MENU

The Recharge Club™

Weekend Menu

Our Snack Corner, Light Lunches and Hot Dinners for Saturday and Sunday Sessions

Document Owner:	Mrs Michaela Cmorej, Director, Designated Safeguarding Lead and Registered Associate Nutritionist
Company Name:	NutriDive Ltd
Company Number:	16659858
Trading Name:	The Recharge Club™
Registered Office Address:	39 Coltsfoot Drive, Chorley, PR6 0JP
Applies To:	All children and young people aged 8 to 15 attending weekend sessions
Status:	Operational document — applicable to all staff, bank staff and volunteers involved in food and mealtimes
Date Adopted:	1st August 2026
Review Frequency:	At least every twelve months, and sooner where children's needs or nutritional guidance require it
Related Documents:	Read alongside the Food Safety Policy, the Allergen Management Procedure, and each child's Individual Support Plan

1. About This Menu

At The Recharge Club™, mealtimes are far more than a break in the day. For many of the children and young people we support, food is closely bound up with sensory experience, routine, and a sense of safety. Our approach to food is therefore deliberately calm, simple, and flexible, so that every young person feels comfortable and no child ever goes hungry.

This document sets out how food works across a weekend session. The club provides a snack corner that is open all day, a light cold lunch of sandwiches and picnic-style food, and one simple hot meal at dinner with a plant-based version. Parents and carers are also warmly welcome to send their child's own packed lunch, snacks, or meals — often the surest way to make sure a young person with very specific tastes eats happily. This keeps mealtimes manageable for our team while putting each child's needs first.

Our approach to food has been shaped by our Director, a Registered Associate Nutritionist whose degree dissertation focused on nutrition in autism. It balances genuine nutritional value with the practical reality that many autistic children and young people have a limited range of accepted foods.

> ***Food is always offered and invited, never forced. No child is ever pressured to eat, to try something new, or to finish a plate. In keeping with our Playwork Principles and Positive Behaviour Support approach, choice, calm, and dignity come first at every mealtime.***

2. Our SEND- and Autism-Friendly Approach

Sensory sensitivities around taste, smell, texture, temperature, and appearance are common among the children and young people we serve. The following principles shape how food is planned, prepared, and served.

- **Food is served deconstructed.** Wherever possible, the components of a meal are kept separate on the plate rather than mixed together, and sauces are offered on the side. This lets each young person see clearly what is in front of them, keep foods from touching, and choose which parts they wish to eat.
- **Familiar, recognisable food.** We favour foods that children are likely to know and accept, presented consistently. Predictability is reassuring and helps mealtimes stay calm.
- **A safe option is always available.** The snack corner is open all day, so a familiar safe food is always within reach for any young person who prefers not to eat the lunch or dinner on offer.
- **Family food is welcomed.** Parents are encouraged to send their child's own food where that works best. A packed lunch or a meal from home is never treated as second best.
- **Mindful of the senses.** We keep strong cooking smells to a minimum, avoid overly spiced or highly flavoured dishes, and offer a mix of textures so that every young person can find something comfortable.

> ***Every young person's specific likes, dislikes, safe foods, textures to avoid, and mealtime routines are recorded in their Individual Support Plan and shared with the whole team before their first session. This document is the framework; the Individual Support Plan is how we make it personal.***

3. Our Nutritional Approach

Because so many of the children and young people we support have a limited range of accepted foods, we take particular care that the food they do eat works hard for them. Our Director, a Registered Associate Nutritionist, has planned our food around a few simple aims.

- **Protein at dinner, lunch, and in the snack corner.** The hot dinner is built around a protein source; the lunch offers protein-rich fillings such as cheese, egg, chicken, tuna and hummus; and the snack corner always has protein-rich choices such as cheese, yoghurt, eggs, hummus and edamame.

- **A source of healthy fat across the day.** Oily fish, avocado, olive oil, seeds, seed butters, and full-fat dairy provide the fats that support brain development, hormones, and lasting fullness between meals.
- **Full-fat dairy as our default.** For this age group, we choose full-fat milk, yoghurt, and cheese rather than reduced-fat versions, unless a child's Individual Support Plan indicates otherwise.
- **Slow-release energy and fibre.** Fruit, vegetables, and wholegrains are offered alongside familiar favourites — added to the plate rather than forced in place of the foods a child trusts.
- **Extras always offered separately.** Seeds, dressings, avocado, and dips are served on the side, so a texture-sensitive young person is never put off a whole plate by one unwanted component.

For any young person following a vegetarian or fully plant-based diet, we ensure reliable sources of the nutrients that need extra attention at this age — calcium, iodine, vitamin B12, and omega-3 — through fortified products and foods such as ground seeds. This is planned individually and recorded in the child's Individual Support Plan.

4. How the Day's Food Works

Food at The Recharge Club™ is deliberately simple, so that our team can give their full attention to the children rather than to the kitchen. Across the day there are three things on offer:

- **The snack corner —** open all session, so any young person can eat freely whenever they are hungry (Section 5).
- **A light lunch —** simple, cold, and needing no cooking: sandwiches, wraps, and picnic-style food. Parents are also warmly welcome to send a packed lunch and snacks (Section 6).
- **One hot meal at dinner —** a single, simple hot dish each session, with a plant-based version always available (Section 7).

A familiar, safe alternative is always within reach through the snack corner, and families may send their child's own food for any meal, which we store and serve safely (Section 8, Food From Home).

5. The Snack Corner

The snack corner is open throughout every session. It sits at child height in a calm, clearly organised space, so that any young person can help themselves the moment they feel hungry, without having to ask. This matters especially for the young people we support who are non-verbal, or who find it hard to ask for what they need: food is visible, reachable, and always there. No child ever has to be hungry, and no child ever has to feel shy about wanting something to eat.

The corner is planned and managed with the same care as every meal:

- **Visible and independent to use.** Snacks are displayed openly and labelled with photographs and symbols, in line with our visual-support and communication approach, so a young person can see the choices and take what they want independently.
- **Individually portioned.** Snacks are offered in individual portions, which makes choosing easy, reduces waste, and helps us manage allergens and hygiene.
- **Quietly supervised.** Staff keep a discreet eye on the corner, restocking it and helping any young person who needs support, while never making a child feel watched or hurried.
- **Safe by design.** Foods that carry a choking risk are prepared safely, for example grapes and cherry tomatoes served halved, in line with each young person's Individual Support Plan.
- **Allergen-aware.** The corner is managed as an allergen-aware space; any young person with allergies has their safe choices planned individually so that the corner is safe for them to use freely.

A rich and varied selection is available so that there is always something familiar and appealing for every young person. The corner typically includes:

Fresh fruit	Apple slices, banana, satsuma and clementine segments, halved grapes, pear slices, melon, pineapple chunks, strawberries, blueberries, and kiwi.
Vegetables and dips	Cucumber sticks, carrot batons, pepper strips, halved cherry tomatoes, celery, sugar-snap peas, and sweetcorn, served with hummus, guacamole, cream cheese, or a yoghurt dip.
Protein-rich choices	Cheese cubes and cheese portions, hard-boiled eggs, cold cooked chicken pieces, ham and turkey roll-ups, cottage cheese pots, edamame beans, and roasted chickpeas.
Dairy and dairy-free	Full-fat natural and vanilla yoghurt pots, fromage frais, and milk, with fortified soya, oat, or coconut yoghurts and milks for plant-based and dairy-free young people.
Wholegrain and bread-based	Oatcakes, rice cakes, breadsticks, wholemeal crackers, plain popcorn, wholegrain cereal, toast fingers, pitta strips, and mini sandwiches.
Seeds and seed butters	Sunflower and pumpkin seeds, and sunflower-seed butter on oatcakes or apple, kept nut-free where the setting or a young person's needs require it.
A little something baked	Malt loaf, plain flapjack, banana bread, oat-and-seed energy balls, and plain biscuits, offered in moderation alongside the choices above.

6. Lunch

Lunch is deliberately light and needs no cooking. The club provides a simple, cold, picnic-style lunch, and parents are warmly welcome to send a packed lunch and snacks from home instead — whichever suits their child best. A typical club lunch includes:

Sandwiches, wraps and rolls	Freshly made with a choice of white, wholemeal, wraps, pitta, or rolls; gluten-free bread available.
Fillings	Cheese, ham, chicken, tuna mayonnaise, egg mayonnaise, hummus, or jam, with hummus, plant cheese, falafel, tofu slices or jam for plant-based lunches.
Sides	Cucumber and carrot sticks, halved cherry tomatoes, a piece of fruit, a yoghurt, and plain crackers or crisps.
Alongside	The snack corner stays open throughout, so there is always more to choose from.

Anything sent from home is stored and served safely, as set out in the next section but one (Section 8, Food From Home).

7. Dinner — The Hot Meal

Dinner is the one hot meal of the day: a single, simple dish that the whole group shares, chosen to be mild, familiar, and easy to prepare without a dedicated cook. A plant-based version is always available, and the components are served separately so young people can take what they like. The hot meal follows a three-week rotation and then begins again.

Weekend	Hot Meal	Plant-Based Version
Week One — Saturday	Chicken and veggie noodle stir-fry • salad and vegetable sticks	Tofu and veggie noodle stir-fry • salad and vegetable sticks
Week One — Sunday	Bolognese spaghetti • cheese • sweetcorn & tomatoes	*Lentil bolognese spaghetti* • *dairy-free cheese* • sweetcorn & tomatoes
Week Two — Saturday	Mac and cheese • peas	*Dairy-free mac and cheese* • peas
Week Two — Sunday	Roasted chicken • potato wedges • gravy on the side	Roasted tofu strips • potato wedges • *vegetable gravy*
Week Three — Saturday	Chicken curry/dahl • rice • flatbread • red pepper sticks, cucumber	Tofu curry /dahl • rice • flatbread • red pepper sticks, cucumber
Week Three — Sunday	Fish fingers • mashed potato • peas and sweetcorn	Meat-free fish fingers • mashed potato • peas and sweetcorn

Portion sizes are adjusted to age and appetite. A familiar cold alternative is always available from the snack corner for any young person who would prefer it, and families may send their child's own dinner if they wish.

8. Food From Home

Parents and carers are warmly welcome to send their child's own food, whether a packed lunch, snacks, or a full meal. For a young person with very specific safe foods, this is often the surest way to make sure they eat well and feel comfortable, and we will never treat food from home as second best. To keep everyone safe, we ask families to help us with a few simple things.

- **Label everything clearly.** Please send all food and containers named, so there is no mix-up, particularly where allergies are involved.
- **Pack it to stay safe.** A named, insulated lunch bag with an ice pack is ideal for anything that needs to stay cold.
- **We provide fridge storage.** Perishable food from home is refrigerated on arrival and stored separately from club food.
- **Reheating.** Where it is safe to do so, we can thoroughly reheat one brought-in hot meal until piping hot. We follow food-safety guidance and are not able to part-cook or prepare raw ingredients.
- **Allergen separation.** Where a child has allergies, food from home is prepared and served with care to avoid cross-contamination, guided by the child's Individual Support Plan.
- **Nut awareness.** [If confirmed: The Recharge Club™ operates as a nut-free setting, so please do not send any foods containing nuts or nut products.]
- **Talk to us about anything unusual.** If a meal needs particular storage, handling, or equipment, please let us know in advance so we can plan for it.

Food from home remains the family's own provision. We store, handle, reheat, and serve it as safely as we can, but we rely on families to send it in good condition, correctly labelled, and suitable for their child.

9. Drinks and Hydration

Fresh drinking water is freely available and offered regularly throughout the day, as some young people do not reliably recognise thirst. Milk is offered at mealtimes, and diluted no-added-sugar squash is available. Each young person's preferred cup, bottle, or drinking routine is noted in their Individual Support Plan and provided consistently.

10. Allergen and Dietary Management

Food safety and allergen management are treated with the utmost seriousness. All food handlers hold a minimum of Level 2 Food Hygiene, and the setting is registered as a food business with the local authority.

- Every young person's allergies, intolerances, and dietary requirements are recorded in their Individual Support Plan and cross-checked before every session.
- The fourteen major allergens are identified and managed for every dish the club provides, and this information is available to families on request.
- Vegetarian, vegan, halal, gluten-free, and dairy-free needs are accommodated; a plant-based version of the hot dinner is always available, and plant-based lunch and snack options are provided.
- Food sent from home is stored, handled, and served safely in line with our food safety procedures, as set out in Section 8.
- Medically prescribed diets, texture-modified food, and specialist feeding needs are supported through the Individual Support Plan and, where relevant, in liaison with the family's healthcare team.

This document is read alongside our Food Safety Policy, our Allergen Management Procedure, and each child's Individual Support Plan. Where any conflict arises, the child's Individual Support Plan and medical guidance take precedence.

11. A Note for Families

We know that food can be one of the most stressful parts of family life when your child has a limited or particular diet. Please be reassured: at The Recharge Club™, we will never make your child feel anxious about food, and we will never see a fussy eater. We see a young person telling us, in the way that makes sense to them, what feels safe and comfortable, and we respond with patience and respect.

If it is easier for you to send your child's own lunch, snacks, or meals, please do — you know your child best, and we would always rather they had food they love and trust. And if you would prefer them to eat with the group, our snack corner, light lunch, and hot dinner are always here.

Before your child's first session, we will talk with you about their safe foods, their dislikes, the textures and smells they find difficult, their preferred plates and cups, and any routines that help mealtimes go well. All of this goes into their Individual Support Plan, so that from their very first day, food at the club feels familiar and calm.

This document has been approved by the Director of The Recharge Club™ and forms part of the organisation's food safety and nutritional framework.