

V&Me Spring Menu

Mon → Fri // Lunch, Side

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.

	23/2/2026	24/2/2026	25/2/2026	26/2/2026	27/2/2026
23-Feb	Monday	Tuesday (CNY Special 🧧)	Wednesday	Thursday	Friday
Lunch	Chicken burrito bowl with black beans & 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	Chicken bun with potato salad & coleslaw
Side	Sweetcorn	Mixed peppers	Cauliflower & spinach	Roasted vegetable medley	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	Beef burgers with brioche buns, potato salad & coleslaw	Teriyaki baked salmon with roasted new potatoes & broccoli	Chicken schnitzel with balkan sauce & roasted potatoes	Baked seabass with jollof rice & corn on the cob
Side	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli	mixed peppers	Corn on the cob
	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	Chicken bun with potato salad & coleslaw	Spring lamb with minted peas and roasted potato	Cuban mojo chicken with black beans, rice and sweetcorn
Side	Cauliflower & spinach	Roasted vegetable medley	Hispi cabbage	Minted peas	Sweetcorn

	16/03/2026	17/3/2026	18/3/2026	19/3/2026	20/3/2026
16-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Teriyaki baked salmon with roasted new potatoes & broccoli	Chicken schnitzel with balkan sauce & roasted potatoes	Baked seabass with jollof rice & corn on the cob	Piri Piri Chicken with tomato pasta	Slow cooked whole wheat beef lasagne with rosemary & thyme roasted carrots
Side	Roasted broccoli	mixed peppers	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots
	23/03/2026	24/3/2026	25/3/2026	26/3/2026	27/3/2026
23-Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken bun with potato salad & coleslaw	Spring lamb with minted peas and roasted potato	Chicken burrito bowl with black beans & sweetcorn	Chicken Korma with mixed peppers	Roasted monkfish with bombay potatoes, cauliflower & spinach
Side	Hispi cabbage	Minted peas	Sweetcorn	Mixed peppers	Cauliflower & spinach
	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	Piri Piri Chicken with tomato pasta	Slow cooked whole wheat beef lasagne with rosemary & thyme roasted carrots	Beef burgers with brioche buns, potato salad & coleslaw	Teriyaki baked salmon with roasted new potatoes & broccoli
Side	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli