



Minsthorpe Community College

Post 16 – London Trip

Friday the 3rd to Sunday the 5th of
March 2023



Presented by Miss Cook



Miss Cook –
Soc Voc



Mrs Howson
– Science



Dr Sutton –
Science



Miss
Middleton –
Science

Aims of tonight's meeting

To give you information on and allow you ask questions about:

- The schedule
- Accommodation
- Food and drink
- Budget
- What to pack
- Ground rules
- Parameters for free time
- Follow up tasks
- Any questions



Motivation ♦ Commitment ♦ Care



The Schedule: Friday 3rd of March



Time	Activity	Notes
8.30am – 9am	Meet at Minsthorpe college and load coach	
11.15am -12am	Arrive at services for a 45 min comfort break	Walford Gap or Northampton south –Traffic depending
2.30pm -3.30pm	Arrive at Buckingham palace for free time and to explore the area	
3.30pm -5.30pm	Meet back at pick up point for walking tour of the sites of London	London Eye Waterloo
5.30pm -6pm	Travel to hotel	151 Wembly Park HA9 8HQ
7pm -8.30pm	Evening meal at the hotel	Pre orders needed – Not included in the price budget £20 for meal and soft drink
8.30pm	Walking tour of local area	
9pm	Back to the hotel to relax	
10pm	All students in rooms	



The Schedule: Saturday 4th of March



Time	Activity	Notes
8.30am -9.15am	Breakfast at accommodation	Included in cost
9.15am -10.30	Travel to London	
10.30am -1pm	Time in the British Science Museum	Walford Gap or Northampton south –Traffic depending
1 – 2pm	Lunch in local area	Student choice in small groups
2pm -5pm	Time in the National History Museum	
5 -7pm	Time to explore local sites	London Eye Waterloo
7pm -8.30pm	Italian restaurant for evening meal	Pre order needed- not included in the price -Budget around £20 for meal and soft drink.
8.30pm – 9pm	Travel back to the hotel	
9pm	Time in the hotel to relax	
10pm	All students in rooms	



Schedule – Sunday 6th of March








Time	Activity	Notes
8.00am	Breakfast at accommodation	Included in cost
9.15am	Meet at coach to depart for London	
10.30am	Arrive at British Museum	
1pm	Meet at coach to travel home	Student choice in small groups
3.30pm - 4.15pm	Arrive at services for 45 min lunch	Walford Gap or Northampton south – Traffic depending
7.30pm	Arrive at Minsthorpe community college	Students to make their own way home



Accommodation

Wembley Park - Premier Inn Triple rooms



-  Hairdryer
-  Powerful shower
-  Vanity area
-  Tea & coffee facilities
-  Free Wi-Fi

Choosing who you are sharing rooms with is one of the follow up task

Please do not worry if there are not three in your or you are not sure who to share with. I will organise this with you

All rooms will be single sex



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Food at accommodation

Friday evening



Dinner MENU

STARTERS
Piri Piri Chicken Wings X5 Served with a creamy blue cheese sauce (serves 1, 454kcal) Upgrade to 10 wings (serves 2, 799kcal whole dish, 400kcal per serve) Upgrade to 15 wings (serves 2, 1,144kcal whole dish, 381kcal per serve)
BBQ Chicken Wings³ X5 Smoky BBQ wings topped with chilli and coriander (serves 1, 361kcal) Upgrade to 10 wings (serves 2, 721kcal whole dish, 361kcal per serve) Upgrade to 15 wings (serves 2, 1,083kcal whole dish, 361kcal per serve)
Salt & Pepper Calamari¹ Tossed with fresh chilli with mayo for dipping (482kcal)
^{100g} Fish Goujons** Breaded Pollock served with tartare sauce (389kcal)
Cauliflower Popcorn vve Served with a roasted red pepper and harissa dip (309kcal)
Prawn Cocktail** Served with toasted ciabatta (361kcal)
Soup of the Day vve Served with toasted ciabatta (152/173kcal)
Homous ⁸ Flatbread vve Char-grilled flatbread topped with homous and olive oil (444kcal)
^{100g} Sharing Platter^{4u} Smoky BBQ chicken wings topped with chilli and coriander, cauliflower popcorn, stone in olives and flatbread. Served with homous, cucumber, tomato and a roasted red pepper and harissa dip (serves 2, 1,255kcal whole dish)

BURGERS
^{160g/175g} The House Stack Burger Two 4oz* burgers, Cheddar cheese, cos lettuce, red onions, tomatoes and burger sauce. Served in a brioche bun with skins on chips and house slaw (1,307kcal with bun, 1,105kcal without bun) Add two crispy oak smoked streaky bacon rashers (63kcal)
The Plant Burger vve GARDEN GOURMET* Sensational™ burger with Vasilis cheese slice, cos lettuce, red onions, tomatoes and burger sauce. Served in a vegan bun with skin-on chips and vegan slaw (965kcal with bun, 781kcal without bun) Add two vegan THIS* Isn't Bacon rashers vve (58kcal)
Why not add some of our tasty sides to your meal?
PIZZAS
Create Your Own Pizza Get a slice of the action with our tomato sauce base pizza, topped with mozzarella and Cheddar cheese (878kcal) and your choice of three toppings:
Pepperoni (130kcal) Red Pepper v (71kcal) Ham¹ (40kcal) Tomato v (12kcal) Mushrooms v (23kcal) Red Chilli v (1kcal) Chicken (77kcal) Rocket v (2kcal) Red Onion v (8kcal) Pineapple v (41kcal)

FROM THE GRILL
All our grills are served with your choice of accompaniment
30 Day Aged Box* Sirloin Steak Served with half roasted tomato, grilled mushroom and dressed rocket (388kcal)
^{160g/175g} 30 Day Aged 10oz* Ribeye Steak Served with half roasted tomato, grilled mushroom and dressed rocket (573kcal)
Mixed Grill Grilled 4oz* sirloin steak, 5oz* gammon steak, half chicken breast and pork sausage. Served with a fried egg, half roasted tomato, grilled mushroom and dressed rocket (768kcal) Upgrade Box* Sirloin (526kcal)
Chargrilled Salmon Fillet** Served with half roasted tomato, grilled mushroom and dressed rocket (401kcal)
Chargrilled Chicken Breast Served with half roasted tomato, grilled mushroom and dressed rocket (271kcal)
10oz* Chargrilled Gammon Steak Served with two fried eggs (679kcal) or grilled pineapple rings (635kcal) or one of each and garden peas (47kcal)
Pick your accompaniment Skin-on Chips vve (291kcal) Creamy Mashed Potato v (284kcal) Tenderstem⁸ Broccoli ⁸ Garden Peas vve (159kcal) House Salad vve (47kcal) Add a sauce Peppercorn (29kcal) Blue Cheese (253kcal) Béarnaise¹ v (141kcal) Hollandaise¹ v (140kcal)
Why not add some of our tasty sides to your meal?

THE CLASSICS
Beef ⁸ Ale Pie⁸ Our award-winning pie, served with mashed potato, Tenderstem ⁸ broccoli, peas and gravy (1095kcal)
Baked Spinach ⁸ Ricotta Cannelloni v Baked in a creamy tomato sauce topped with Cheddar cheese. Served with garlic flatbread and a house salad (853kcal)
^{160g/175g} Rigatoni Bolognese A rich beef bolognese served with garlic flatbread (943kcal)
Beer-Battered Haddock ⁸ Chips*⁴⁵ Served with your choice of garden or mushy peas and tartare sauce (871kcal with garden peas or 909kcal with mushy peas)
Chicken Makhani Curry Served with white rice, crispy poppadom and mango chutney dip (770kcal) Add a naan bread (191kcal)
Sweet Potato ⁸ Spinach Curry vve Made with chickpeas and coconut. Served with white rice, two crispy poppadoms and mango chutney dip (536kcal)
SALADS
^{160g/175g} Cobb Salad vve Shredded cos, tomatoes, cucumber, sweetcorn, red pepper, carrot and red cabbage. Topped with avocado and croutons (373kcal)
Add Grilled Chicken (155kcal) Add 4oz* Sirloin Steak (156kcal) Add Salmon Fillet** (325kcal)
Chicken ⁸ Bacon Caesar Salad Cos lettuce, a boiled egg, crispy oak smoked streaky bacon with a Caesar dressing. Served with freshly baked garlic flatbread with cheese (670kcal)
Med Grain Bowl¹ vve Mixed grains with homous, baked flatbread, stone in olives, tomatoes, cucumber, red pepper and dressed rocket (670kcal)

SIDES
Skin-on Chips vve (291kcal) Creamy Mashed Potato v (284kcal)
Tenderstem⁸ Broccoli ⁸ Garden Peas vve (159kcal) ^{160g/175g} Beer-Battered Onion Rings⁸ (280kcal) ^{160g/175g} Macaroni Cheese v (403kcal) House Salad vve (47kcal)
DESSERTS
^{100g} Cadbury⁸ Nibbles Ice Cream Sundae v Vanilla dairy ice cream with Cadbury ⁸ Dairy Milk Caramel Nibbles and chocolate sauce. Topped with a whip of cream and a crumbled chocolate Flake (445kcal)
Triple Chocolate Brownie v White, milk and Belgian dark chocolate chunks. Drizzled in a chocolate sauce and served with vanilla ice cream (637kcal)
New York Cheesecake* v Creamy NY style cheesecake with a crisp biscuit base served with fruit berries (434kcal)
Vanilla Ice Cream v Three scoops of vanilla dairy ice cream (174kcal)
Sticky Toffee Pudding v Served with vanilla ice cream (571kcal)
Fruit Salad vve A selection of pineapple, oranges, red apple, green apple, strawberries and red grapes (106kcal)

This *is not included in the price* you have paid. There are no prices on the menu but all meals (with the exception of steak) are between £11 - £15

Bursary students your main meal will be paid for up to £20 – *You are responsible for purchasing drinks.*

Those not on bursary you should budget £20 for evening meal and soft drinks.

Pre ordering your meals is one of the follow up task



Motivation ♦ Commitment ♦ Care

Food at accommodation Saturday and Sunday morning



This is included in the price and unlimited.

As proud Yorkshire folk I fully expect you to take full advantage of this!

- Eat as much as you can
- Take fruit for snacks though the day
- Fill your water bottles

Breakfast MENU

KIDS EAT FREE*

UNLIMITED COOKED

This includes unlimited cooked and continental breakfast and unlimited drinks

Eggs - Scrambled (280kcal), Fried (108kcal),
Poached (79kcal) or Boiled (82kcal) V
Hash Browns VVE (100kcal per hash brown)
Back Bacon (49kcal per rasher)
THISTM Isn't Bacon VVE (38kcal per rasher)
Premium Sausages (122kcal per sausage)

GARDEN GOURMET[®] Sensational[™] Vegan Sausage VVE
(70kcal per sausage)
Baked Beans VVE (74kcal per spoon)
Black Pudding (122kcal per slice)
Halved Grilled Tomato VVE (28kcal per half tomato)
Mushrooms VVE (53kcal per spoon)

UNLIMITED CONTINENTAL

This includes unlimited continental breakfast and unlimited drinks

BAKERY

Croissant V (203kcal)
Pain au Chocolat V (184kcal)
Blueberry Muffin V (235kcal)
Pancake V (96kcal)
Sourdough Crumpet VVE (88kcal)
NEW Sourdough Muffin VVE (226kcal)

SLICED BREAD

White Bread VVE (90kcal per slice)
Malted Brown Bread VVE (91kcal per slice)
Gluten Free Bread V (84kcal per slice)

FRUITS

Bananas VVE
Clementines V
Apples VVE
Fruit Berry Mix VVE
Del Monte Fresh Fruit VVE

UNLIMITED TEA,

HOT DRINKS

Coffee
PG Tips
Choose from Black Tea, Decaf Tea, Green Tea, Raspberry Tea,
Camomile Tea, Mint Tea, Earl Grey Tea

YOGHURTS AND CEREALS

Porridge V
With cow's milk (337kcal)
With soya drink (324kcal)
Granola (188kcal per 45g)
Muesli Fruit[™] V (166kcal per pack)
Special K V (112kcal per 30g)
Coco Pops V (115kcal per 30g)
Cornflakes V (113kcal per 30g)
Weetabix VVE (136kcal per 2 biscuits)
Rice Krispies V (117kcal per 30g)
A selection of yoghurts V (see packaging for calories)

PRESERVE, SPREADS AND JAMS

Assorted Jams VVE (34kcal)
Peanut Butter VVE (98kcal)
Honey V (65kcal)
Orange Marmalade VVE (33kcal)
Hazelnut Spread V (83kcal)
Maple Syrup VVE (63kcal)
Marmite VVE (71kcal)
Sunflower Spread VVE (43kcal)

COFFEE & JUICE

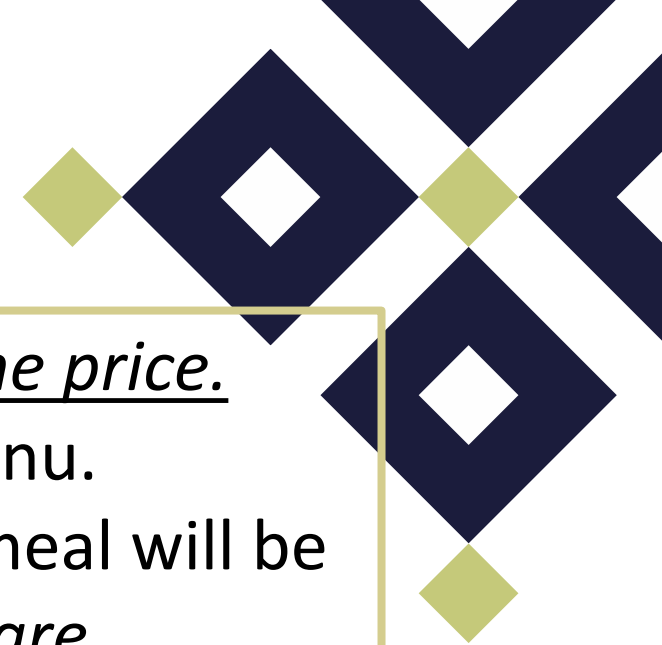
COLD DRINKS

Cranberry Juice Drink VVE (30kcal)
Apple Juice VVE (71kcal)
Orange Juice VVE (69kcal)



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Food not at accommodation – Saturday night



please ask about our specials of the day

pizza

margherita mozzarella, tomato & basil 7.95
with buffalo mozzarella +2.95

provenzale anchovies, onions, mozzarella, parmesan cheese, tomato & olives 10.85 with tuna +2.95

funghi mixed & wild mushrooms, tomato, garlic & mozzarella 9.65

contadina mozzarella, tomato, aubergines, courgettes, peppers & olives 10.75

prosciutto dry cured ham, mozzarella, tomato, rocket & parmesan 10.95

regina cooked ham, mushrooms, tomato, mozzarella & olives 10.25

americana pepperoni, mozzarella & tomato 10.95
add jalapenos +1.95

sarda sardines, spinach, peppers, olives, garlic, chilli, tomato & parmesan (no mozzarella) 11.25

piccante n'duja, peppers, jalapenos, mozzarella & tomato 10.95

romana mozzarella, spinach, pork salsiccia, chilli, garlic, parmesan & olives (no tomato sauce) 10.95

pasta

rigatoni al pomodoro tomato sauce & sundried tomato with fresh basil 7.95

linguine al pesto (n) with our home-made basil pesto topped with pistachios 9.25

radiatori gorgonzola & radicchio with parmesan & cream sauce 9.65

tagliatelle bolognese 10.45

spaghetti carbonara guanciale, clarence court egg & parmesan 10.45

tortelloni with lobster, prawn, courgettes served with butter, sage & caper sauce 13.95

fettuccine salmone with smoked salmon, garlic, green peas & cream sauce with touch of pickled lemon 13.95

linguine allo scoglio king prawns, mussels, clams, squid, celery, white wine, parsley, garlic, bisque & a touch of chilli 13.25

ravioli burrata filled with mushroom, burrata, served with butter & parmesan 12.45

cannelloni with ricotta & spinach 10.45

lasagna al forno beef ragu 10.65

ravioli all'ossobuco beef shank filling 12.95

risotto porcini mushrooms, garlic & parmesan 12.95
add pork salsiccia 1.95

gluten free pasta is available (1.50)

This is not included in the price.

All prices are on the menu.

Bursary students your meal will be paid for up to £20, *you are responsible for paying for your own soft drinks.*

Non bursary students you should budget £20 for a meal and soft drinks

Pre ordering your meal is one of the follow up tasks

led spatchcock chicken

ak with mushroom sauce 19.45

loin steak with green ed seasonal vegetables 19.45

s with capers, anchovies, ed with potatoes & broccoli 19.95

5.65 rocket & parmesan 5.65

95

c broccoli 4.95

on request.



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Food not at accommodation – Services Friday & Sunday lunch

Watford:

- Chozen Noodles
- Costa
- McDonalds
- Fresh food Café

Northampton:

- Chozen Noodles
- Costa
- McDonalds
- Leon

This *is not included in the price*

Bursary students you will be given a £10, non bursary budget £10 for this.



Food not at accommodation – Your choice Saturday lunch

KFC –
11 min walk



Leon or Five Guys
5 min walk

McDonalds –
11 min walk

This *is not included in the price*

Bursary students you will be given a £10, non bursary budget £10



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Budget

Every effort has gone into making this trip as affordable as possible but some food is an additional cost.

Bursary Students: You will need to budget for:

- Drinks with evening meals
- Any snacks and drinks you will want outside of meal times.

None Bursary Students: You will need to budget for meals:

- Lunch Friday -£10
- Lunch Saturday-£10
- Lunch Sunday -£10
- Evening meal Friday -£20
- Evening meal Saturday £20

Total - £70

Tips:

- Take a packed lunch for Friday
- Pack sweets and snacks instead of buying them at services
- Take a water bottle for drinks through the day
- Fill up at the free breakfast
- Take fruit at breakfast for a snack through the day
- Avoided the cliché trinkets – they are cheaper on Amazon!



What to pack

- 2 days worth of warm comfortable clothes for Saturday and Sunday. E,g jeans/joggers, t-shirts and jumpers
- Flat shoes – You will be doing a lot of walking!
- A waterproof coat or umbrella – This is the UK it rains!
- Pj's/nightwear– Remember you are sharing rooms
- Basic toiletries – Shower gel and soap will be provided in the room
- Mobile phone and charger – We expect you to have your phone with you and fully charged at all times
- Water bottle
- Spending money
- Any snacks you do not want to purchase in London



Ground rules

We want you to have the best time with us in London! In order to make this happen we need to keep everyone safe and happy so there has to be some ground rules.

- 1) Seat belts to worn on the coach at all times
- 2) All students to save the emergency contact number in your phones and have phones on and charged through the day (The number will be given to you on the coach)
- 3) Stick within the distance parameters given during your lunch and free time
- 4) Stay in the locations you are meant to be in - Museums and hotel. Do not leave these locations
- 5) No use of public transport
- 6) Stay together – You can choose these groups but please do not wander off or leave anyone alone. If in doubt stay with staff.
- 7) All students in their own rooms at 10pm – This is not necessarily a bed time, we just need to know where you all are/ We also need some rest so we can make the most of the day after.
- 8) Be on time to each meet point – a lot of planning has gone into making sure this trip runs smoothly, set alarms if you need to!
- 9) **No alcohol** – I know that some of you are 18 but you must remember you are on a educational visit and representing the college



Free time – Friday

Services 11.15am-12pm

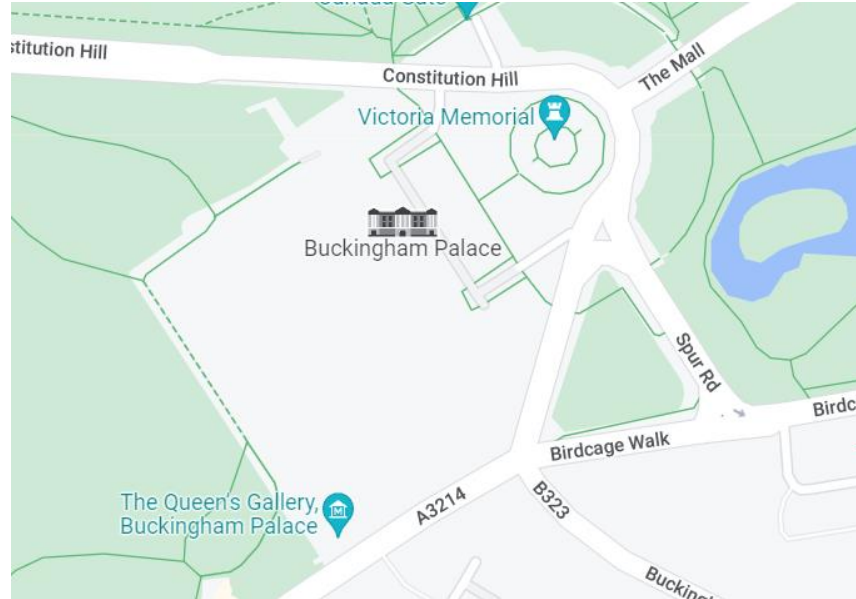
45 mins

Do not leave the service station grounds

Buckingham Palace: 2.30-3.30

1 Hour

You must stay within the grounds of Buckingham palace and gardens (See map)



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Free time – Lunch Saturday

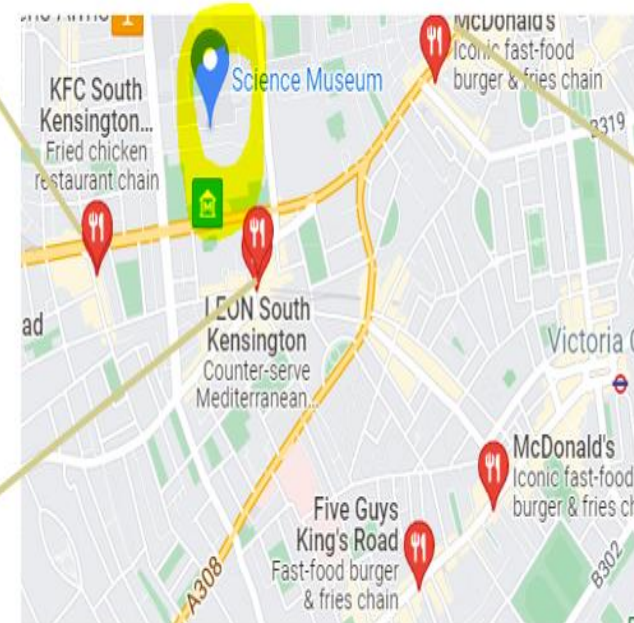
Lunch 1-2pm

1 hour - You must stay in the area around the Science and National History museum (See Map)

Rule of thumb – Do not walk for more than 12 mins in any direction

KFC –
11 min walk

Leon or Five Guys
5 min walk



McDonalds –
11 min walk



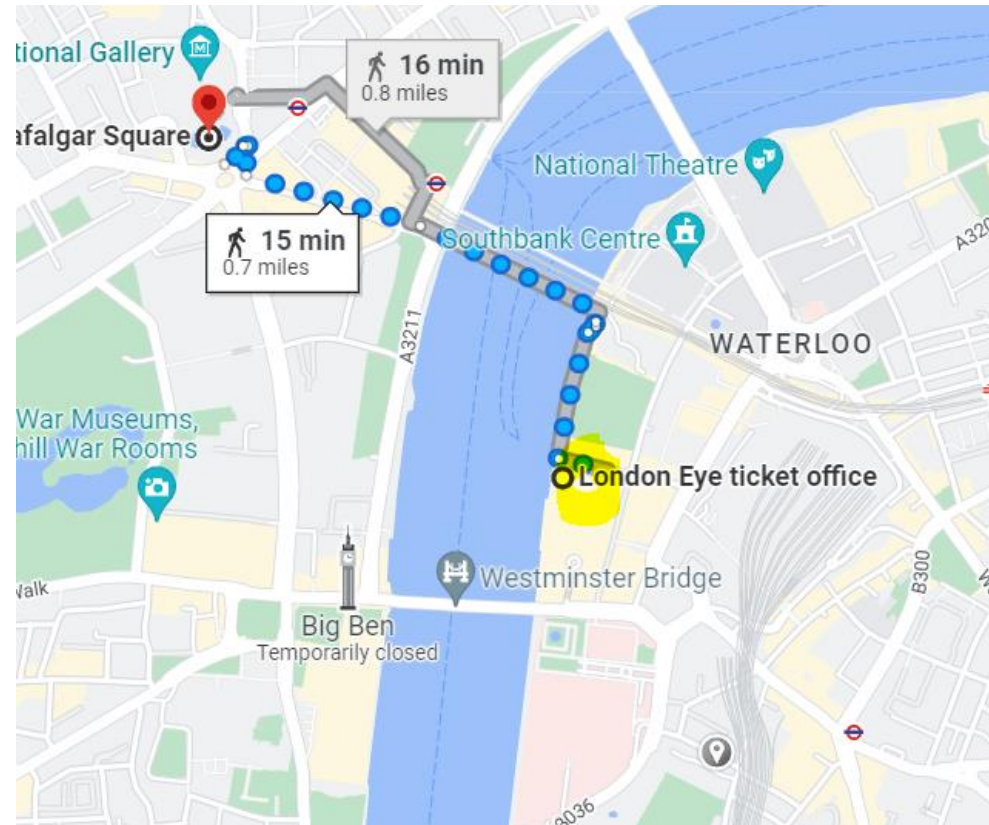
Free time – Saturday Evening

Evening 5-7 pm

2 hours- You must stay in the area around London Waterloo (London eye)

Rule of thumb – Do not walk for more than 15 mins in any direction:

- Big Ben is 11 mins away
- Trafalgar square is 15 mins away
- Westminster abbey is 15 mins away
- London eye 2 mins £36
- Sea life centre 2 mins £32-£38
- Shrek's adventure 2 mins £30



Free time – Sunday



Services 3.30-4.15pm

45 mins

Do not leave the service station grounds



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Follow up tasks

Rooming:

Please come see me at the end with who you are sharing a room with and I will assign rooms. I only need to see 1 person from each room
If you are not sure yet still come to see me so I can organise who you can share with

Food orders:

You have copies of each of the menus, these are also on satchel

- Premier inn – Friday night
- Rocca Italian – Saturday night

Please email me or reply on satchel with your pre orders no later than Thursday the 9th of February at 2.30
For both Friday and Saturday evening.

Location Apps:

Download both google maps and what three words.

We will be giving you both map locations (Pins) and what three words locations for meeting points and where staff will be located during free time. This means if one method fails you have a back up.
Paper maps will also be available!



Any questions??

If you think of any afterward
either email me
dcook@minsthorpe.cc or come
and see me in the Soc Voc
block



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