

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.

	13/04/2026	14/4/2026	15/4/2026	16/4/2026	17/4/2026
13-Apr	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Ginger steamed chicken with rice & spring greens	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
Lunch (V)	Ginger steamed borlotti beans with rice & spring greens	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
Side	Steamed spring greens	Roasted broccoli	Mixed peppers	Corn on the cob	Creamed cabbage
Dessert	Apricot & blueberry yoghurt pots	Fruit salad	Carrot bites	Banana & spelt flour loaf	Pear crumble
	20/04/2026	21/4/2026	22/4/2026	23/4/2026	24/4/2026
20-Apr	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	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	Chicken Korma with mixed peppers
Lunch (V)	Slow cooked whole wheat vegetable Bolognese with a vegetable medley	Chinese braised tofu with jasmine rice & hispi cabbage	Tofu mac and cheese	Cuban mojo tofu with black beans, rice & sweetcorn	Tofu Korma with mixed peppers
Side	Roasted vegetable medley	Hispi cabbage	Garden peas	Sweetcorn	Mixed peppers
Dessert	Housemade vanilla custard	Apple crumble	Blueberry & buckwheat muffins	Cocoa loaf	Apricot and blueberry yoghurt pots

27/04/2026

28/4/2026

29/4/2026

30/4/2026

1/5/2026

27-Apr	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	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	Ginger steamed chicken with rice & spring greens
Lunch (V)	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	Ginger steamed borlotti beans with rice & spring greens
Side	Mixed peppers	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots	Steamed spring greens
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding	Apricot & blueberry yoghurt pots
	04/05/2026	5/5/2026	6/5/2026	7/5/2026	8/5/2026
4-May	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tofu mac & cheese	Cuban mojo chicken with black beans, rice & sweetcorn	Chicken Korma with mixed peppers	Chicken stroganoff with mashed potato	Slow cooked whole wheat pasta Bolognese with a vegetable medley
Lunch (V)	Tofu mac and cheese	Cuban mojo tofu with black beans, rice & sweetcorn	Tofu Korma with mixed peppers	Vegetable stroganoff with mashed potato	Slow cooked whole wheat vegetable Bolognese with a vegetable medley
Side	Garden peas	Sweetcorn	Mixed peppers	Cauliflower & spinach	Roasted vegetable medley
Dessert	Blueberry & buckwheat muffins	Cocoa loaf	Apricot and blueberry yoghurt pots	Fresh fruit salad	Housemade vanilla custard

11/05/2026

12/5/2026

13/5/2026

14/5/2026

15/5/2026

11-May	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	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	Green lentil dahl with fragrant jasmine rice
Lunch (V)	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	Green lentil dahl with fragrant jasmine rice
Side	Creamed cabbage	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli	mixed peppers
Dessert	Pear crumble	Vanilla rice pudding	Apricot & blueberry yoghurt pots	Fruit salad	Carrot bites
	18/05/2026	19/5/2026	20/5/2026	21/5/2026	22/5/2026
18-May	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cuban mojo chicken with black beans, rice & sweetcorn	Chicken Korma with mixed peppers	Chicken stroganoff with mashed potato	Slow cooked whole wheat pasta Bolognese with a vegetable medley	Chinese braised beef with jasmine rice & hispi cabbage
Lunch (V)	Cuban mojo tofu with black beans, rice & sweetcorn	Tofu Korma with mixed peppers	Vegetable stroganoff with mashed potato	Slow cooked whole wheat vegetable Bolognese with a vegetable medley	Chinese braised tofu with jasmine rice & hispi cabbage
Side	Sweetcorn	Mixed peppers	Cauliflower & spinach	Roasted vegetable medley	Hispi cabbage
Dessert	Cocoa loaf	Apricot and blueberry yoghurt pots	Fresh fruit salad	Housemade vanilla custard	Apple crumble