



## RLK Children's Centre

Bring your own  
unprepared  
ingredients with you

What's for tea?  
Thursday 3.30-5.30  
(Families can book on every  
other week)



Come along with your toddler (16mths- 5 years) and enjoy cooking and eating your tea with other families.



Learn to prepare a  
delicious meal  
alongside your child

### September and October Recipes

**Fruity Moroccan chicken**  
8<sup>th</sup> September and 15<sup>th</sup>  
September

**Vegetable spring rolls**  
22<sup>nd</sup> September and 29<sup>th</sup>  
September

**Vegetable curry**  
6<sup>th</sup> October and 13<sup>th</sup> October

**Quiche**  
20<sup>th</sup> October and 27<sup>th</sup> October

*"Since attending What's  
for Tea? my child now  
eats a wider range of  
foods and is willing to try  
new things"  
(Parent, 2011)*



To Book and obtain a copy of the recipe contact  
RLK Barnardo's Children's Centre, Westcott Street, Swindon, SN1 5HS  
Tel: 01793 525830

E-mail: [barnardosinswindon@barnardos.org.uk](mailto:barnardosinswindon@barnardos.org.uk)  
Website: [www.barnardos.org.uk/rlkchildrenscentre](http://www.barnardos.org.uk/rlkchildrenscentre)





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