pasta bake with roasted broccoli	Chicken stroganoff with mashed potato & mixed peppers
	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
Dinner	Chili sin carne with sweet potato wedges	Tuscan sun-blushed tomato pasta with basil & black beans	Vegetable tagine with cous cous	Slow cooked whole wheat lentil Bolognese	Vegetable chow mein with egg