

MENU

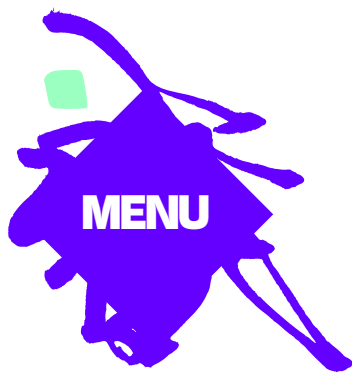
The best baby & toddler food,
delivered daily

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V&ME

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1-3 years / 7-12 months

MONDAY (18.07)

Spaghetti bolognese

Beef, rapeseed oil, onion, garlic, thyme, carrot, celery (**celery**), tomato paste, tomato, basil, oregano, spaghetti (**wheat, gluten**)

Roasted tomato soup, rosemary bread

Soup: Tomato, carrot, onion, celery (**celery**), garlic, thyme, tomato paste, basil

Bread: Flour (**wheat, gluten**), yeast (**gluten**), rosemary, rapeseed oil

Blueberry muffins

Flour (**gluten, wheat**), butter (**milk**), egg (**egg**), baking powder (**gluten**), blueberry

TUESDAY (19.07) [P]

Lemon and parsley baked cod, crush potato

Cod (**fish**), panko (**wheat, gluten**), lemon, parsley, potato, sweet potato, pea

Pesto pasta, dried cherry tomatoes, olives

Penne pasta (**wheat, gluten**), tomato, spinach, garlic, rapeseed oil, parmesan (**milk**)

Apple crumble

Apple, flour (**wheat, gluten**), raisin (**sulphite**), butter (**milk**), cinnamon, nutmeg, ReadyBrek (**gluten**)

WEDNESDAY (20.07) [V]

Pea and parmesan risotto

Risotto, fresh pea, parmesan (**milk**), vegetable stock, shallot, butter (**milk**)

Vegetable tagine, cous cous

Cous cous (**wheat, gluten**), onion, garlic, rapeseed oil, apricot (**sulphites**), raisin (**sulphites**), ginger, mixed pepper, carrot, cumin, turmeric, chickpea, tomato paste, tomato, olive, vegetable stock

Fruit salad, calcium point

Mixed seasonal fruit, ricotta (**milk**)

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THURSDAY (21.07)

Chargrilled lamb, bulgur, tzatziki, cherry tomato

Lamb, bulgur wheat (**wheat**), tomato, cucumber, garlic, peppers, rapeseed oil, greek yoghurt (**milk**), B12

Sweetcorn chowder, bread roll

Sweetcorn, onion, butter (**milk**), garlic, new potato, vegetable stock

Bread: Flour (**wheat, gluten**), yeast (**gluten**), olive

Cold rice pudding, chia seeds and apple jam

Rice, milk (**milk**), apple, chia seeds, mixed spice, date syrup (**sulphites**), vanilla extract

FRIDAY (22.07) [P]

Asparagus cheese quiche (wholewheat), seasonal veg

Wholewheat flour (**wheat, gluten**), butter (**milk**), asparagus, egg (**egg**), single cream (**milk**), parmesan (**milk**), heritage tomato

Citrus baked salmon, cauliflower, runner beans

Cauliflower, salmon (**fish**), new potato, runner bean, lemon, orange, rapeseed oil

Carrot cake, pineapple slices

Carrot, self-raising flour (**wheat, gluten**), ReadyBrek (**gluten**), raisin (**sulphite**), milk (**milk**), rapeseed oil, mix spice, egg (**egg**), baking powder (**gluten**), pineapple

SATURDAY (23.07) [V]

Chicken meatballs with tomato sauce, rice

Chicken, panko (**gluten, wheat**), tomato, onion, garlic, carrot, thyme, bay leaf, tomato paste, rapeseed oil, double cream (**milk**), rice, butter (**milk**)

Vegetable moussaka

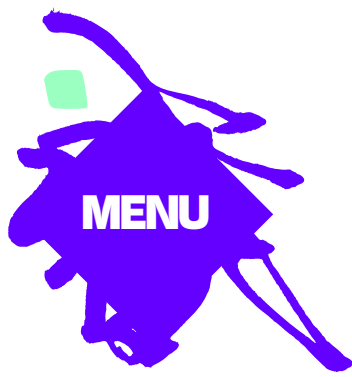
Aubergine, onion, tomato, garlic, potato, tomato puree, butter (**milk**), flour (**gluten, wheat**), milk (**milk**), cumin, cheddar (**milk**)

Poached apple, calcium pot

Apple, ricotta (**milk**), seasonal fruit

[V] Vegetarian days [Vg] Vegan days [P] Pescatarian days

Dishes in purple are taste adventures



1-3 years / 7-12 months

MONDAY (25.07) [P]

Fish and chips, house made tomato ketchup, green beans

Cod (**fish**), panko (**wheat, gluten**), milk (**milk**), egg (**egg**), flour (**wheat, gluten**), rapeseed oil, potato, tomato, tomato puree, apple cider vinegar, date (**sulphite**), green bean

Courgette and sweet pepper stroganoff, freekeh

Peppers, courgette, onion, garlic, mushrooms, butter (**milk**), cream (**milk**), freekeh

Pineapple cake

Pineapple, self-raising flour (**wheat, gluten**), raisin (**sulphites**), ReadyBrek (**gluten**), baking powder (**gluten**), egg (**egg**), rapeseed oil, milk (**milk**), grape

TUESDAY (26.07)

Beef meatballs with tomato sauce, rice

Beef, panko (**wheat, gluten**), tomato, onion, garlic, carrot, thyme, bay leaf, tomato paste, rapeseed oil, double cream (**milk**), butter (**milk**), rice

Butternut squash soup, bread roll

Squash, thyme, rosemary, onion, bay leaf, garlic, vegetable stock, pumpkin seeds, celery (**celery**), butter (**milk**), bread flour (**gluten, wheat**), yeast (**gluten**), pumpkin seed oil

Peach crumble

Peach, raisin (**sulphites**), flour (**wheat, gluten**), butter (**milk**)

WEDNESDAY (27.07) [P]

Baked bass, pomme anna, green beans

Seabass (**fish**), potato, butter (**milk**), green bean, rapeseed oil

Mac and cheese, baby corns

Milk (**milk**), macaroni (**gluten**), cheddar (**milk**), carrot, green bean, butter (**milk**), plain flour (**gluten**), bay leaf, breadcrumb (**gluten**), parmesan (**milk**), baby corn

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Strawberry muffins

Strawberry, butter (**milk**), egg (**egg**), baking powder (**gluten**), flour (**gluten, wheat**)

THURSDAY (28.07) [V]

Summer risotto

Risotto, carrot, spinach, cherry tomato, mixed pepper, garlic, mozzarella (**milk**), vegetable stock, shallot, butter (**milk**)

Pea and mint soup, cheese bread

Soup: Onion, celery (**celery**), garlic, mint, pea, butter (**milk**), vegetable stock
Bread: Flour (**wheat, gluten**), yeast (**gluten**), cheddar (**milk**)

Poached plum, calcium pot

Plum, ricotta (**milk**), seasonal fruit

FRIDAY (29.07)

Lamb, chive mash, peas

Lamb, potato, milk (**milk**), butter (**milk**), pea, chive

Tomato and paneer biryani

Onion, garlic, ginger, coriander, ghee (**milk**), tomato, tomato puree, curry, cumin, spinach, paneer (**milk**), courgette, peppers, basmati rice

Fruit salad, calcium point

Mixed seasonal fruit, ricotta (**milk**)

SATURDAY (30.07) [V]

Cauliflower potato crouquettes, tomato sauce

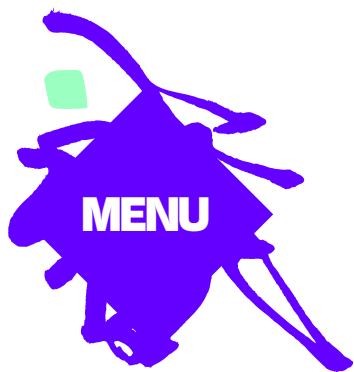
Cauliflower florets, potato, spinach, flour (**wheat, gluten**), butter (**milk**), milk (**milk**), cheese (**milk**), panko (**wheat, gluten**), egg (**egg**), flour (**wheat, gluten**), tomato, shallot, parsley

Spinach and feta quiche

Egg (**egg**), cream (**milk**), spinach, feta (**milk**), butter (**milk**), wholemeal flour (**gluten, wheat**), baby potato

Poached pear, calcium pot

Pear, ricotta (**milk**), seasonal fruit



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Storage instructions

Put in the fridge as soon as you receive the food unless consumed immediately. Please consume within 3 days. Please consume any rice dish within 24 hours and do not reheat more than once.

Reheating suggestions (depends on your individual appliances)

Soups, pasta, curries and rice dishes are suitable for microwave (please take content out of the container) or can be reheated on the hob (with a splash of water or a spray of oil if necessary).

Risotto is best reheated on the hob with a touch of butter and water.

Lasagne, pies, bakes, fish goujons, omelette or anything that comes in a tin foil container is best reheated in the oven, covered with foil, 180C for 10-15 minutes (with a splash of water or a spray of oil if necessary). Please take the content out of the tin container if using microwave.

Quiche can be enjoyed warm or cold.

Fish dishes are best consumed immediately. Use oven with a spray of oil otherwise.

Breads can be enjoyed warm or cold. Use oven (160-180C) for 2-3 minutes to reheat if enjoying warm (watch not to burn).

Always reheat until food is piping hot (>75C). Always check the temperature before serving

Consumption notes

Please ensure your baby / toddler is sitting down while eating.

While every care has been taken to remove bones, please use caution when eating fish dishes as they may contain fish bones.

Cooked in a facility that also handles all allergens. Consume at your own risk.

Please note V&Me reserves the right to change dish or ingredient last minute. We will do our best to inform you of any changes.

Top tips on feeding young children (we know you are probably doing them already!)

Make sure they are sitting comfortably (no dangling feet) and are not too tired or full. Having regular intervals between meals may help.

A relaxed environment with no pressure is the best for them to explore new food and tastes. Mess is good!

Try to eat with them if you can: Role modelling is the best way for them to learn.

Food consumption varies naturally so don't worry if they are eating "too much" or "too little" during one meal or day, looking at their food intake during a whole week is more helpful.

Repeated exposure to a wide variety is the key to preventing fussy eating and ensuring optimal nutrition. Patience does pay off!