Autumn Menu (28/10– 20/12)

V&ME

w/c 4th November	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Roast chicken with mashed potato	Ginger steamed chicken with rice	Salmon pasta bake	Carrot risotto	Baked salmon with skin-on chunky chips
Lunch (vegetarian)	7 vegetable pasta	Chilli sin carne	Feta & spinach quiche	-	Deconstructed tomato and paneer biryani
Side veg	Creamed cabbage	Braised pak choi	Rosemary & thyme roasted carrots	Roasted broccoli	Corn on the cob
Dessert	Pear crumble	Pear & vanilla bite	Mango yoghurt pots	Goji berry & banana oat bar	Fruit salad & yoghurt

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.

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V&Me reserves the right to make suitable replacement to the menu without prior notice.

Autumn Menu (28/10– 20/12)

V&ME

w/c 11th November	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Caribbean brown stew chicken with rice & peas	Baked seabass with Ghanaian jollof rice	Panko coated chicken bites with sweet potato chips	Slow cooked beef lasagne	Citrus baked salmon with new potatoes
Lunch (vegetarian)	Shepherd-less pie	Vegetarian Stroganoff with roasted courgettes & cous cous	Slow cooked lentil Bolognese	Roasted butternut squash with barley & beans	Citrus baked tofu with new potatoes
Side veg	Mixed roasted peppers	Steamed plantain	Roasted broccoli	Sauteed green beans	Roasted broccoli
Dessert	Apple crumble	Fruit salad	Fruit salad & yoghurt	Mango yoghurt pot	Apple cake

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Autumn Menu (28/10– 20/12)

V&ME

w/c 18th November	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Ginger steamed chicken with rice	Salmon pasta bake	Carrot risotto	Baked salmon with skin-on chunky chips	Slow cooked pasta Bolognese
Lunch (vegetarian)	Chilli sin carne	Feta & spinach quiche	-	Deconstructed tomato and paneer biryani	Jacket potato with home-baked beans
Side veg	Braised pak choi	Rosemary & thyme roasted carrots	Roasted broccoli	Corn on the cob	Cucumber & carrot salad
Dessert	Pear & vanilla bite	Buckwheat, ginger & orange sponge	Goji berry & banana oat bar	Apple crumble	Fruit salad
Snack	Feta & beetroot scone	Madagascan vanilla & pineapple bar	Caramelised pineapple cake	Banana loaf	Goji berry & banana oat bar

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Autumn Menu (28/10– 20/12)

V&ME

w/c 25th November	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Baked seabass with Ghanaian jollof rice	Panko coated chicken bites with sweet potato chips	Slow cooked beef lasagne	Braised Chinese beef with steamed rice	Caribbean brown stew chicken with rice & peas
Lunch (vegetarian)	Baked tempeh with Ghanaian jollof rice	Panko coated tofu bites with sweet potato chips	Slow cooked vegetable lasagne	Braised Chinese tofu with steamed rice	Caribbean brown stew chickpeas with rice & peas
Side veg	Steamed plantain	Roasted broccoli	Sauteed green beans	Steamed pak choi	Mixed roasted peppers
Dessert	Fruit salad	Apple crumble	Mango yoghurt pot	Apple cake	Apple crumble

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Autumn Menu (28/10– 20/12)

V&ME

w/c 2nd December	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Salmon pasta bake	Carrot risotto	Baked salmon with skin-on chunky chips	Slow cooked pasta Bolognese	Roast chicken with mashed potato
Lunch (vegetarian)	Vegetarian pasta bake	-	Baked tofu with skin-on chunky chips	Slow cooked vegetarian pasta Bolognese	Roast field mushrooms with mashed potato
Side veg	Rosemary & thyme roasted carrots	Roasted broccoli	Corn on the cob	Cucumber & carrot salad	Creamed cabbage
Dessert	Buckwheat, ginger & orange sponge	Caramelised pineapple cake	Goji berry & banana oat bar	Fruit salad	Pear crumble

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Autumn Menu (28/10– 20/12)

V&ME

w/c 9th December	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Slow cooked beef lasagne	Braised Chinese beef with steamed rice	Caribbean brown stew chicken with rice & peas	Citrus baked salmon with new potatoes	Panko coated chicken bites with sweet potato chips
Lunch (vegetarian)	Slow cooked vegetable lasagne	Braised Chinese tofu with steamed rice	Caribbean brown stew chickpeas with rice & peas	Citrus baked tofu with new potatoes	Panko coated tofu bites with sweet potato chips
Side veg	Sauteed green beans	Steamed pak choi	Mixed roasted peppers	Roasted cauliflower	Roasted broccoli
Dessert	Mango yoghurt pot	Apple cake	Apple crumble	Fruit salad	Blueberry muffins

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Autumn Menu (28/10– 20/12)

V&ME

w/c 16th December	Mon	Tue	Wed	Thu	Fri
Lunch (standard)	Baked salmon with skin-on chunky chips	Slow cooked pasta Bolognese	Carrot risotto	Roast chicken with mashed potato	Ginger steamed chicken with rice
Lunch (vegetarian)	Baked tofu with skin-on chunky chips	Slow cooked vegetable Bolognese	-	Roast field mushrooms with mashed potato	Ginger steamed borlotti beans with rice
Side veg	Corn on the cob	Cucumber & carrot salad	Roasted broccoli	Creamed cabbage	Braised pak choi
Dessert	Apple crumble	Fruit salad	Caramelised pineapple cake	Pear crumble	Pear & vanilla bite

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