

Book online: <https://kiddy-cook-twickenham.class4kids.co.uk/>

Kiddy Cook at SMSP Wednesdays Dates: Sep 11, 18, 25. Oct 2, 9, 16, 23. Half Term Oct 30. Nov 6, 13, 20, 27. Dec 4. (12 sessions @ £108)

Kiddy Cook at SMSP Thursdays Dates: Sep 12, 19, 26. Oct 3, 9, 17. Parents Meeting, no session 24. Half Term Oct 31. Nov 7, 14, 21, 28. Dec 5. (11 sessions @ £99)

Hands on cookery class.

Every week, we'll prepare a healthy dish from fresh ingredients. Our main aim is to teach how to cook healthy food, using fresh fruit, vegetables and herbs. Children will end up with a meal in a ready to cook container to be put in the oven at home. We'll also send a recipe card with easy to follow instructions. All cooking ingredients are included.



Kiddy Cook



We'll alternate between sweet and savoury dishes. These are examples of dishes we're planning, subject to availability:

Autumn Term 2019 Menu:

Stuffed Apples for National Apple Day
Ricotta and Spinach Lasagna
Banana and Apricot Flapjack
Dauphinoise Potatoes
Yogurt and Berry Crumble Cake
Rosemary and Seeds Soda Bread
Upside down Plum and Pear Cake
Pizza Margarita
Mince Pies

Food in Schools

Helping out
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With any dietary requirements, please contact **Veronika** From
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