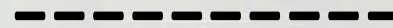
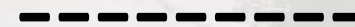




Freegrounds Junior School



PGL Little Canada



September 2023



Welcome to our information meeting

Please feel free to ask
questions throughout.

When?

- Friday 22nd September -
Monday 25th September
- Leave before school starts on
Friday and return mid-afternoon
on Monday.

Who?

- Year 6 students
- Mixture of teachers, administrative and learning support assistants.
 - Ratios
 - First Aid/Medical
 - Groups
- Centre staff – ‘groupies’ + instructors.

Osborne House

Friday

- Arrive (approx 11:00am)
- Activity 1
- Eat packed lunch
- Activity 2
- Activity 3
- Depart (approx 3:30pm)



Little Canada

Friday (arrival day)



- Meet 'groupies'
- Settle into cabins
- Tour of the site
- Dinner in the dining room
- Evening activity
- Bedtime

Little Canada Saturday & Sunday



- Breakfast
- 2 x activities
- Lunch
- 2 x activities
- Dinner
- Free time
- Evening activity
- Bedtime

Little Canada

Monday (departure day)



- Breakfast
- Packing cases
- 2 x activities
- Lunch
- Depart PGL
- Arrive at school
(usually around 4pm)

Dining Hall



Menu



the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Scrambled Eggs Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Vegetable Sausages Hash Browns Plum Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Vegetable Sausages Scrambled Eggs Grilled Tomato Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Sausages (V) Quorn Sausages Scrambled Eggs Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads Salad Bar Pizza Meat or Vegetarian Potato Wedges Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Pasta Bar Choice of Meat or Vegetarian Garlic Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Burger Choice of Meat or Vegetarian Fries Relishes Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day Salad Bar Beef Lasagne Cumberland Sausages (V) Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy Seasonal Fresh Fruit Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Gammon Chicken Goujons (V) Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn Seasonal Fresh Fruit Toffee Apple Crumble & Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Mexican Beef Chili Fish Fingers (V) Sticky Hoisin Noodles Rice or Chips Mixed Vegetables Baked Beans Seasonal Fresh Fruit Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Chunks with Sweet and Sour Sauce (V) Vegetable Korma Root Vegetable Bake Rice Broccoli Seasonal Fresh Fruit Rice Pudding and Jam Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Meatballs in Tomato Sauce Chicken & Leek Pie (V) Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Nuggets Fish in Tomato & Mascarpone Sauce (V) Vegetable Pilaf Chips Mixed Vegetables Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Roast Dinner Yorkshire Pudding (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks

Please note: this menu is subject to product availability and may change. This menu applies to weeks commencing: 23/9, 07/10, 21/10, 4/11, 18/11, 02/12, 16/12, 30/12, 13/1, 27/1, 10/02, 24/02, 09/03, 23/03, 06/04, 20/04, 04/05

WK1 - Aut2019



Other

- Contact
- Social media updates
- Devices
- Shop
 - £15 pocket money limit
- Kit list
- Other schools

More information

- Osborne House

<https://www.english-heritage.org.uk/visit/places/osborne/>

- PGL Little Canada

<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/little-canada>

