

MENU

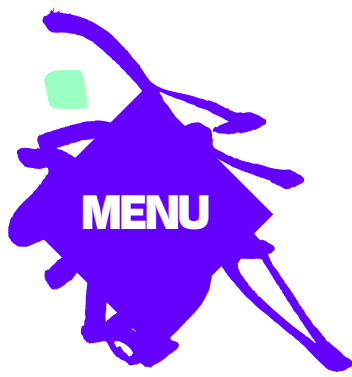
The best baby & toddler food,
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www.vandme.co.uk
info@vandme.co.uk
07835 284 714

V&ME

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1-3 years / 7-12 months

MONDAY (12.12)

Lunch: Beef bourguignon

Beef, rapeseed oil, onion, carrot, mushrooms, butter (**milk**), garlic, thyme, flour (**wheat, gluten**), potato, vegetable stock

Dinner: Jerusalem artichoke soup, chia seed bread roll

Jerusalem artichoke, onion, garlic, thyme, vegetable stock, butter (**milk**), flour (**wheat, gluten**), yeast (**gluten**), olive water, plant-based butter, chia seeds

Dessert: Vanilla and mixed spice rice pudding

Rice, milk (**milk**), cinnamon, vanilla extract, mixed spice

TUESDAY (13.12) [P]

Lunch: Fisherman's pie, roasted parsnips

Cod (**fish**), salmon (**fish**), prawn (**crustacean**), leek, green beans, garlic, sweet potato, butter (**milk**), flour (**wheat, gluten**), milk (**milk**), chives, lemon

Dinner: Carrot and mixed pepper risotto

Risotto, carrot, mixed pepper, vegetable stock, shallot, parmesan (**milk**), butter (**milk**)

Dessert: Plantain muffin, seasonal fruit

Plantain, egg (**egg**), milk (**milk**), vanilla essence, mixed spice, baking powder (**gluten**), seasonal fruit

WEDNESDAY (14.12) [V]

Lunch: Penne and wild mushroom pasta, green beans

Mushrooms, onion, garlic, single cream (**milk**), mascarpone (**milk**), parmesan (**milk**), parsley, wholegrain penne pasta (**gluten, wheat**), yeast extract

Dinner: Roasted pumpkin soup, seeded bread roll

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

Dessert: Carrot cake, seasonal fruit

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

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THURSDAY (15.12)

Lunch: Irish lamb stew

Lamb, onion, carrot, garlic, thyme, bay leaf, potato, spelt flour (**gluten, wheat**), rapeseed oil, tomato puree, lamb stock

Dinner: Spanish omelette, roasted squash

Egg (**egg**), potato, onion, rapeseed oil, parsley, peppers, corn, butter (**milk**)

Dessert: Spiced banana bread, seasonal fruit

Banana, rapeseed oil, milk (**milk**), vanilla extract, egg (**egg**), soda bicarbonate, self-raising flour (**wheat, gluten**), ReadyBrek (**oat, gluten**)

FRIDAY (16.12)

Lunch: Chicken bites, sweet potato chips, broccoli

Chicken, sweet potato, rapeseed oil, flour (**wheat, gluten**), milk (**milk**), egg (**egg**), panko (**wheat, gluten**), broccoli

Dinner: Bubble and squeak, cottage cheese, carrot

Potato, carrot, spring onion, parsnip, onion, savoy cabbage, rapeseed oil, cottage cheese (**milk**)

Dessert: Poached pear, calcium pot

Pear, lemon, ricotta (**milk**), seasonal fruit, ReadyBrek (**oat, gluten**)

SATURDAY (17.12) [P]

Lunch: Mac and cheese, roasted cauliflower, chervil

Macaroni (**gluten, wheat**), butter (**milk**), milk (**milk**), flour (**gluten, wheat**), bay leaf, cheddar (**milk**), carrot, green bean, panko (**gluten, wheat**), parmesan (**milk**), cauliflower, chervil

Dinner: Cullen skink

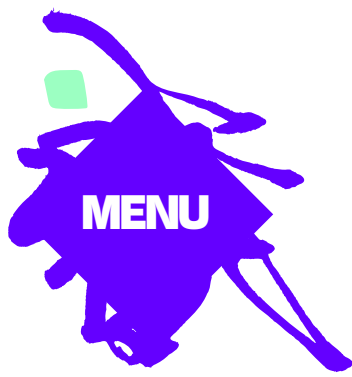
Haddock (**fish**), onion, potato, parsley, butter (**milk**), milk (**milk**)

Dessert: Pear crumble, custard

Pear, flour (**wheat, gluten**), raisin (**sulphites**), ReadyBrek (**oat, gluten**), plant-based butter, cinnamon, nutmeg, star anise, cloves, milk (**milk**), egg (**egg**), vanilla, cornflour, date (**sulphites**)

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

Dishes in purple are taste adventures



1-3 years / 7-12 months

MONDAY (19.12)

Lunch: Chicken and mushroom pie, carrots, parsnips

Chicken, butter (**milk**), onion, mushroom, flour (**gluten, wheat**), chicken stock, milk (**milk**), black pepper, potato, carrots, parsnips, seasonal veg

Dinner: Vegetarian goulash

Beans, vegetable stock, onion, garlic, thyme, rosemary, paprika, butter (**milk**), bay leaf, flour (**gluten, wheat**), tomato, carrots, potato

Dessert: Apple crumble

Apple, flour (**wheat, gluten**), raisin (**sulphites**), ReadyBrek (**oat, gluten**), plant-based butter, cinnamon, nutmeg

TUESDAY (20.12) [P]

Lunch: Citrus baked salmon, cauliflower, runner beans

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

Dinner: Portobello mushroom, parsley risotto cakes, roasted parsley root, roasted pepper salsa

Risotto, shallot, garlic, mushroom, vegetable stock, parsley, flour (**gluten, wheat**), butter (**milk**), parmesan (**milk**), mozzarella (**milk**), milk (**milk**), panko (**gluten, wheat**), egg (**egg**), parsley root, onion, peppers, tomato, apple cider vinegar (**sulphites**), tomato

Dessert: Vanilla and mixed spice rice pudding

Rice, milk (**milk**), cinnamon, vanilla extract, mixed spice

WEDNESDAY (21.12)

Lunch: Lancashire hot pot, roasted parsnips

Lamb, onion, carrot, garlic, thyme, bay leaf, potato, rapeseed oil, spelt (**gluten, wheat**), parsnips, seasonal veg

Dinner: Vegetable moussaka, baked carrots, cumin

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

Dessert: Apple cake, apple slices

Self-raising flour (**wheat, gluten**), raisin (**sulphites**), ReadyBrek (**oat, gluten**), baking powder (**gluten**), egg (**egg**), rapeseed oil, apple, grape, milk (**milk**)

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THURSDAY (22.12) [P]

Lunch: Kedgeree, spiced celeriac sticks

Cod (**fish**), basmati rice, vegetable stock, onion, butter (**milk**), curry powder, cream (**milk**), parsley, egg (**egg**), French bean, celery (**celery**)

Dinner: Sweet potato, thyme dumpling, soda bread

Onion, garlic, thyme, carrot, swede, sweet potato, kale, parsley, vegetable stock, shallot, flour (**gluten, wheat**), wholemeal flour (**gluten, wheat**), plain flour (**gluten, wheat**), buttermilk (**milk**), soda bicarbonate

Dessert: Poached Granny Smith apples, custard

Apple, star anise, cinnamon, milk (**milk**), clove, vanilla, cornflour, egg (**egg**), date (**sulphites**)

FRIDAY (23.12) [V]

Lunch: Squash and goat's cheese tart

Wholegrain flour (**gluten, wheat**), dairy-free butter, goat's cheese (**milk**), squash, spinach, cream (**milk**), egg (**egg**)

Dinner: Ratatouille and fregola

Fregola (**gluten, wheat**), onion, garlic, thyme, tomato, tomato puree, vegetable stock, aubergine, courgette, mix peppers, rapeseed oil, oregano, parsley

Dessert: Fruit salad, calcium pot

Mixed seasonal fruit, ricotta (**milk**), ReadyBrek (**oat, gluten**)

SATURDAY (24.12) - CLOSED FOR CHRISTMAS

Lunch: Japanese curried beef stew, jasmine rice

Beef, onion, garlic, ginger, spring onion, tomato, apple, curry, potato, carrot, vegetable stock, rice, rapeseed oil, courgette

Dinner: Indian dhal, basmati rice, cucumber sticks

Lentil, onion, ginger, garlic, tomato, turmeric, cumin, curry leaf, vegetable stock, basmati rice, butter (**milk**), cucumber

Dessert: Cranberry muffin, poached apple

Flour (**gluten, wheat**), butter (**milk**), egg (**egg**), baking powder (**gluten, wheat**), ReadyBrek (**oat, gluten**), cranberries (**sulphites**)

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

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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 guidelines (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 and other meat dishes as they may contain fish or other meat 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!