

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.

	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
Dinner	Slow cooked whole wheat lentil Bolognese	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
	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
Dinner	Courgette & sun-dried tomato quiche	Squash & lentil pasta	Spring lamb with peas & roasted potato	Shepherdless pie	Salmon pasta bake with roasted broccoli

	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
Dinner	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	Slow cooked whole wheat lentil Bolognese
	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
Dinner	Spring lamb with peas & roasted potato	Shepherdless pie	Salmon pasta bake with roasted broccoli	Roasted monkfish with bombay potatoes, cauliflower & spinach	Courgette & sun-dried tomato quiche

		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	
Dinner	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	Chicken schnitzel with balkan sauce & roasted potatoes	
		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	
Dinner	Shepherdless pie	Salmon pasta bake with roasted broccoli	Roasted monkfish with bombay potatoes, cauliflower & spinach	Courgette & sun-dried tomato quiche	Squash & lentil pasta	