

V&Me Spring Menu

Mon-Thu → Lunch, side, snack, 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

13-Apr	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Steamed spring greens	Roasted broccoli	Mixed peppers	Corn on the cob
Snack	Savoury polenta flapjack	Feta & spinach muffin	Margherita swirls	Goat's cheese & kale scones
Dessert	Apricot & blueberry yoghurt pots	Fruit salad	Carrot bites	Banana & spelt flour loaf

20/04/2026

21/4/2026

22/4/2026

23/4/2026

20-Apr	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Roasted vegetable medley	Hispi cabbage	Garden peas	Sweetcorn
Snack	Madagascan vanilla & pineapple bar	Cheese & tomato focaccia	Feta & beetroot scones	Margherita swirls
Dessert	Housemade vanilla custard	Apple crumble	Blueberry & buckwheat muffins	Cocoa loaf

27/04/2026

28/4/2026

29/4/2026

30/4/2026

27-Apr	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Mixed peppers	Corn on the cob	Creamed cabbage	Rosemary & thyme roasted carrots
Snack	Margherita swirls	Goat's cheese & kale scones	Banana & apple bars	Broccoli & red Leicester cheese bread
Dessert	Carrot bites	Banana & spelt flour loaf	Pear crumble	Vanilla rice pudding

04/05/2026

5/5/2026

6/5/2026

7/5/2026

4-May	Monday	Tuesday	Wednesday	Thursday
Lunch	Tofu mac & cheese	Cuban mojo chicken with black beans, rice & sweetcorn	Chicken Korma with mixed peppers	Chicken stroganoff with mashed potato
Lunch (V)	Tofu mac and cheese	Cuban mojo tofu with black beans, rice & sweetcorn	Tofu Korma with mixed peppers	Vegetable stroganoff with mashed potato
Side	Garden peas	Sweetcorn	Mixed peppers	Cauliflower & spinach
Snack	Feta & beetroot scones	Margherita swirls	Goat's cheese & beetroot muffins	Pear & ginger bites
Dessert	Blueberry & buckwheat muffins	Cocoa loaf	Apricot and blueberry yoghurt pots	Fresh fruit salad

11/05/2026

12/5/2026

13/5/2026

14/5/2026

11-May	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Creamed cabbage	Rosemary & thyme roasted carrots	Steamed spring greens	Roasted broccoli
Snack	Banana & apple bars	Broccoli & red Leicester cheese bread	Savoury polenta flapjack	Feta & spinach muffin
Dessert	Pear crumble	Vanilla rice pudding	Apricot & blueberry yoghurt pots	Fruit salad

18/05/2026

19/5/2026

20/5/2026

21/5/2026

18-May	Monday	Tuesday	Wednesday	Thursday
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
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
Side	Sweetcorn	Mixed peppers	Cauliflower & spinach	Roasted vegetable medley
Snack	Margherita swirls	Goat's cheese & beetroot muffins	Pear & ginger bites	Madagascan vanilla & pineapple bar
Dessert	Cocoa loaf	Apricot and blueberry yoghurt pots	Fresh fruit salad	Housemade vanilla custard