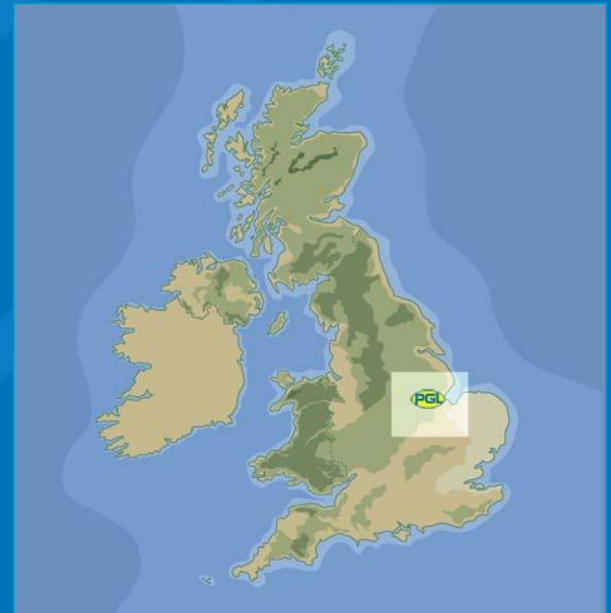




PGL Caythorpe Court

Lincolnshire

14th–16th October 2025



Staff on the trip



Mr Flockhart

Mrs Unwin

Miss Howarth

Mrs Middleton

PGL Caythorpe Court

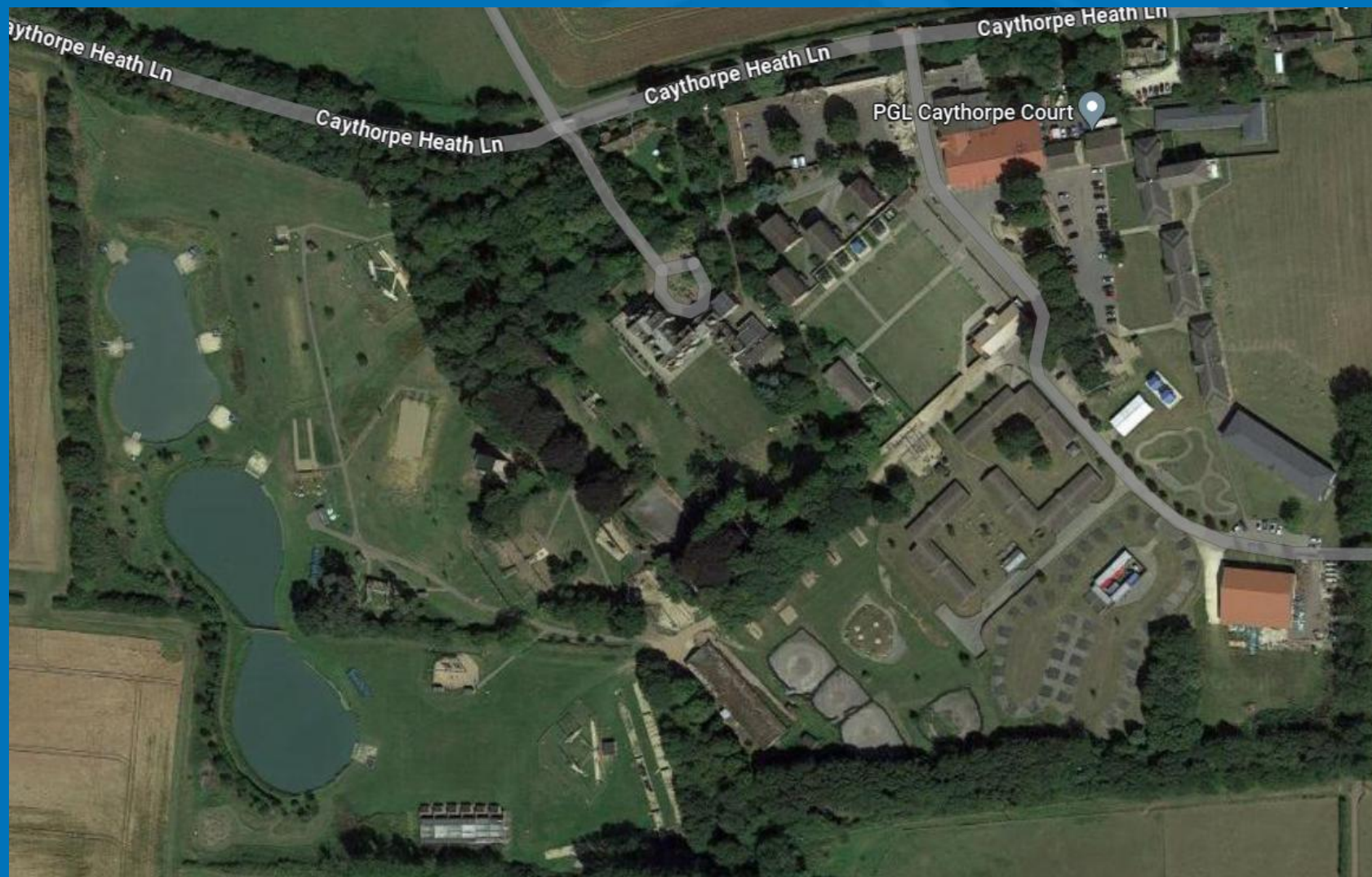
About Caythorpe Court

In the heart of the countryside, just north of Grantham, the beautiful grounds at Caythorpe are packed full of adventures on land and water, designed to inspire, motivate and challenge. Whether it's a leap for the trapeze bar or a team canoeing challenge, the activities at Caythorpe Court encourage each individual to enjoy learning something new.

There are great facilities too, including a sports hall, a lake for watersports, playing fields and plenty of classroom space.



Caythorpe Court



Accommodation

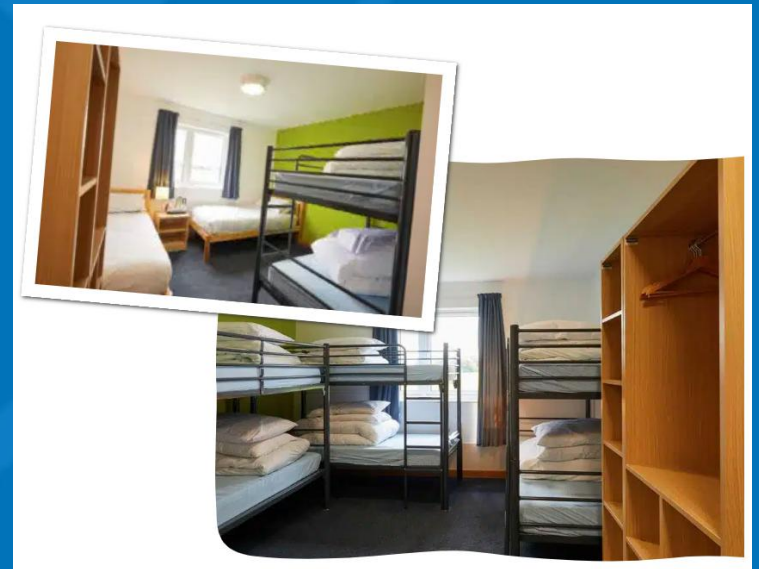


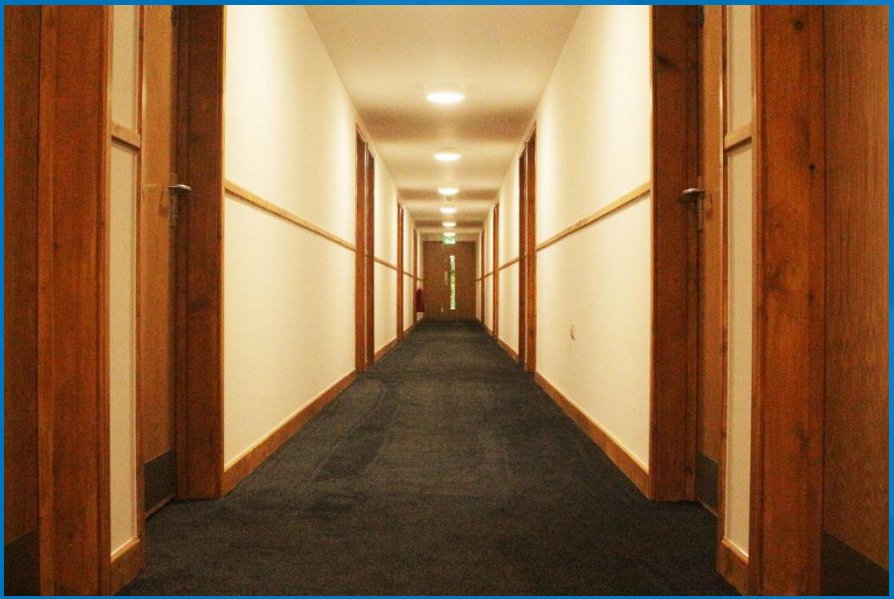
Dormitory-style rooms in accommodation blocks and lodges

Caythorpe Court has a range of accommodation blocks and lodges to choose from, with cosy and clean dormitory-style rooms. Children stay in bunk beds, sleeping 3-8 per room, complete with en suite bathrooms.

- *Children have selected who they would like to be with.*
- *Rooms will be allocated on arrival*

- *En suite rooms*
- *sleep 4-6;*
- *Bedding is NOT provided (this was an extra cost)*
- *Children to bring sleeping bag and pillow.*





Premium Quality

Outdoor Education

• High ropes



• Quick jump



• Rifle shooting



• Zip wire



• Abseiling

• Fencing

Catering

& dietary needs

- 3 nutritious, balanced meals per day
- Vegetarian option
- Salad bar
- Special diets catered for by prior arrangement



<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>

REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)	Baked Beans (ve) (158c/149)
Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)	Hash Browns (ve) (198c/189)
Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)	Fresh Mushrooms (ve) (158c/149)
Bacon (128c/119)	Sausages (128c/119)	Bacon (128c/119)	Sausages (128c/119)	Bacon (128c/119)	Sausages (128c/119)	Sausages (128c/119)
Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)	Vegetable Sausages (ve) (128c/119)

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

LUNCH

Pepperoni Pizza (109c/100)	Cheese Burger (149c/140)	Homemade Beef Bolognese (159c/150)	Battered Chicken Chunks (149c/140)	Harry Ramsden™ Battered Fish (149c/140)	Jacket Potato (ve) (109c/100) Served with your choice of: Grated Mild Cheddar (v) (129c/120), Baked Beans (ve) (129c/120) or Tuna Mayo (119c/110)	Roasted Chicken Breast (129c/120)
Margherita Pizza (v) (109c/100)	Chicken and Cheese Burger (139c/130)	Homemade Bacon Carbonara (129c/120)	Chicken & Tomato Fried Rice (149c/140)	Jumbo Pork Sausages (169c/160)	Homemade Beef Chilli Con Carne (169c/160)	Meatless Farm™ Plant-based Chicken Breast (ve) (129c/120)
Plant-based Mushroom Pizza (ve) (153c/144) Served with: Skinny Fries (ve) (169c/160)	Meatless Farm™ Plant Based Burger (ve) (169c/160) Served with: Ziggy Fries (ve) (129c/120), Garden Peas (ve) (159c/150), Sliced Mild Cheddar (v) (129c/120)	Homemade Vegetable Ratatouille (ve) (149c/140) Served with: Penne Pasta (ve) (109c/100), Garlic Bread (v) (129c/120), Grated Hard Cheese (v) (129c/120)	Vegetable Nuggets (ve) (122c/113) Served with: Sweet Chilli Sauce (ve) (129c/120), Potato Puffs (ve) (129c/120), Garden Peas (ve) (159c/150), Sweetcorn (ve) (129c/120)	Quorn™ Fishless Fingers (ve) (125c/116) Served with: Skinny Fries (ve) (169c/160), Mushy Peas (ve) (129c/120), Chip Shop Curry Sauce (ve) (129c/120)	Homemade Chilli Non Carne (ve) (129c/120) Served with: White Rice (ve) (119c/110)	Served with: Roast Potatoes (ve) (129c/120), Yorkshire Pudding (v) (129c/120), Fresh Broccoli (ve) (129c/120), Fresh Baton Carrots (ve) (129c/120), Gravy (ve) (119c/110)

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

DINNER

Fish Fingers (139c/130)	Chicken Katsu Curry (179c/170)	Chicken Tikka Masala (169c/160)	Breaded Garlic Chicken** (159c/150)	Hunters Chicken (149c/140)	Battered Chicken Chunks (169c/160)	Homemade Beef Lasagne (169c/160)
Turkey Meatballs in Tomato Sauce (169c/160)	Homemade Mac n Cheese (v) (159c/150)	Pork Sausage Roll (159c/150)	Homemade Beef Lasagne (159c/150)	Turkey Hot Dogs (149c/140)	Homemade Mac n Cheese (v) (169c/160)	Pork Sausage Roll (159c/150)
Vegetable Chow Mein (ve) (159c/150) Sides: Penne Pasta (ve) (109c/100), Potato Puffs (ve) (129c/120), Sweetcorn (ve) (129c/120), Green Beans (ve) (129c/120)	Vegetable Fingers (ve) (159c/150) Sides: White Rice (ve) (119c/110), Garlic Roasted Baby Potatoes (ve) (129c/120), Fresh Broccoli (ve) (129c/120), Fresh Baton Carrots (ve) (129c/120)	Vegetable Korma (ve) (159c/150) Sides: White Rice (ve) (119c/110), Potato Wedges (ve) (129c/120), Garden Peas (ve) (159c/150), Fresh Baton Carrots (ve) (129c/120)	Homemade Vegetable Lasagne (ve) (159c/150) Sides: Garlic Bread (v) (129c/120), Garlic Roasted Baby Potatoes (ve) (129c/120), Fresh Broccoli (ve) (129c/120), Carrot & Swede Mash (ve) (149c/140)	Meatless Farm™ Plant Based Meatballs in Tomato Sauce (ve) (149c/140) Sides: Penne Pasta (ve) (109c/100), Ziggy Fries (ve) (129c/120), Sweetcorn (ve) (129c/120), Green Cabbage (ve) (129c/120)	Vegetable Chow Mein (ve) (159c/150) Sides: Potato Wedges (ve) (129c/120), Garlic Bread (v) (129c/120), Garden Peas (ve) (159c/150), Carrot & Swede Mash (ve) (149c/140)	Vegetable Fingers (ve) (159c/150) Sides: Potato Wedges (ve) (129c/120), Garlic Bread (v) (129c/120), Garden Peas (ve) (159c/150), Carrot & Swede Mash (ve) (149c/140)
Homebaked Iced Sponge Cake (v) (129c/120)	Toffee Apple Muffins (v) (109c/100)	Chocolate Ring Doughnut (v) (139c/130)	Banoffee Cheesecake (v) (129c/120)	Vanilla Iced Chocolate Cake (v) (139c/130)	Homemade Sultana Flapjack (ve) (139c/130)	Chocolate Muffin (v) (119c/110)

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

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan, vegetarian 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 in advance.

ASK ABOUT ALLERGENS
WE ARE HAPPY TO HELP

Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask. 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 legal 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 tree nuts or peanuts as intentional ingredients.

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

Although every one has been taken, some small bones may remain in our fish, sausage, turkey and chicken. Sides: carrot, carrot & swede mash, egg, and some olive stones may remain in our salads.

Where used, our ham is sourced from selected cuts of pork with added water.

* Small children can choke on seeds.

** Chopped and shaped chicken.

Wednesday 14th October

Children come to school at the usual time Wednesday morning.

Children to come to school in non-uniform- ready to get stuck in an activity later in the day. Enter school with luggage via classroom door and luggage will be taken to the meeting room.

All medication to be handed to Mr Flockhart, please make sure it is labelled.

Children MUST bring a rucksack with a drinks bottle, disposable lunch and a waterproof coat.

Leave school around 10 am.

Communication

We will communicate through Arbor/Facebook, where I can and update the class page via the website.

Timings may vary.

We will add as many photos as possible.

We will also update you on

Friday with our ETA back to school it should be for 3.20 but if we are slightly earlier you will be able to collect early.

Kit List

Children need to make sure they have enough layers on to keep warm. They can always take off layers if need be.

They need a number of:

- T-shirts
- Jumpers
- Large Hoodies
- Trousers- Joggers (thin and thick pairs so children can wear 2 pairs at a time! No jeans for activities as they get too heavy when wet.)
- Waterproof thick Coat
- Hat
- Scarf
- 2 X pair of gloves
- Socks- must cover ankles for activities
- Pants
- Suitable nightwear
- 1 or 2 sets of evening clothes for activities



Please ensure that all items are named.



FOOTWEAR

Children need 2 pairs of activity suitable footwear (Walking boots & a pair of old trainers)
1 pair of evening shoes for dry activities (trainers)

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

PLEASE DO NOT BRING

- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Electrical devices

Extra information

NO phones or electrical devices

They can bring disposable cameras (safety briefing and what's appropriate)

There is a gift shop maximum £5-£10

Any Questions