

# Little Canada!





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

[https://www.canva.com/design/DAFZb\\_iMZoE/zsn06jWaU2zAYsRgBNwvUA/view?utm\\_content=DAFZb\\_iMZoE&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=homepage\\_design\\_menu](https://www.canva.com/design/DAFZb_iMZoE/zsn06jWaU2zAYsRgBNwvUA/view?utm_content=DAFZb_iMZoE&utm_campaign=designshare&utm_medium=link&utm_source=homepage_design_menu)

# Accommodation



Six-bed dormitories, with gender-separated bathroom and shower facilities and party leader rooms close by.

A bed sheet is provided, but you will need a sleeping bag or duvet and pillow.



# REFUEL

WITH OUR

# DELICIOUS MENU



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Sausages (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Bacon (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Sausages (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Bacon (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Bacon (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Sausages (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Baked Beans (ve) (dairy)  
Hash Browns (ve) (dairy)  
Fresh Mushrooms (ve) (dairy)  
Bacon (dairy)  
Quorn™ Vegan Cumberland (ve) (dairy)

Available every day: Porridge with toppers\* (dairy), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (dairy)  
Margherita Pizza (v) (dairy)  
Plant-based Margherita Pizza (ve) (dairy)  
Served with Skippy Fries (ve) (dairy)

Beef Burger (dairy)  
Meatless Farm™ Plant Based Burger (dairy)  
Served with Ziggy Fries (ve) (dairy)

Battered Chicken Chunks (dairy)  
Vegetable Nuggets (ve) (dairy)  
Served with Potato Wedges (ve) (dairy), Garden Peas (ve) (dairy), Sweetcorn (ve) (dairy), Sweet Chili Sauce (ve) (dairy)

Homemade Beef Bolognese (dairy)  
Homemade Vegetable Ratatouille (ve) (dairy)  
Served with Penne Pasta (ve) (dairy), Garlic Bread (v) (dairy), Grated mild cheddar (v) (dairy)

Battered Fish (dairy)  
Jumbo Sausage (dairy)  
Quorn™ Fishless Fingers (ve) (dairy)  
Served with Skippy Fries (ve) (dairy), Garden Peas (ve) (dairy)

Jacket Potato (ve) (dairy)  
Served with your choice of: Grated Mild Cheddar (v) (dairy), Baked Beans (ve) (dairy) or Tuna Mayo (dairy)  
Homemade Chili Non Carne (ve) (dairy)  
Served with White Rice (ve) (dairy)

Roast Beef (dairy)  
Meatless farm™ Plant-based Chicken Breast (ve) (dairy)  
Served with: Roast Potatoes (ve) (dairy), Yorkshire Pudding (v) (dairy), Fresh Broccoli (ve) (dairy), Baby Carrots (ve) (dairy), Gravy (ve) (dairy)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (dairy)  
Homemade Beef Lasagne (dairy)  
Vegetable Lasagne (ve) (dairy)  
Sides: Garlic Bread (v) (dairy), Rice (ve) (dairy), Garden Peas (ve) (dairy), Fresh Broccoli (ve) (dairy)

Fish Fingers (dairy)  
Hunters Chicken (dairy)  
Shepherdless Pie (ve) (dairy)  
Sides: Baby Potato (ve) (dairy), Baby Carrots (ve) (dairy), Whole Green Beans (ve) (dairy)

Chicken Curry (dairy)  
Baked Cheesy Meatballs (dairy)  
Vegetable Curry (ve) (dairy)  
Sides: Rice (ve) (dairy), Penne Pasta (ve) (dairy), Mixed Vegetables (ve) (dairy)

PGL's Sausage Pasta Bake (dairy)  
Chicken Kiev\*\* (dairy)  
Homemade Sausage & Bean Casserole (ve) (dairy)  
Sides: Mashed Potato (v) (dairy), Sweetcorn (ve) (dairy), White Green Beans (ve) (dairy), Fresh Broccoli (ve) (dairy), Baby Carrots (ve) (dairy)

Beef Burger (dairy)  
Homemade Mac 'n' Cheese (v) (dairy)  
Meatless Farm™ Plant Based Burger (ve) (dairy)  
Sides: Ziggy Fries (ve) (dairy), Sweetcorn (ve) (dairy), White Green Beans (ve) (dairy)

Battered Chicken Chunks (dairy)  
Homemade Beef Lasagne (dairy)  
Vegetable Lasagne (ve) (dairy)  
Sides: Garlic Bread (v) (dairy), BBQ Sauce (ve) (dairy), Skippy fries (v) (dairy), Mixed Vegetables (ve) (dairy)

Fish Fingers (dairy)  
PGL's Sausage Pasta Bake (dairy)  
Shepherdless Pie (ve) (dairy)  
Sides: Cheesy Garlic Potato (v) (dairy), Baby Potato (ve) (dairy), Sweetcorn (ve) (dairy), Whole Green Beans (ve) (dairy)

Homebaked Iced Sponge Cake (v) (dairy)

Chocolate Muffin (v) (dairy)

Jam Doughnuts (v) (dairy)

Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (dairy)

Homebaked Apple Crumble (ve) & Vanilla Custard (v) (dairy)

Chocolate Muffin (ve) (dairy)

Chocolate Cookies (v) (dairy)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

## Available daily

### Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

### Fresh fruit:

A variety of fresh fruit is available at all meals.

## Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

ASK ABOUT ALLERGENS  
WE ARE HAPPY TO HELP!

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen major allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

## About our food

All our whole eggs are free range.

All our products are free from genetically modified ingredients.

All our products do not list bee nuts or peanuts as potential ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some other bones may remain in our cake etc.

Where used, our beef is informed from selected cuts of pork with added water.

\* Small children can choke on cereals.

\*\* Chopped and shaped chicken.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Bacon

Sausages

Sausages

Bacon

Sausages

Sausages

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam



## Pizza

Choices:

Pepperoni

Margherita (v)

Plant-based

Margherita (ve)

Sides:

Skinny Fries

## Hot Dogs

Choices:

Pork Hot Dog

Plant-based

Hot Dog (ve)

Sides:

Potato Wedges

## Pasta

Choices:

Pasta Bolognese

Tomato & Basil

Pasta (ve)

Sides:

Garlic Bread

## Hot Sandwich

Choices:

Ham & Cheese Panini

Plant-based Fish Finger

Sandwich (ve)

Sides:

Crisps

## Burger

Choices:

Beef Burger

Plant-based

Burger (ve)

Sides:

Curly Fries

## Fajitas

Choices:

Chicken

Plant-based

Fajita (ve)

Sides:

Tortilla Chips



Bangers & Mash

Chicken Fillets with a  
BBQ Sauce

Plant-based  
Bolognese (ve)

Sides:

Penne, Mashed Potato  
Sweetcorn, Carrots

Doughnuts (v)

Piri Piri Chicken

Sausage Pasta Bake

Plant-based Chicken  
Schnitzel (ve)

Sides:

Skinny Fries, Peas,  
Cauliflower

Fruit Muffin (ve)

Chicken Curry

Fishcakes

Chilli non Carne (ve)

Sides:

Rice, Potato Wedges,  
Broccoli, Carrots

Chocolate  
Crispy Cake (v)

Pork Meatballs in  
Tomato Sauce

Chicken Kiev

Plant-based Meatballs  
in Tomato Sauce (ve)

Sides:

Penne, Mashed Potato,  
Sweetcorn, Green Beans

Waffles (v)

Fish & Chips

Chicken Katsu Curry

Plant-based  
Fishless Fillet (ve)

Sides:

Skinny Fries, Rice,  
Peas, Carrots

Chocolate Eclairs (v)

Sweet Chilli  
Chicken Chunks

Lasagne

Vegetable Curry (ve)

Sides:

Rice, Garlic Bread,  
Country Veg

Chocolate Muffin (ve)

# Daily Schedule

## Sample Day

| Schedule      | Activities  |
|---------------|---|
| 07.00 - 08.50 | Get up, get ready and fuel up for the day ahead with a hearty breakfast.  |
| 08.50 - 12.00 | Morning activities - 2 sessions with a 10 minute break in-between.  |
| 12.00 - 13.50 | Enjoy a fresh and tasty two-course hot lunch and some free time.  |
| 13.50 - 17.00 | Afternoon activities - 2 sessions with a 10 minute break in-between.  |
| 17.00 - 19.00 | Time to eat again - a different dinner menu each day.   |
| 19.00 - 21.00 | Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime. |
| 21.00 / 21.30 | Bedtime. Catch up on some zzz's ready to do it all again tomorrow!  |



# Sample Activity Schedule

|             | Monday            | Tuesday             | Wednesday          |
|-------------|-------------------|---------------------|--------------------|
| 07.00-09.00 |                   | Breakfast           | Breakfast          |
| 09.00-10.30 |                   | Climbing            | Trapeze            |
| 10.30-12.00 |                   | Archery             | Vertical Challenge |
| 12.00-14.00 | Arrive and unpack | Lunch and free time | Lunch              |
| 14.00-15.30 | Aeroball          | Abseiling           | Depart centre      |
| 15.30-17.00 | Giant Swing       | Challenge Course    |                    |
| 17.00-19.00 | Dinner            | Dinner              |                    |
| 19.00-21.00 | Campfire          | Wacky Races         |                    |



# WHAT TO BRING

Please ensure that all items are named.

## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



- T-shirts
- Long sleeved shirt/T-shirts
- Waterproof jacket
- Fleeces/jumpers

### Tops & jackets

*Your arms will need to be covered to do some activities.*

### Trousers or leggings

but not jeans as they get heavy and cold when wet



### Underwear & socks

*Your socks will need to cover your ankles to do some activities.*

### 1 or 2 sets of clothes for the evening



### Suitable nightwear

## TRAVELLING IN THE...

### ...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

### ...WINTER?

- Warm coat
- Hat and gloves

## Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

## Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

## FOOTWEAR

- 2 pairs** of trainers
  - 1 for activities
  - 1 old pair for watersports

- 1 pair of dry shoes** for evening activities



## OTHER ITEMS

- 2 towels**
  - 1 for showering
  - 1 old one for activities

- Reusable **drinks bottle**



- Small **rucksack/bag**

- Labelled **bin bag** for wet and dirty clothing



- Sleeping bag or duvet** and pillow (unless otherwise advised)

- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

## PLEASE DO NOT BRING

- Electrical devices
- Computer games
- Food items that contain nuts
- Jewellery/valuables
- Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.



Staff members attending:

Monday- Friday: Mrs Gillies (trip leader)

Monday-Wednesday:

Mrs Terzaghi, Miss Shaw, Mrs Everett.

Wednesday-Friday:

Mrs Zeal-Edwards, Miss Randall, Mrs Morris, Mrs Styles.

Coach: Excelsior