

LONDON UXBRIDGE, UK



**15 sesiones semanales + Programa Actividades
(mínimo 5 excursiones por Londres)**



Afuera de Londres, 25 km. del centro



2 semanas, del 3 al 17/07/23, 2.050€ + vuelo



3Eso-2Bach



Residencia, habitaciones individuales



**Andando en la residencia
Bus público y privado para excursiones**



24h



Pocos españoles



LONDON UXBRIDGE

Localización: Brunel University

Edad: 14-17 años

Alojamiento: habitaciones compartidas con baño compartido,
pensión completa

Capacidad: 300

Clases de Inglés general

Principales nacionalidades: China, Turquía, Portugal,
Kazajstán, Ucrania, Rusia



ACTIVIDADES DESTACADAS PROGRAMA:

- 5 Excursiones de día completo a Londres. Incluye tarjeta de transporte y visitas al Museo Imperial de la Guerra, Museo de Historia Natural y Ciencias, London Eye, Crucero por el río Thames, Emirates Cable Car, Zoo de Londres
- 1 Excursión de día completo a Brighton, con entrada al Bai360 Viewer Tower
- 1 excursión de día completo a Oxford
- 1 excursión de día completo a Uxbridge (Treasure Hunt y Shopping)





Brunel University London, que lleva el nombre del ingeniero victoriano Isambard Kingdom Brunel, está ubicada en Uxbridge, West London y es una universidad con campus. Las residencias universitarias, el refectorio, las aulas y las instalaciones deportivas se encuentran a poca distancia unos de otros. El campus ha sido reformado recientemente y ofrece modernas instalaciones. Es una ubicación ideal para jóvenes estudiantes que desean estar cerca del centro de Londres con acceso directo pero al mismo tiempo vivir en un entorno muy seguro.

Aspectos destacados del campus / Instalaciones:

- Cerca del centro de Londres
- Alojamiento moderno y bien equipado
- Espacios verdes abiertos
- Todas las instalaciones a poca distancia
- Excelentes instalaciones deportivas
- Tiendas en el campus
- Wi-Fi gratis
- Entorno seguro y seguro
- Fácil acceso a l aeropuerto de Heathrow





ALOJAMIENTO: Dirección: Universidad Brunel de Londres, Kingston Ln, Londres, Uxbridge UB8 3PH

- Acceso con tarjeta de acceso: (la pérdida de la tarjeta-llave tiene un cargo de £ 50.00)
- Toallas proporcionadas y cambiadas semanalmente
- Ropa de cama proporcionada y cambiada semanalmente
- Tabla de planchar disponible a pedido
- Cocinas disponibles en los pasillos y se pueden usar a diario: hervidor de agua (SOLO para líderes de grupo) y nevera provista
- Áreas comunes disponibles para estudiantes y líderes de grupo. (Sin sala de TV)
- WiFi gratuito en el campus Limpieza: Las habitaciones se limpian periódicamente en los pasillos
- Los baños y las duchas se limpian a diario Capacidad máxima: 300
- Tipo de mobiliario: Cama, escritorio, armario, silla
- Lavandería: Lavanderías de autoservicio disponibles en cada residencia con un coste adicional de £ 2,90 por lavado y £1,30 por sesión de secado.
- Aulas: Ubicadas en el campus (en una proporción de 1 maestro: 15 estudiantes)
- Restauración: Comedor ubicado en el campus con servicio de desayuno, almuerzo y cena.
- Se proporcionarán almuerzos para llevar los fines de semana.
- Se atenderán las necesidades dietéticas (con posible suplemento; debe reservarse con una antelación de dos meses a la salida del programa).

Instalaciones deportivas: Sala de deportes y canchas al aire libre disponibles

Acceso para discapacitados: Hay instalaciones para estudiantes con discapacidades disponibles en todo el campus
Bancos y cajeros automáticos: Cajero automático en el campus



DATOS DE INTERÉS:

-Médico: Primeros auxilios en el campus. El centro médico más cercano está en Central Uxbridge Surgery, George St, Uxbridge UB8 1UB (tel: 01895 231925), y el Hospital más cercano en Hillingdon Hospital, Pield Heath Road, Uxbridge UB8 3NN (tel: 01895 238282)

-Tienda: pequeño supermercado en el campus

-Cafeterías: Subway sandwichería y cafetería Costa en el campus

-Aeropuertos más cercanos: Aeropuerto de Londres Gatwick: aprox. A 55 minutos / 70 km del campus, Aeropuerto de Londres Heathrow: aprox. 15 minutos / 6,5 km.

-Taxis: Uxbridge taxis & Minicabs Centre, tel: 01895 540014. Perwood Cars Uxbridge, tel: 01895 236236

-Transporte público: Parada de autobús frente a la universidad. Los autobuses números U3, U1, U4, U7, A10 le llevarán a la estación de metro de Uxbridge. Estación de metro Uxbridge: viaje corto en autobús o 25 minutos a pie desde el campus, viaje aprox. de 45 minutos en la 'línea metropolitana' al centro de Londres.

CURSO DE INGLÉS

- - Pruebas en línea antes de la llegada de los estudiantes
- - 15 horas de clases de inglés por semana
- - Tamaño promedio de clase 15 estudiantes
- - PLUS libro de texto y todo el material complementario del curso
- - PLUS certificado de fin de curso



Además de nuestra profesora de Colegios SXXI, los estudiantes cuentan con todo el personal de PLUS, monitores que han sido cuidadosamente seleccionados por su actitud responsable y cariñosa y por ser amantes de la diversión y extrovertidos, a quienes también pueden acudir en cualquier momento para obtener ayuda. Todo el equipo PLUS se asegurará de que los estudiantes disfruten de sus vacaciones en un entorno emocionante y seguro. PLUS promete una experiencia de campamento de verano maravillosa, memorable y enriquecedora.



- El personal de PLUS está allí para ayudar a coordinar la organización de las actividades de la tarde y la noche

- Organiza Torneos deportivos y ayuda a los alumnos a integrarse

- El personal PLUS es joven, entusiasta y enérgico.



Además de las actividades PREMIUM incluidas en el programa, durante el campus nuestro personal PLUS organizará los siguientes eventos:

- - Fiesta de Bienvenida y Despedida
- - Noches Disco Temáticas
- - Karaoke y Espectáculos de Talento
- - Búsqueda del tesoro
- - Noche de Cine
- - Deportes: Fútbol, Baloncesto, Voleibol
- - Sesión de Baile con coreógrafos profesionales.

Los estudiantes reciben una tarjeta de viaje diaria en sus visitas planificadas a Londres. Los traslados a excursiones y actividades dentro de Londres se harán en transporte público y los de fuera de Londres en transporte privado



APLICACIÓN MÓVIL PLUS:

La APLICACIÓN PLUS permite a los estudiantes y líderes de grupo obtener toda la información importante sobre:

Campus/Ciudad/Emergencias/Programa de actividades personalizadas y diarias tal como suceden en el campus/Recorrido a pie con audio durante una excursión y mucho más .

UXBRIDGE

PREMIUM 2 WEEKS

Date		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day		Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Start	Finish							
08:00	08:30	Arrival & Check in	Packed Breakfast	Packed Breakfast	Breakfast	Packed Breakfast	Packed Breakfast	Breakfast
08:30	09:00		Full Day Excursion to London: Buckingham Palace, St James's Park, Westminster Abbey, Houses of Parliament, Big Ben, 10 Downing Street, Horse Guards, Trafalgar Square and National Gallery	Full Day Excursion to Oxford: Clarendon Building, The Sheldonian Theatre, Radcliffe Camera, University Church of St Mary the Virgin, The Queen's College, Merton College and Christ Church	Lesson	Full Day Excursion to London: Tower of London, Tower Bridge, Tate Modern and St Paul's Cathedral. Thames River Cruise included	Full Day Excursion to Uxbridge with organised Treasure Hunt and Shopping	Lesson
09:00	12:00							
12:00	13:30							
13:30	14:30							
14:30	17:30							
17:30	18:30		Free Time	Free Time				
18:30	19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30	20:00	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower
20:00	20:30	Excursion Presentation	Excursion Presentation		Excursion Presentation	Excursion Presentation		
20:30	22:30	Welcome Presentation & Carousel Conversations	Scavenger Hunt	Monopoli	PLUS Factor - Karaoke Night	Disco	Music Quiz	Picture Hunt

PLUS SUGGESTED PROGRAMME

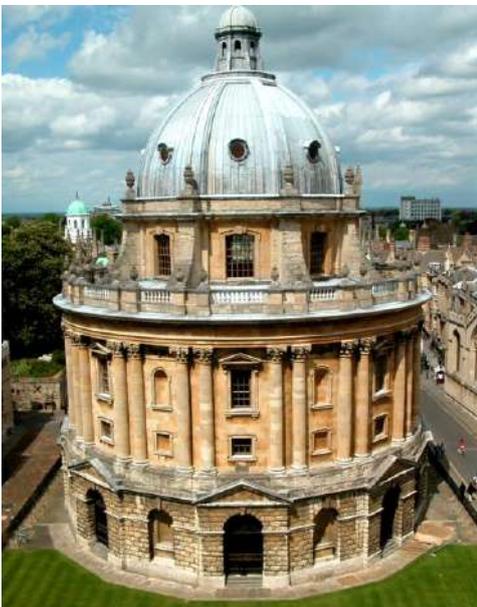
Date		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Day		Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Start	Finish								
08:00	08:30	Breakfast	Packed Breakfast	Packed Breakfast	Breakfast	Packed Breakfast	Breakfast	Packed Breakfast	Check out & Departure
08:30	09:00								
09:00	12:00	Lesson	Full Day Excursion to Brighton: Royal Pavilion, Brighton Museum, Brighton Dome, Pavilion Gardens, Lanes, Churchill Square Shopping Center and Brighton Pier	Full Day Excursion to London: Piccadilly Circus, Soho, Chinatown, Leicester Square and Covent Garden	Lesson	Full Day Excursion to London with visits to Science Museum and Natural History Museum, London Eye ride included	Lesson	Full Day Excursion to London: Emirates Cable Car and London Zoo included	
12:00	13:30	Lunch			Lunch		Lunch		
13:30	14:30	Lesson			Lesson		Lesson		
14:30	17:30								
17:30	18:30	Free Time	Free Time	Free Time					
18:30	19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:30	20:00	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	Relax & Shower	
20:00	20:30	Excursion Presentation	Excursion Presentation		Excursion Presentation		Excursion Presentation		
20:30	22:30	Murder Mystery	Disco	Monopoli	International Night	Knockout	Plus Has Got talent	Graduation & Farewell Disco	

PLUS SUGGESTED PROGRAMME



FULL DAY EXCURSION

OXFORD



Accident and Emergency (A&E):

John Radcliffe Hospital

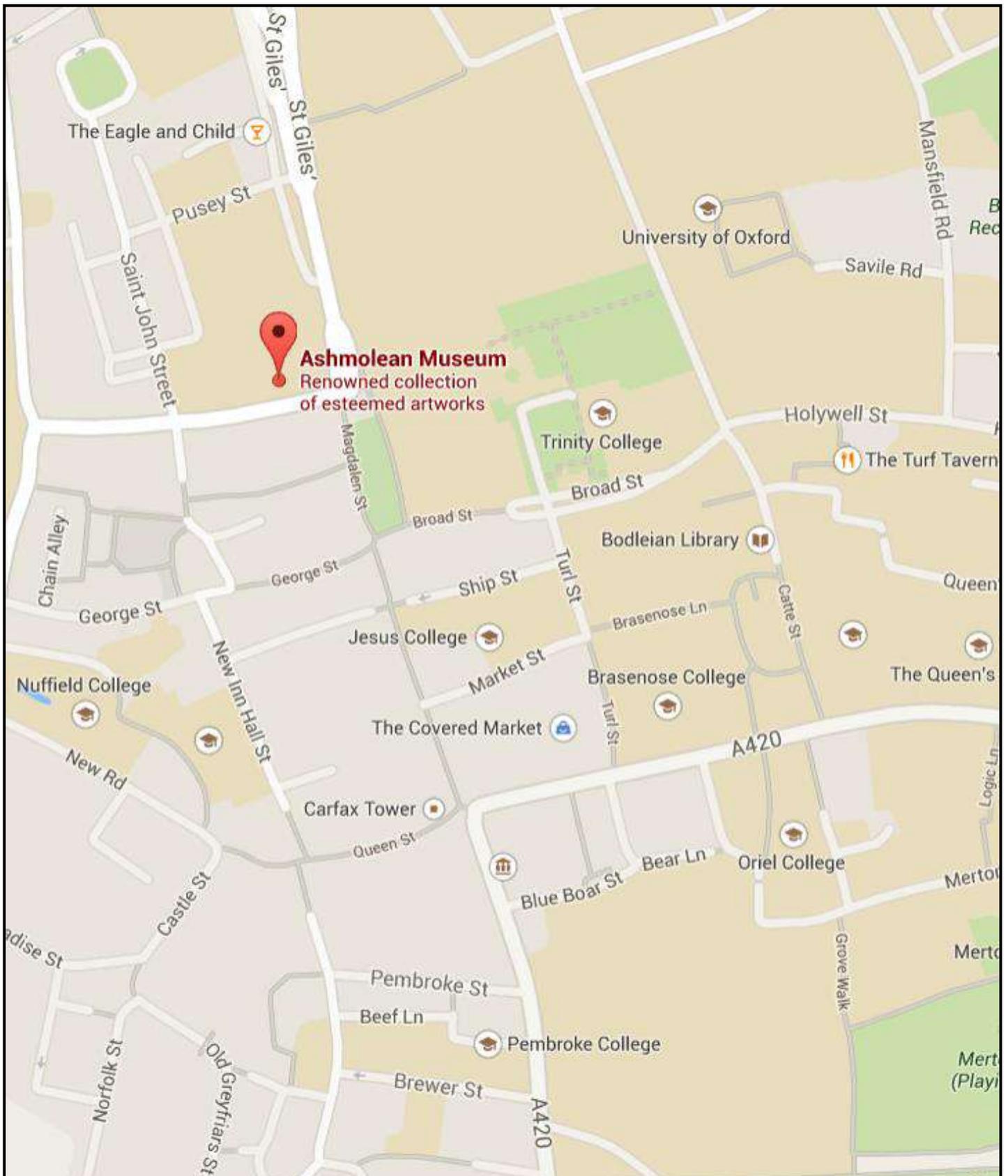
Headley Way

Headington, Oxford

OX3 9DU

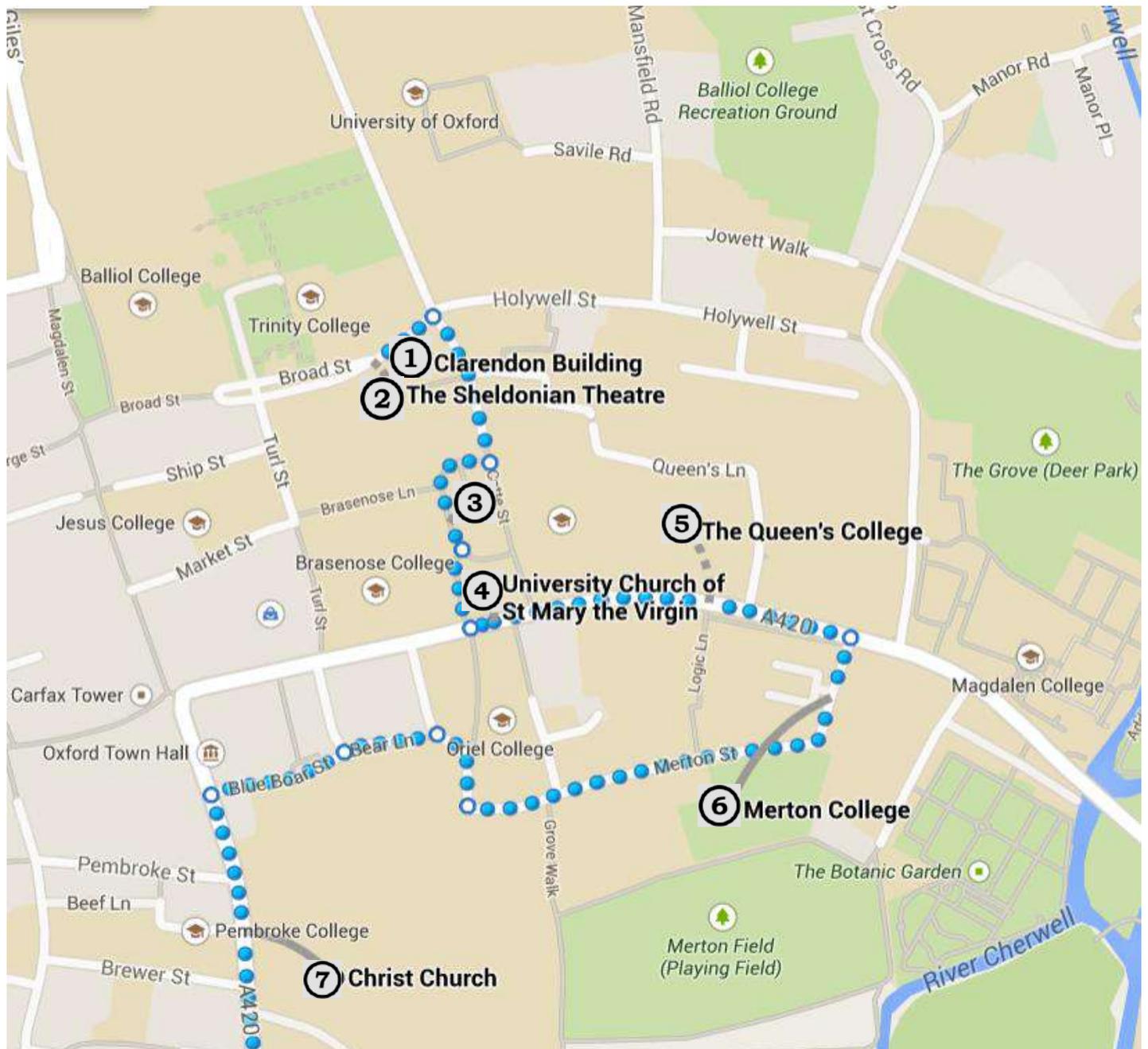
p. 01865 741166

DROP OFF & PICK UP AT DESTINATION



Drop off & pick up at destination: Asmolean Museum on Beaumont Street

WALKING TOUR



This walking tour starts from point number 1 on this map. When you arrive at each point read the description of the sight. You can find information about each sight on the following pages.

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POINT 1: CLARENDON BUILDING

The Clarendon Building was built in the early 18th century to house the Oxford University Press. This Grade I listed building was named after Lord Clarendon who wrote the History of the Great Rebellion and some of the profits from the book was used to pay for the building. In the 19th century the building was used as a police station for a few years until it became the registry for the University of Oxford. The building is owned by the University of Oxford, and it is now part of the close by Bodleian library. Today the building is used as office and meeting space for senior members of staff as well as the Bodleian library's admissions department and the Victorian County History of Oxfordshire.

POINT 2: THE SHELDONIAN THEATRE

The Sheldonian Theatre was built in 1668, and it was named after Gilbert Sheldon, the University Chancellor at the time. The building has a prominent eight-sided cupola in the centre of the roof. The cupola is accessible via a staircase leading to the dome over the main ceiling. The cupola has large windows on all sides, providing views across central Oxford. The roof is made up of a series of timber supports and complicated cross beams. The Theatre is the official ceremonial hall of the University of Oxford. It is the place where students are admitted to the University, where they receive their degree and it is the meeting place for the Congregations, the University's parliament. The Theatre can also be hired for music concerts, lectures, talks and other events.

POINT 3: RADCLIFFE CAMERA

The Radcliffe Camera was built in the 18th century to house the Radcliffe Science Library. The building and the square are named after John Radcliffe who was a student at the University of Oxford and later became doctor to the King. The distinctive circular dome of the structure makes the Radcliffe Camera one of the most recognisable and photographed buildings in Oxford and it is the earliest example in England of a circular library. Today the Camera contains reading rooms used by undergraduates at the University. It is connected to the Old Library with a

subway housing an underground book-storage. The Radcliffe Square, where the Radcliffe Camera stands, is widely regarded as the most beautiful square in Oxford.

POINT 4: UNIVERSITY CHURCH OF ST MARY THE VIRGIN

The University Church of St Mary the Virgin is the largest of Oxford's parish churches and it is the centre from which the University of Oxford grew. In the early 13th century when the University started to develop as scholars and teachers moved into halls of residence in Oxford, they needed a central meeting place and they came to the Church. It was used for academic lectures as well as Christian services. Even the University's court, treasury and library were housed in the Church for a while. By the 15th century the Church had become too small for these activities and the University moved its lectures, library and official ceremonies to other buildings nearby. The importance of the Church did not diminish and it is still a site for major events within the University. The Church has one of the most beautiful spires in England and eccentric baroque porch. The 62 meter tower dates back to the 13th century and houses a 124 step staircase.

POINT 5: THE QUEEN'S COLLEGE

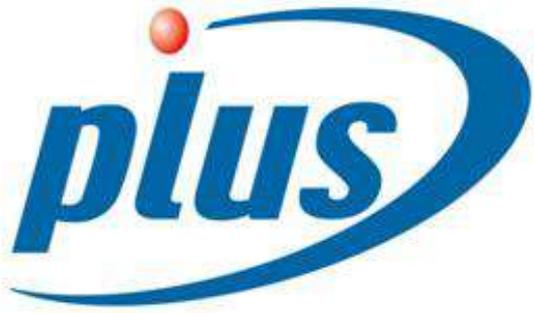
The Queen's College was founded in 1341 as the 'Hall of the Queen's Scholars at Oxford'. It was established as a residence for fellows, chaplains 'poor boys' and various officials and servants. Initially Queen's was poor but the funding and quality slowly grew. In the 15th century preference for people was from Cumberland and Westmorland, and made the College a community of north-westerners. During Queen Elizabeth's reign it became one of the most popular colleges at Oxford and the funding for the College grew even more. In the 18th century the medieval College was entirely rebuilt so that the Queen's was the only Oxford College to be housed entirely in Baroque buildings. Since the 19th century the College has developed a strong academic reputation, solid funding and wise management making it secure and successful. Although candidates from all possible backgrounds are welcomed and northerners no longer have preference, the College still remains conscious of its history and traditions and values its ancient links to the North of England.

POINT 6: MERTON COLLEGE

Merton College turned 750 last year, and it is the first fully self-governing College in the University of Oxford. The College was originally founded for twenty fellows, but when a former fellow endowed a number of scholarships known as postmasterships, undergraduates were also formally being admitted to the College. Merton College houses the Mob Library, which is the oldest continuously functioning library for university academics and students in the world. Over the centuries many notable scholars and cultural leaders have called Merton home, including JRR Tolkien who was a professor at Merton at the time the first volume of The Lord of the Rings was published. The College got its first female lecturer in 1966 and in 1980 the first female students were admitted to Merton. The College houses the Turf Tavern, an establishment beloved of generations of Oxford students and some of its real life patrons have included Oscar Wilde, Elizabeth Taylor, Richard Burton and Stephen Hawking.

POINT 7: CHRIST CHURCH

Christ Church is one of the largest colleges in the University of Oxford, and it is the Cathedral Church for the Diocese of Oxford. The College was originally founded in 1524 as Cardinal's College on the site of an old monastery, but it became property of King Henry VIII only five years later. He re-founded the College twenty years later and appointed the old monastery church as the cathedral of the new diocese of Oxford. Many distinguished people have studied at Christ Church including philosopher John Locke, Albert Einstein, and also 13 Prime Ministers. The College also has a world famous Cathedral Choir; scholarly collections of books and art and much more. Today Christ Church is a vibrant academic community with about 425 undergraduate students and 250 graduate students. There are also around 100 teaching and research staff who are senior members of the College.



FULL DAY EXCURSION

CAMBRIDGE



Drop off point at destination:

Queens Road

Pick up point at destination:

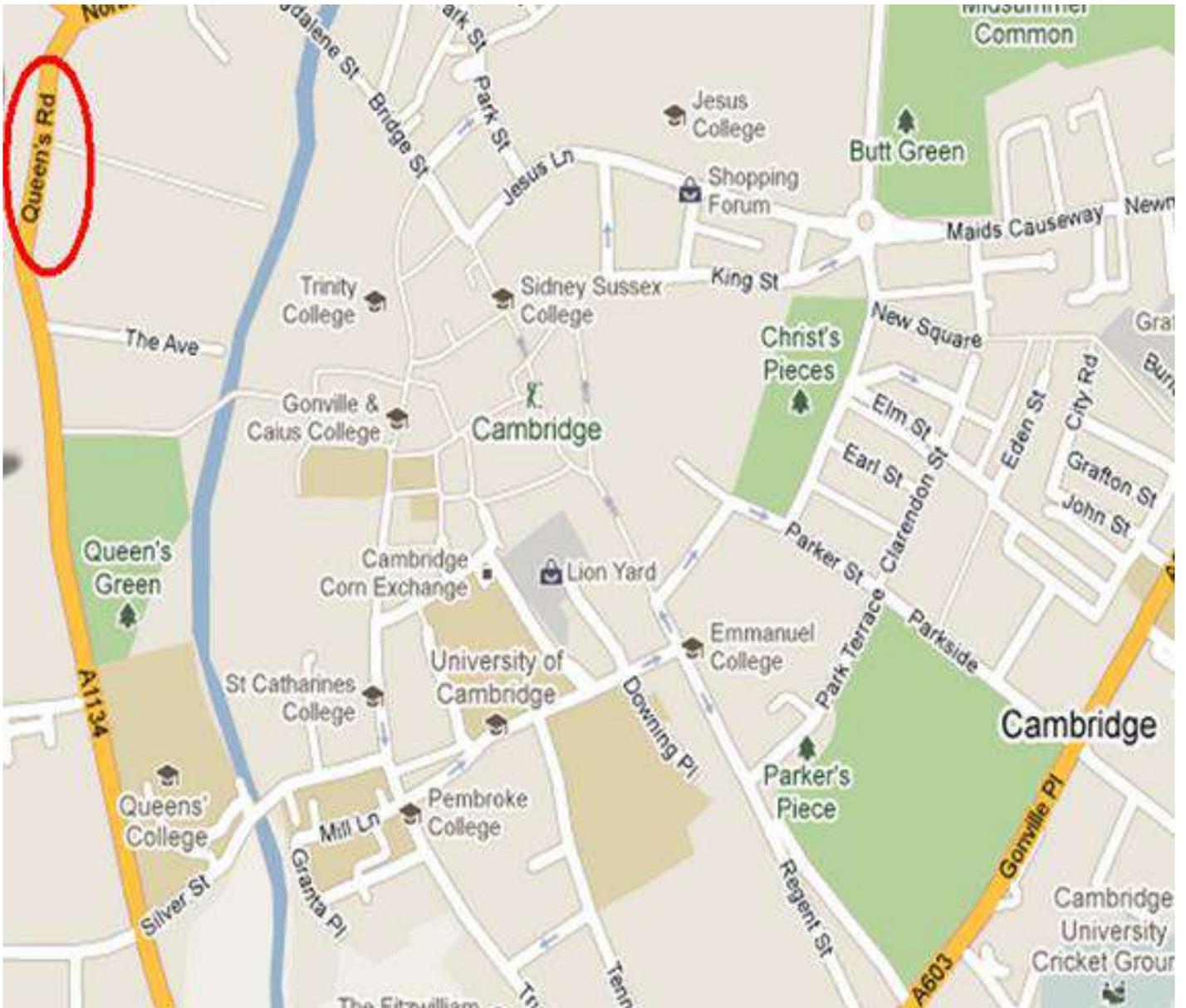
Queens Road

Accident & Emergency (A&E):

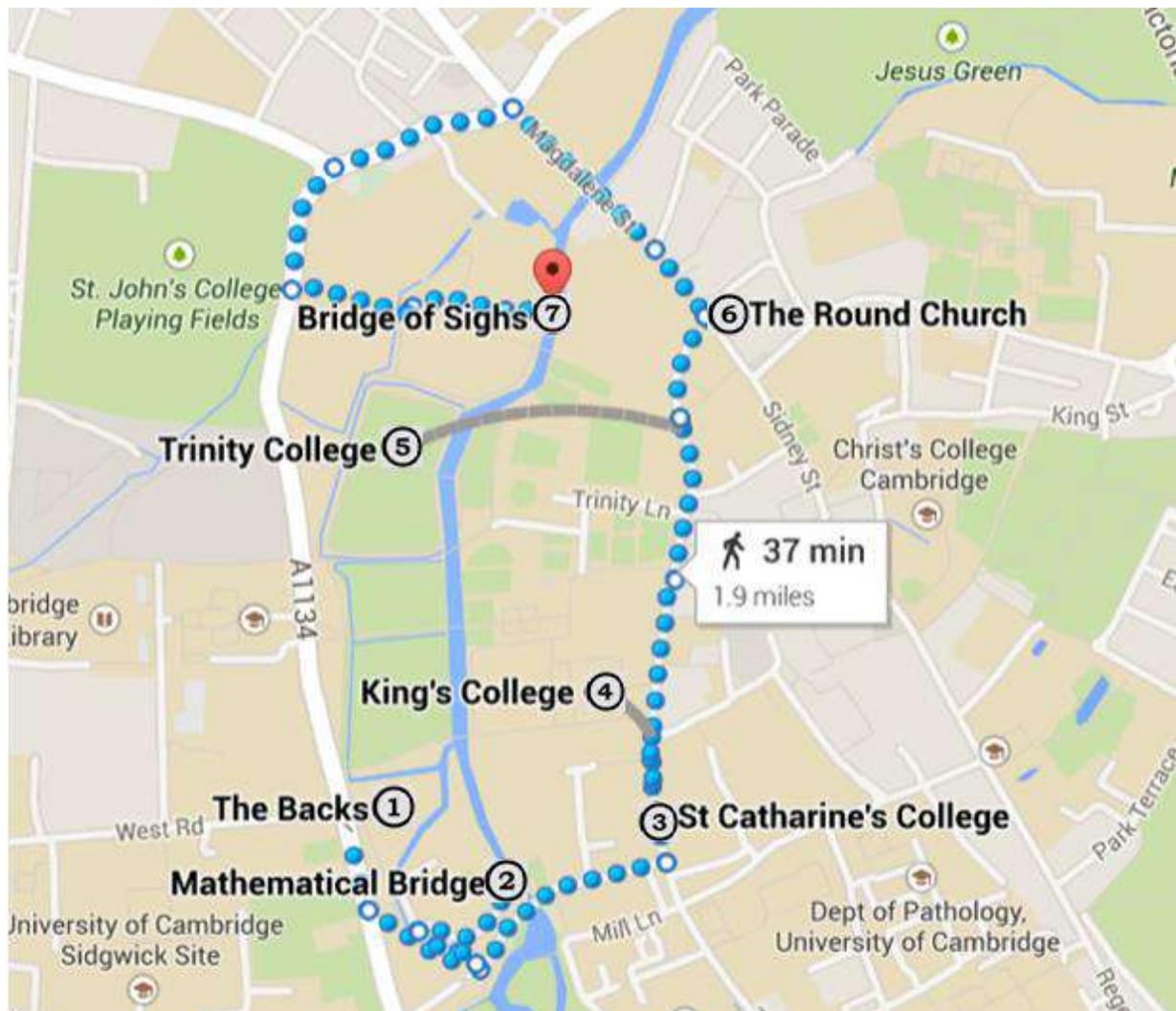
Addenbrooke's
Hills Road
Cambridge, CB2 0QQ
p. 01223 245151



DROP OFF & PICK UP POINT AT DESTINATION



WALKING TOUR



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POINT 1: THE BACKS

The Backs refer to the area in Cambridge where several colleges of the University of Cambridge back on to the River Cam. The name comes from the back of the colleges. Eight out of the thirty-one colleges of the University back on to the river and several famous bridges cross the river.

POINT 2: MATHEMATICAL BRIDGE

The Mathematical Bridge belongs to the Queens College, which is one of the many colleges of Cambridge University. The Bridge was built in 1749, but it has been since rebuilt twice.

There is a legend that the Bridge was built by Sir Isaac Newton without using bolts or nuts, just wood. It is said that he built it to illustrate the principles of force and gravity. Then, after Newton's death, the students of Cambridge University disassembled the Bridge to learn about the structure, but failed to re-assemble it properly and had to use iron pins, nuts and bolts to make the bridge function again. However, it has been proven that such a bridge could not have been built only using wood. It is only a colourful anecdote or a legend.

POINT 3: ST CATHARINE'S COLLEGE

St Catharine's College was founded in 1473 by Robert Woodlark, Provost of King's College. It is a bit unclear where the name of the College comes from, but it is possible Woodlark chose the name in honour of the mother of King Henry VI, or it was named as part of the Renaissance cult of St Catharine, who was a patron saint of learning. It was formally founded on St Catharine's day (November 25) in 1473.

POINT 4: CAMBRIDGE UNIVERSITY & KING'S COLLEGE

The University of Cambridge was founded in 1209 and it is the second oldest University in the UK, and the seventh oldest University in the world. The University was started by scholars who were rumoured to have run from Oxford because they had gotten into trouble with the law. The University's motto in English is; from this place, we gain enlightenment and precious knowledge.

The University has 114 libraries, altogether it holds 29 million books, which is every book ever published. However recently an agreement between the British Library and Oxford University has been made that between the three they will carry every book ever written due to storage problems. The University has also got nine museums and collections, which are open to the public.

Some of the known graduates from Cambridge University include Charles, Prince of Wales, the naturalist Charles Darwin, economist John Maynard Keynes, and John Harvard who was the founder of Harvard University in the United States, the oldest University in the country.

KING'S COLLEGE

King's College was founded in 1441 and it is the most known out of the 31 colleges in Cambridge University. The College has the King's College Chapel, which is the largest out of all the college chapels in Cambridge. The Chapel's choir is composed of male students at King's College and from the King's College School. It is one of the most renowned choirs in the world.

POINT 5: TRINITY COLLEGE

Trinity College was founded in 1546 by Henry VII combining two buildings already within Cambridge University. Life at the College has changed greatly over its long history but a strong academic tradition has still been maintained. Trinity College has taught spies, poets, prime-ministers, princes, including Charles, the Prince of Wales and altogether 32 Nobel Prize winners. Sir Isaac Newton entered the College as an undergraduate student but remained at Trinity for 35 years whilst he completed most of his important mathematical and scientific work. There are many stories about the wealth of the College, and it is sometimes suggested to be the second wealthiest landowner in the UK, after the Crown Estate.

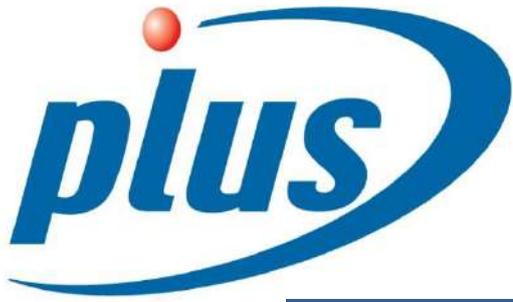
POINT 6: THE ROUND CHURCH

The Round Church, officially called the Church of the Holy Sepulchre, was built in 1130, which makes it one of the oldest buildings in Cambridge. The Church is one of the only four medieval round churches in England. The round shape of the church is based on the original Church of the Holy Sepulchre in Jerusalem, where knights were aiming to get to during the Crusades.

In 1994 the church's congregation was moved to the much larger St Andrew the Great. The Round Church is now run by Christian Heritage, a charity that highlights the influence of Christianity on western culture.

POINT 7: BRIDGE OF SIGHS

The Bridge of Sighs was built to connect the New Court to the Third Court on the other side of the river. It was built in the 19th century and it was named after the covered bridge in Venice, on which prisoners would sigh as they were escorted to their cells. However the only similarity between the two bridges is that they are both covered. Today it is part of the everyday life of those who live and work in the buildings.



FULL DAY EXCURSION

BRIGHTON



Drop Off Point at Destination:

Madeira Drive

Pick up Point at Destination:

Madeira Drive

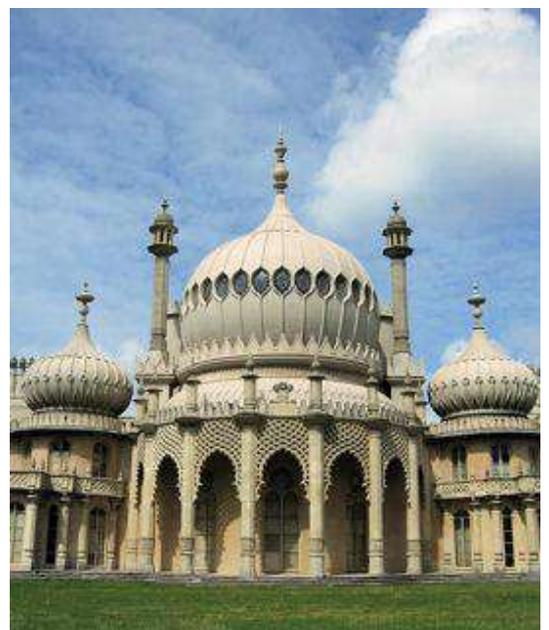
Accident & Emergency (A&E):

84-87 Queens Road

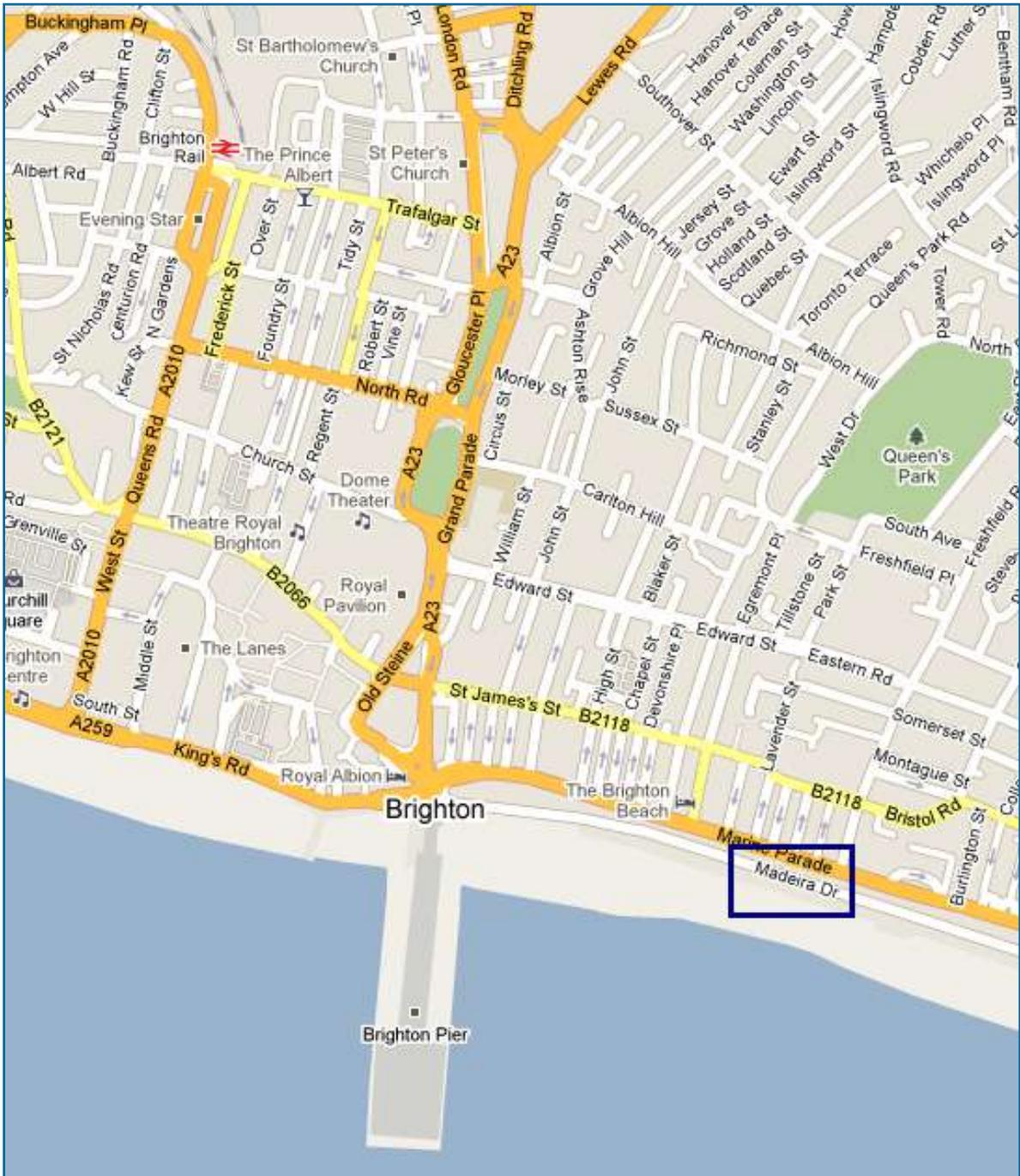
Brighton

BN1 3XE

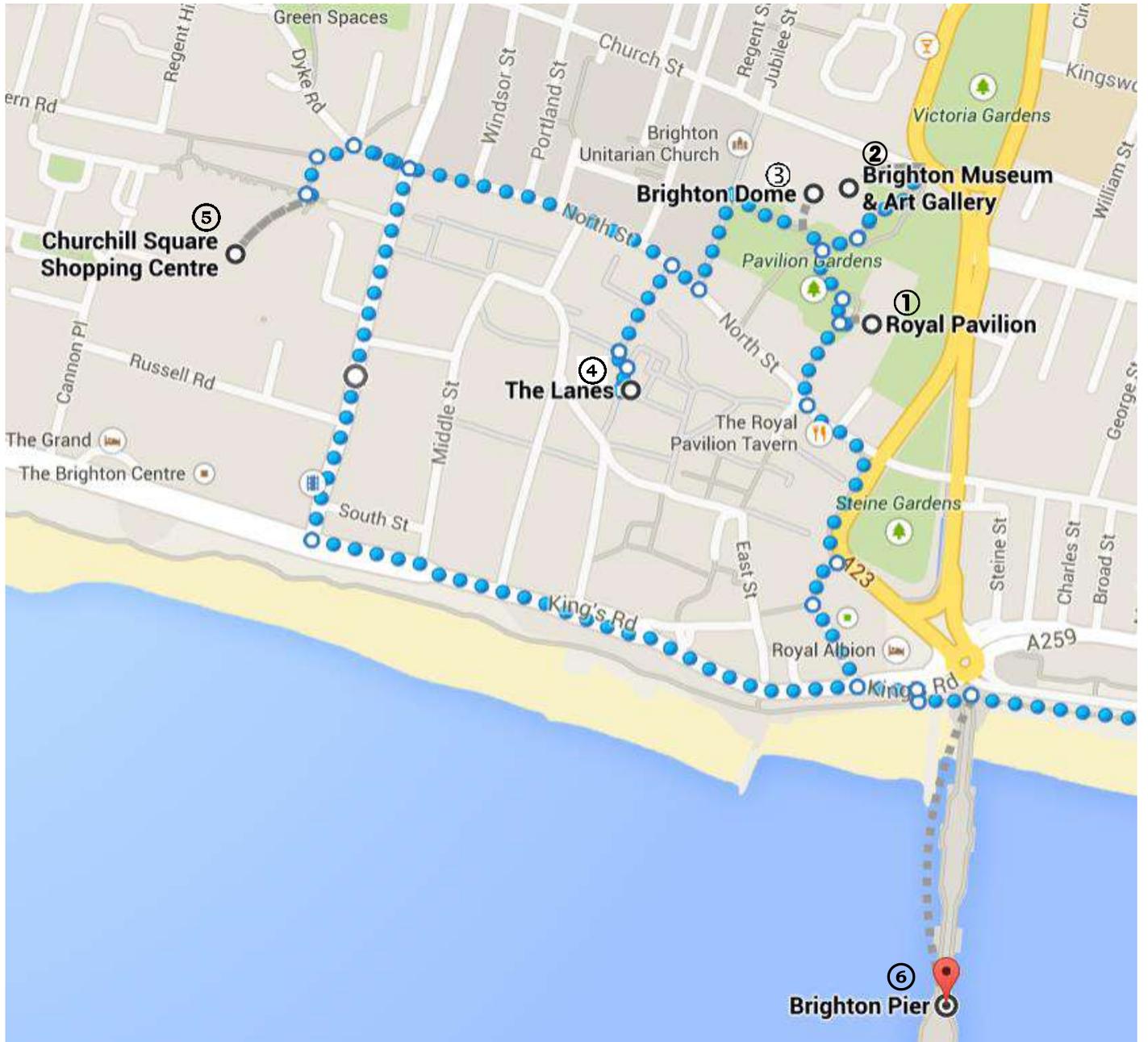
p. 0333 321 0946



PICK UP & DROP OFF POINT



WALKING TOUR



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POINT 1: ROYAL PAVILION

The Royal Pavilion was built for the Prince Regent (later King George IV) between 1787 and 1823. The unique character and interior is a reflection of George's personality. The Pavilion is remarkable for its exotic oriental appearance both inside and out. The palace was built from a simple farmhouse into the spectacular oriental palace we can see today, which was due to the George's confidence in his vision and his indifference to the opinion of others. The Pavilion has Chinese wallpapers and large quantities of bamboo and lacquer furniture. The completed Pavilion was considered progressive for its time. It incorporated the latest technology and equipment to meet George's demands for comfort, convenience and warmth.

Originally George hired architect Henry Holland to transform his farmhouse into a modest villa, the Marine Pavilion. In 1811 when his father, George III was deemed incapable of acting as a monarch and George was sworn in as Prince Regent he commissioned John Nash to begin the transformation from the modest villa into the oriental palace.

Today all the parts of the Pavilion which had been damaged during wars and other setbacks during its history has been restored. The conservation of the Pavilion is an ongoing process and currently the whole of the Saloon is being restored. Continuously the Pavilion and its items are being cleaned and repaired to maintain the original look of the Pavilion.

Throughout its colourful history it has become one of the most instantly identifiable architectural images of the world and it had a major influence on Brighton's growth and prosperity during the 19th century.

POINT 2: BRIGHTON MUSEUM (entrance not included)

The Brighton Museum & Art Gallery was founded by a local social reformer Henry Willett but it was originally King George IV's stable complex. The museum houses one of the most important and diverse collections outside of national institutions and the world art collection is one of the finest in the UK. The Fine Art collection contains around 2000 paintings, which is almost as many as the National Gallery in London.

The galleries include fashion and style, 20th century art and design, and fine art. In addition to the permanent galleries there is a continuing programme of temporary exhibitions.

POINT 3: BRIGHTON DOME & PAVILION GARDENS

The Brighton Dome was originally Prince Regent's stables and riding house but currently works as an arts venue that contains a Concert Hall, Corn Exchange and the Pavilion Theatre. All three venues are linked to the rest of the Royal Pavilion Estate by an underground tunnel to the Royal Pavilion in Pavilion Gardens and through shared corridors to Brighton Museum.

This building is one of the oldest working theatres in the country and it is the finest example of a Theatre that has evolved over the last two hundred years. The Theatre first opened its doors to the public in June 1807 with a performance of Hamlet and The Weather Cock.

PAVILION GARDENS:

The gardens have been restored as closely as possible to the original Regency vision of John Nash. The gardens are planted with a mix of native, Chinese and Indian plant species, with lawns and beds of mixed shrubs and floral plants crossed by curving paths.

The gardens are regularly used as a venue for musicians and entertainers during the summer months.

POINT 4: LANES

The Brighton's Lanes district is an example left from the old fishing town that Brighton was. Some of the Lanes are from the 18th century when they were fully laid but some of the Lanes are only from 1979. The Lanes were due to be demolished in the 1960s because they were seen as dirty and run-down but public opinion turned against it.

The Lanes are a maze of small and narrow streets and alleyways consisting of

independent shops and boutiques selling a mix of antiques, jewellery and contemporary fashion. Some of the narrow passageways are called 'Twittens', which is a Sussex word for the narrow passages. The streets are often lined up by buskers playing live jazz.

POINT 5: CHURCHILL SQUARE SHOPPING CENTRE

The Churchill Square Shopping Centre has over 90 shops and restaurants. It is an innovative and modern shopping centre.

POINT 6: BRIGHTON PIER

Originally in 1823 Brighton Pier was the Old Chain Pier which was mainly used for passenger ships that sailed from France. Later the owners started charging an entry fee and introduced souvenir and confectionary kiosks and stalls with entertainment such as fortune tellers. The former Chain Pier was struck by multiple storms causing irreparable damage and it was eventually fully destroyed in a storm in 1889 and had to be built again.

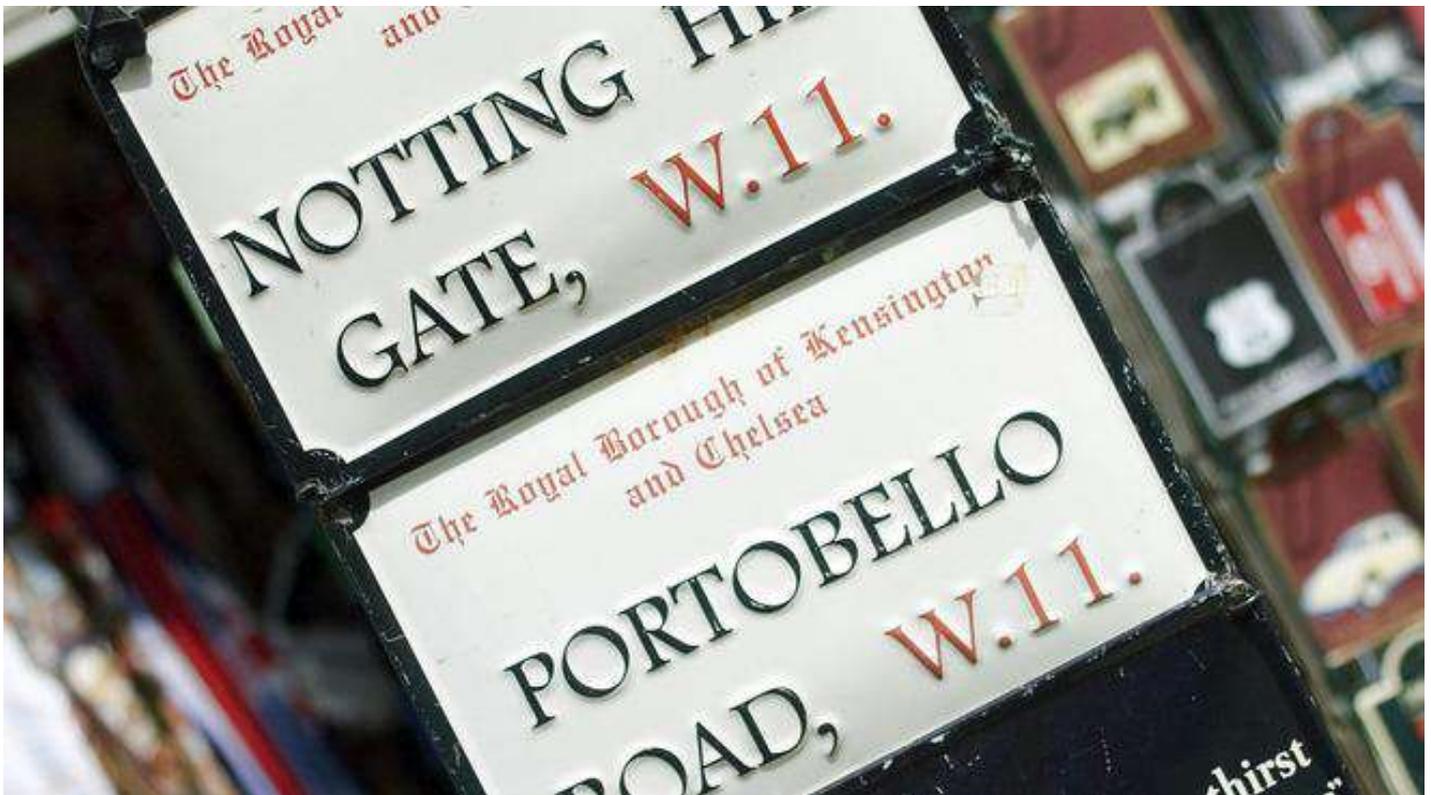
The current Palace Pier was finally fully built in 1899 costing around £27,000. During the following 20 years the Pier had many new additions such as amusement machines, games, rides, a concert hall, a bandstand and different restaurants and fish and chips shops. The big wheel, later known as the Brighton Wheel, was added in 1932 extending the width of the pier even more. The wars interfered with the development and, as most seaside piers in the country, a section of the middle was removed to prevent any enemy landings.

Brighton Pier is 1,722 feet long and is acknowledged as the finest pier ever built. Many pieces of history still remain on the pier including some of the original kiosks and a signal cannon from the Old Chain Pier.



FULL DAY IN LONDON
- LONDON NOTTING HILL -

LONDON

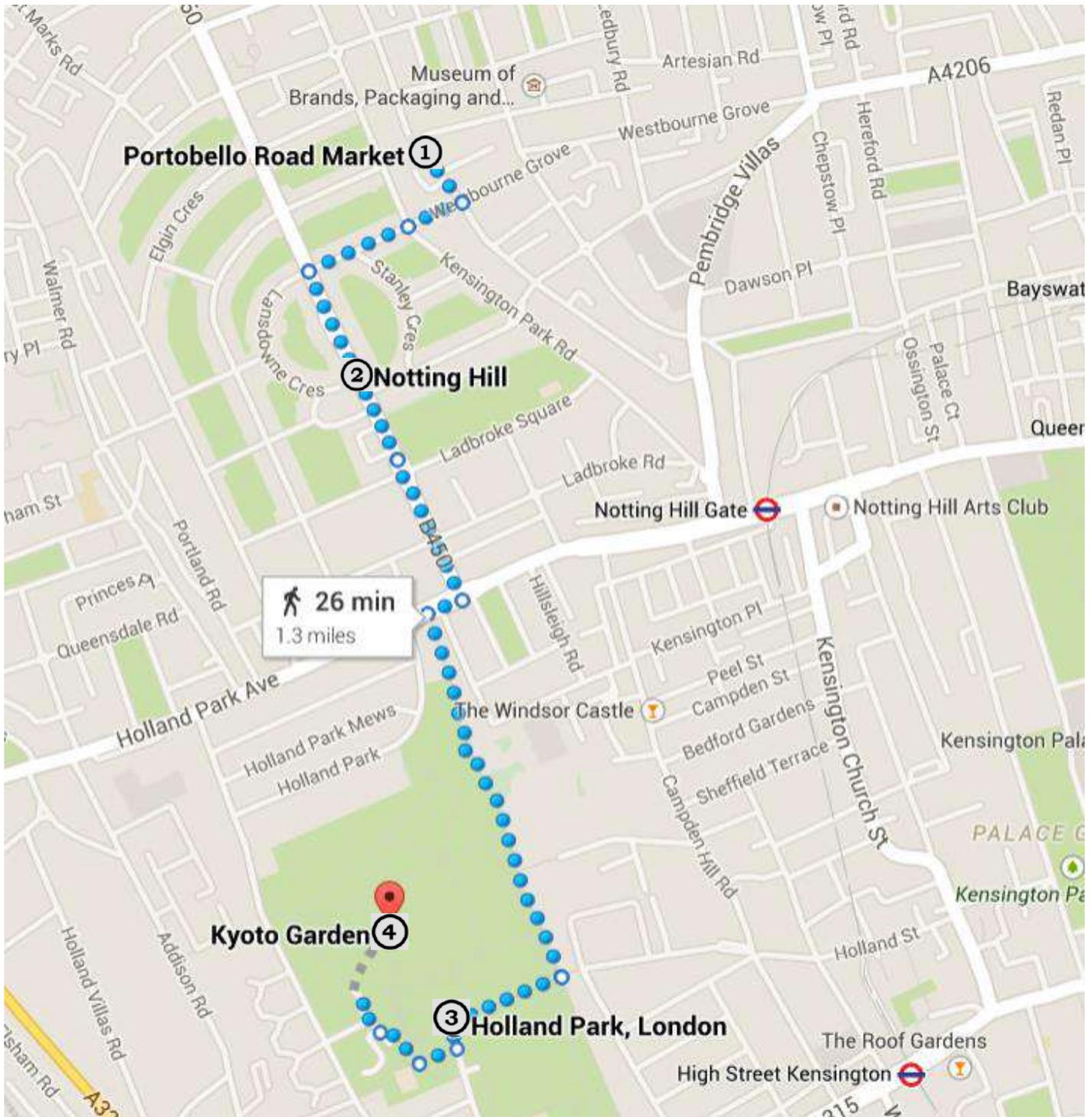


Accident & Emergency (A&E): St Mary's Hospital
Praed Street
London W2 1NY
p. 020 3312 6666

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- Be aware of the surroundings: other pedestrians, cyclists and vehicles
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WALKING TOUR



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You will have the chance to discover and admire many of the most beautiful and important sights of this London.

POINT 1: PORTOBELLO ROAD MARKET

Portobello Road Market is in West London and it is one of the most famous markets in the world. Portobello has been a market since the 1800s, but it became more popular in the 1950s. You can find fruit and vegetables, antiques, fashion, second hand goods and lots more in the market that stretches for around two miles. Friday and Saturday are when the market is in full swing but from Monday to Thursday there is a smaller market on the road.

POINT 2: NOTTING HILL

Notting Hill today is one of the most fashionable and expensive places to live in London but this was not always the case; only 50 years ago Notting Hill was known as a 'massive slum' full of rubbish and crawling rats. During that time Notting Hill was the place of race riots due to problematic relations between the black community and the fascist British Union.

Every August millions of people celebrate Europe's biggest street carnival in Notting Hill. The Notting Hill Carnival has a Caribbean festival theme and the carnival route is filled with floats, performers, costumes, steel bands and a lot more.

Notting Hill is also a popular area for celebrities and a lot of British actors, musicians and artists live in Notting Hill. Some of the celebrities who live or have recently lived in Notting Hill include designer Stella McCartney, singers Bjork and Robbie Williams and supermodel Claudia Schiffer.

The Blue Door, on Westbourne Park Road, seen in the film Notting Hill was replaced with a much more ordinary looking black door sometime after the film was released to detract tourists and visitors from seeking out the door as someone does actually live behind that door. However, it has been replaced again with a blue door more like in the film.

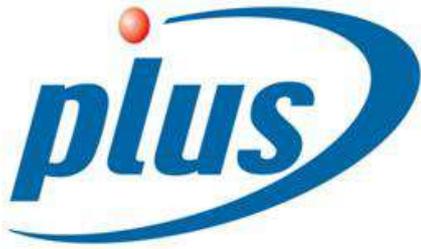
POINT 3: HOLLAND PARK

Holland Park was first opened in 1952 and it is one of London's smallest public parks. The park lies in the former grounds of Holland House which was badly

damaged in the Great Fire of London and the only parts that survived were the east wing, gateway and an arcade in the courtyard, which can still be seen in the park. The Park is spread around 54 acres and contains an extensive woodland, range of mammals, birds and insects, including peacocks, a Japanese Garden and much more.

POINT 4: KYOTO GARDEN

Kyoto Garden, located in Holland Park, was a gift from the Kyoto Chamber of Commerce to commemorate the long friendship between Japan and the UK. The Garden was opened in 1991, just before the Japan Festival held in London in 1992. The Garden was designed to reflect key traits of Japanese gardens and it has been exceptionally well maintained. It is the perfect “strolling garden” in the middle of the busy centre of London



FULL DAY IN LONDON

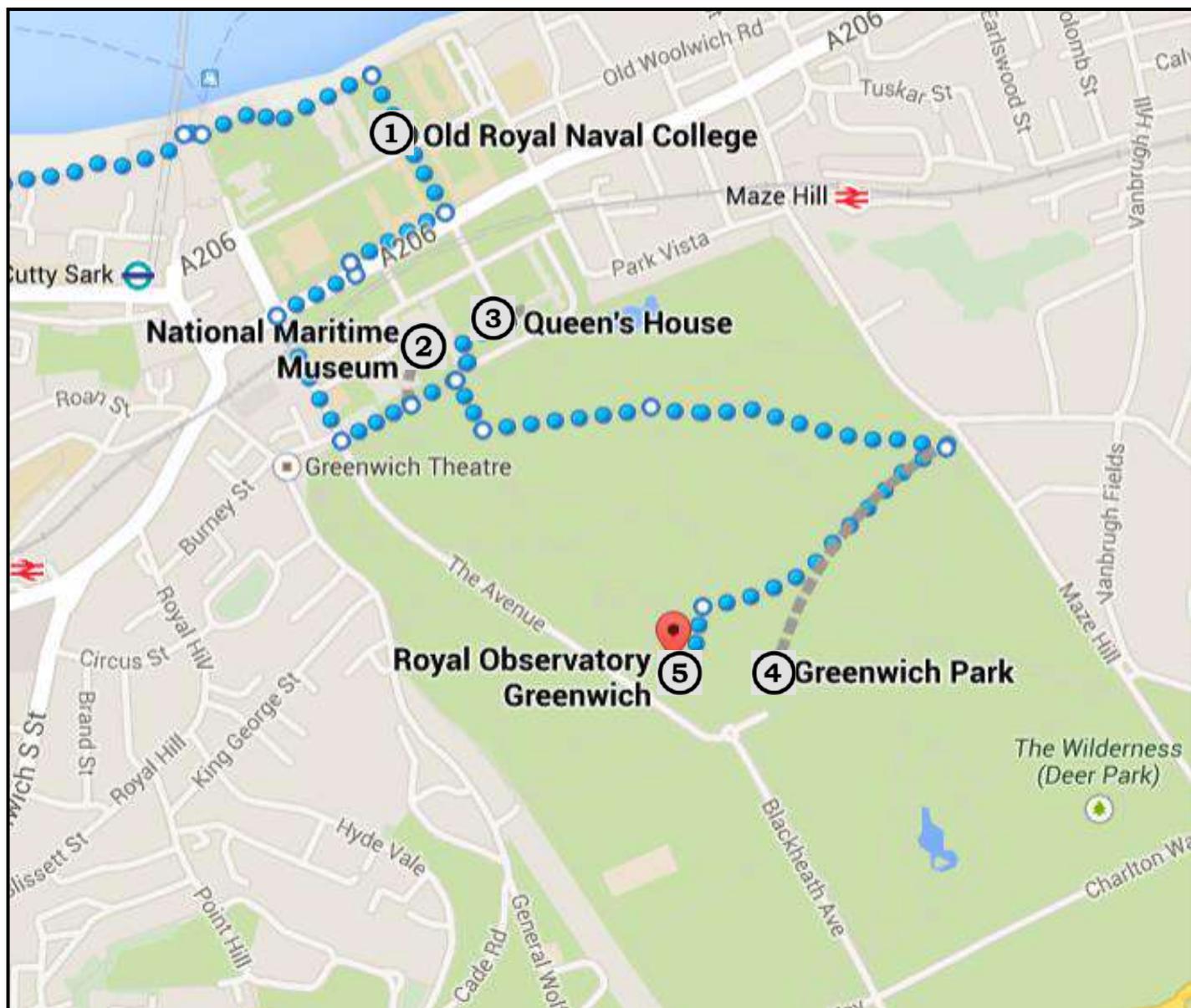
LONDON

(Royal Naval Museum, Queen's House, National Maritime Museum, Greenwich Gardens)



Accident and Emergency (A&E):
University Hospital Lewisham
Lewisham High Street
London SE13 6LH
p. 020 8333 3000

WALKING TOUR



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POINT 1: OLD ROYAL NAVAL COLLEGE

The Old Royal Naval College is one of London's most famous landmarks. The building has been used for various different purposes. The building of this massive structure started in 1427. Built as a palace the building reverted to the Crown soon after it was built and it became the principal Royal palace for two centuries. During this time the palace went through a complete renovation, and two naval dockyards were set up. After this the building was transformed into a Royal Naval Hospital. Despite the magnificence of the building in which the seamen from the Napoleonic wars were housed, there were many complaints about poor food and pettiness on the part of the trustees.

Later, in the 18th century the Admiralty took over the buildings and the Royal Naval College was transferred from Portsmouth to Greenwich. However, about twenty years ago it was decided that the colleges of the Navy, Army and Air Force should be merged and this meant that the building in Greenwich was no longer required by the Navy.

The structure is made out of four separate blocks, along the riverside are King Charles Block and Queen Anne Block, and behind them to the south are King William Block and Queen Mary Block. The latter two are the domed buildings which contain the two main points of interest for visitors, the Painted Hall and the Chapel. The Old College also houses the acclaimed Discover Greenwich Visitor Centre.

POINT 2: NATIONAL MARITIME MUSEUM

The National Maritime Museum is where you can discover how Britain encountered with the world at sea. The Museum was formally established by an Act of Parliament in 1934 and opened to the public three years later. The building was formerly used as a school for the children of seafarers. During its history the building has been subsequently upgraded multiple times.

The Museum's collection has about 2.48 million items, many of them on loan to museums elsewhere in Britain. The items in the Museum include Nelson's uniform from the Battle of Trafalgar and Prince Frederick's golden canal boat, maritime art, ship models and plans, navigational instruments and much more. Visitors can also try the ship simulator and shoot down a pirate ship in a new interactive game.

POINT 3: QUEEN'S HOUSE

The Queen's House was commissioned by King James I for his wife, Anne of Denmark. It is said that he gave the manor to his wife as an apology for having sworn at her in public, after she accidentally shot one of his favourite dogs while hunting. The work on the House was stopped when Anne became ill, and it was not completed until about thirty years later when James's son Charles I gave it to his queen. During the Civil War in the 17th century, when the Queen went to exile and Charles was beheaded, the House lost its treasures and it became an official government residence. In the 19th century the Queen's House was used as a Royal Naval Asylum, which was a charity educating orphan children to become seamen. After it was not used as a school anymore the House has been fully restored and since 2001 it has been reorganised as a Museum to showcase a fine-art collection.

The Queen's House is the first truly classical building seen in England, but due to the many restorations the House also reflects Renaissance ideas of mathematical proportion and harmony. One of the most special features of the House is the Tulip Staircase, which is the first geometric self-supporting spiral staircase in the UK.

POINT 4: GREENWICH PARK

Greenwich Park is one of the eight Royal Parks in London, and the most historic and oldest out of all eight of them. The Park dates back to Roman times, but Greenwich has always been strongly associated with royalty. It overlooks London, and it is the setting for many historic buildings. The Park is part of the Greenwich Maritime World Heritage Site. Yearly millions of people come see the view from top of the hill.

POINT 5: ROYAL OBSERVATORY GREENWICH

The Royal Observatory is the centre of world time. In the Observatory you can discover the past, present and future wonders of astronomy, how scientists first mapped the seas and the stars, see the UK's largest refracting telescope, and touch a 4.5 billion year old asteroid. It is London's only planetarium and it contains a world famous collection of Harrison timekeepers.



HALF DAY IN LONDON

LONDON

(TOWER HILL, TOWER BRIDGE, TATE MODERN,
ST PAUL'S CATHEDRAL)



Accident & Emergency (A&E):

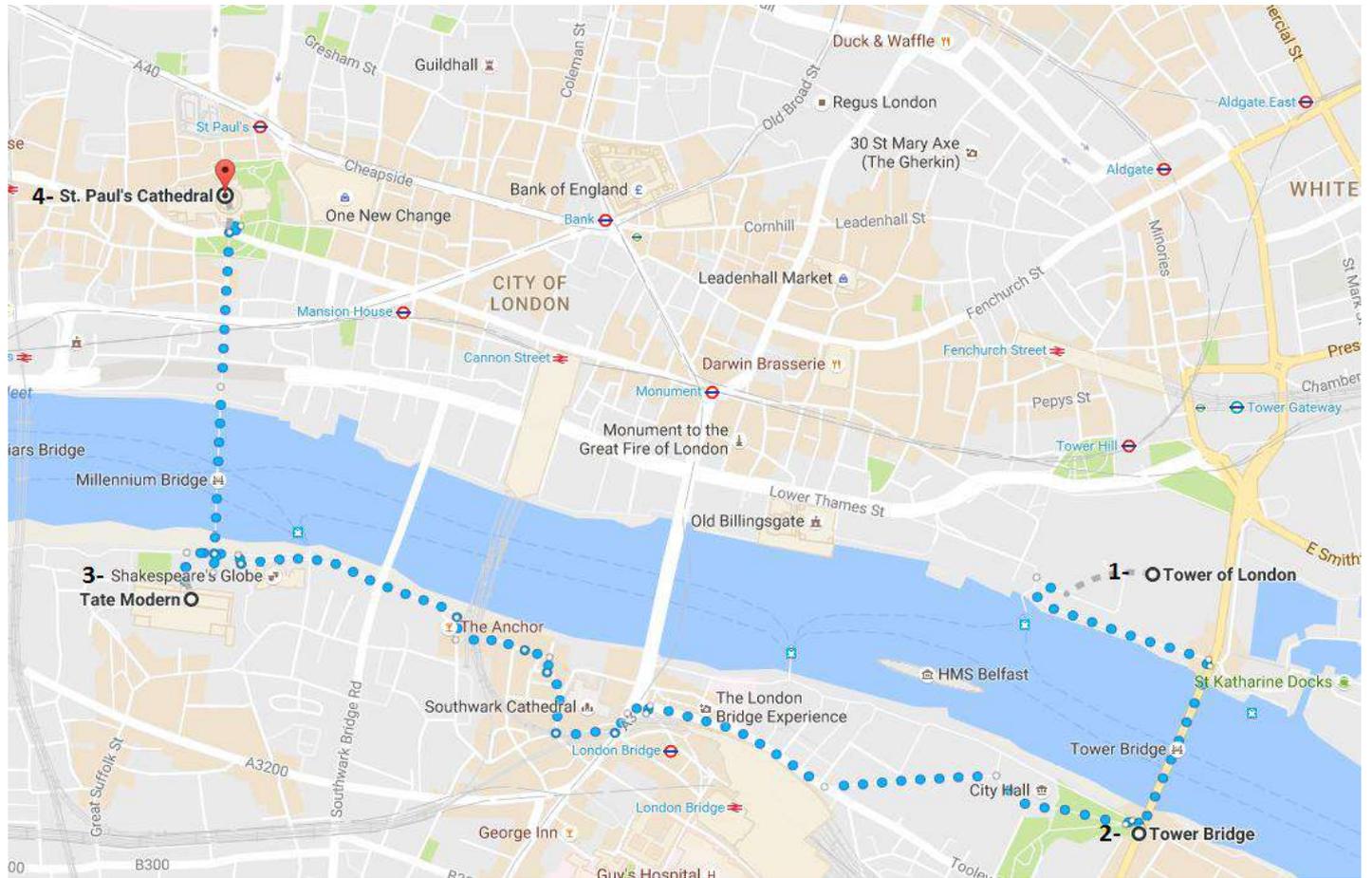
Ground Floor, Devon House
58 St Katharine's Way
London, E1W 1L

p. +44(0)207 456 1456

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WALKING TOUR



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POINT 1: TOWER HILL

The full name of the Tower of London is Her Majesty's Royal Palace and Fortress, The Tower of London. The Tower was built as a royal palace and a defence system at the end of 1066. The primary function did not change until the late 19th century. The tower has also been used as a prison because it was discovered that it was just as good at keeping people in as it was keeping people out. The Tower is still officially a royal residence of Her Majesty The Queen and there is a house onsite called 'The Queen's House' and could be lived in if the Queen wished.

The crown jewels are being held in the tower and the estimated total value of the jewels is over £20 billion, but it is only an estimation based on the jewel's worth as jewels and including their relations to the Monarchy, but actually the crown jewels are priceless.

In the 1200's a royal zoo was founded at the Tower of London and remained there for 600 years. Also, 22 executions took place within the Tower of London, the last one being in 1941. Today the Tower is a designated World Heritage site by UNESCO and it is one of the few intact medieval buildings listed as a World Heritage Site.

Every evening, at precisely 9:53pm, a ceremony takes place to lock the Tower of London – the ceremony of the keys. An armed escort of the Queen's Guards set off with the Chief Yeoman Warder to lock all the gates. At one point, one sentry at a post issues a challenge to the escort by saying, "HALT!, Who comes there?" to which the Chief Warder replies, "The Keys", the sentry then says "whose keys?" – the escort then responds "Queen Elizabeth's Keys", the sentry then allows the escort to pass by saying "Pass Queen Elizabeth's Keys, and all is well" – this has happened every day for hundreds of years without fail. It is the oldest military ceremony in the world!

POINT 2: TOWER BRIDGE

Tower Bridge was built 120 years ago to ease road traffic but still maintaining river access to the London docks. The Bridge has giant movable roadways that lift up for passing ships. It is required to raise to provide access for registered ships of 30 feet

or taller free of charge with 24 hour notice. It is available anytime for 365 days of the year. The Bridge is raised around 850 times in a year.

In 1952 a London bus 78 had to leap from one side to the other because the bridge began to rise whilst the bus was still on it.

Inside the Bridge there is the Tower Bridge Exhibition where you can learn about how one of the world's most famous bridge works and about the history of the Bridge.

POINT 3: TATE MODERN

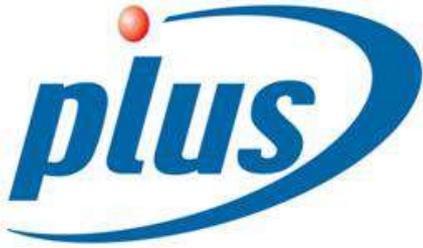
Tate Modern is one of the newer sights in London, opened in May 2000, but it has become one of the UK's top three tourist attractions. It is the most visited art gallery in the world. The building is a former Power Station. The entrances is the old turbine hall and it is 35 meters high and 152 meters long. Tate Modern is a gallery for international, modern and contemporary art in London.

POINT 4: ST PAUL'S CATHEDRAL

St Paul's Cathedral was originally built in 604AD, however, the current cathedral is the fourth one that has been built. The now standing Cathedral was built between 1675 and 1710. The Cathedral was destroyed twice by fires and once by Vikings, however, it did survive World War II.

Many important events have been held at the Cathedral, such as the funerals of Sir Winston Churchill, Duke of Wellington and Lord Nelson, the wedding of Prince Charles to Lady Diana Spencer and most recently the service for 80th Birthday of Her Majesty the Queen.

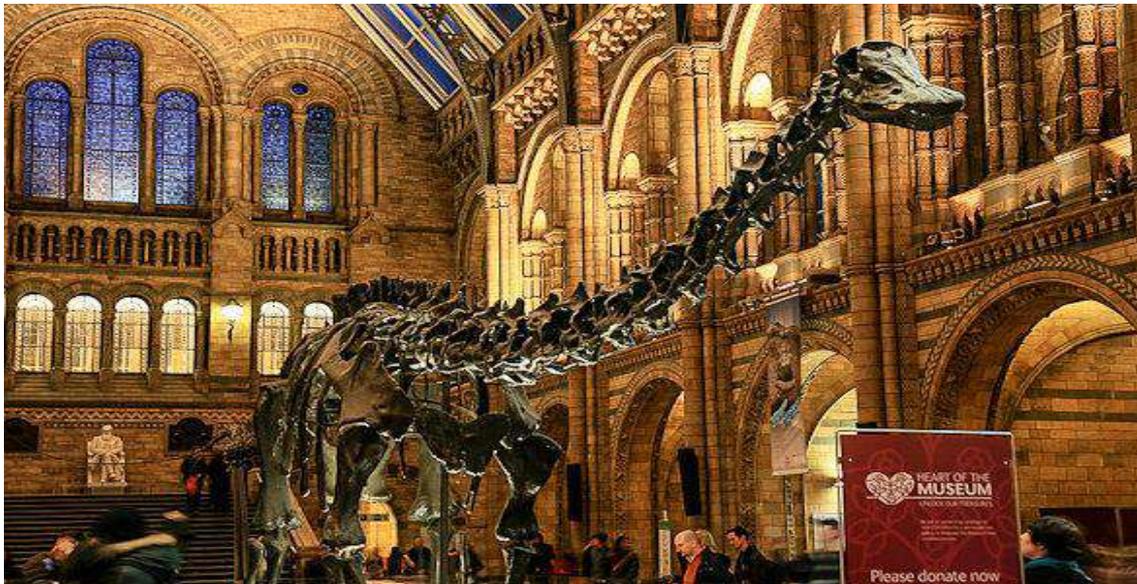
There is a Whispering Gallery in the Cathedral where you can hear a whisper on the other side of the dome, 112 feet away. The dome is 366 feet high and it is the second largest in the world.



HALF DAY IN LONDON

LONDON

(THE SCIENCE MUSEUM, NATURAL HISTORY MUSEUM,
ROYAL ALBERT HALL)



Accident & Emergency (A&E):

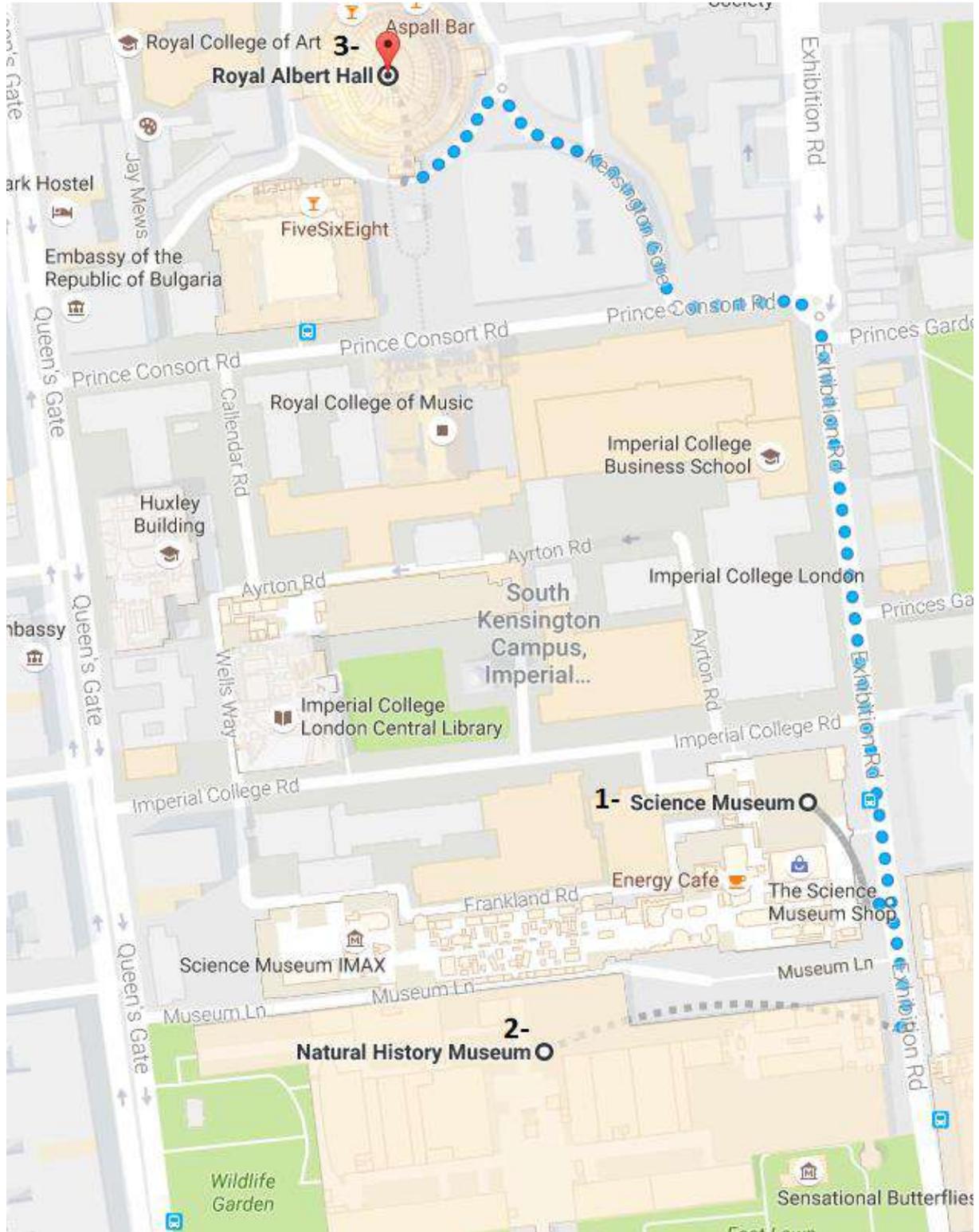
Mayday Healthcare Plc
10 Lower Grosvenor Place
London SW1W 0EN

p. 08703 43 00 43

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WALKING TOUR



POINT 1: THE SCIENCE MUSEUM

The Science Museum in London is the most visited science and technology museum in Europe. The Museum has over 15 000 objects on display, including the world-famous Apollo 10 command module and Stephenson's Rocket. The interactive galleries show the first scientific principles and contemporary science debates. You can also try what it is like to fly with the Red Arrows, blast into space on an Apollo Space mission in the 3D and 4D simulators or watch a film on a screen that is taller than four double-decker buses.

POINT 2: NATURAL HISTORY MUSEUM

Natural History Museum is in one of the most beautiful landmark buildings in London. The Museum offers a wide range program of temporary exhibitions and events.

Some of the highlights in the Museum are the Dinosaurs gallery, which explores the diversity of life on Earth, Mammals display with the model blue whale and the spectacular Central Hall which has a blue whale skeleton as its central display replacing the Museum's iconic Diplodocus skeleton. You can also visit the state-of-the-art Darwin Centre Cocoon where you can see hundreds of specimens and have a look into laboratories where scientists are at work.

POINT 3: ROYAL ALBERT HALL

The Royal Albert Hall was opened in 1871 and has been in continuous use ever since. It is a multipurpose building; it hosts concerts, but also exhibitions, public meetings, scientific conversations and award ceremonies. Each year more than 350 performances are held at the Hall. It has a seating capacity of over 5 500. The Who, Jimi Hendrix and Pink Floyd are only a few big names who have performed on the Royal Albert Hall stage.



FULL DAY IN LONDON

LONDON

(PICCADILLY CIRCUS, SOHO, CHINATOWN,
LEICESTER SQUARE, COVENT GARDEN)



Accident & Emergency (A&E):

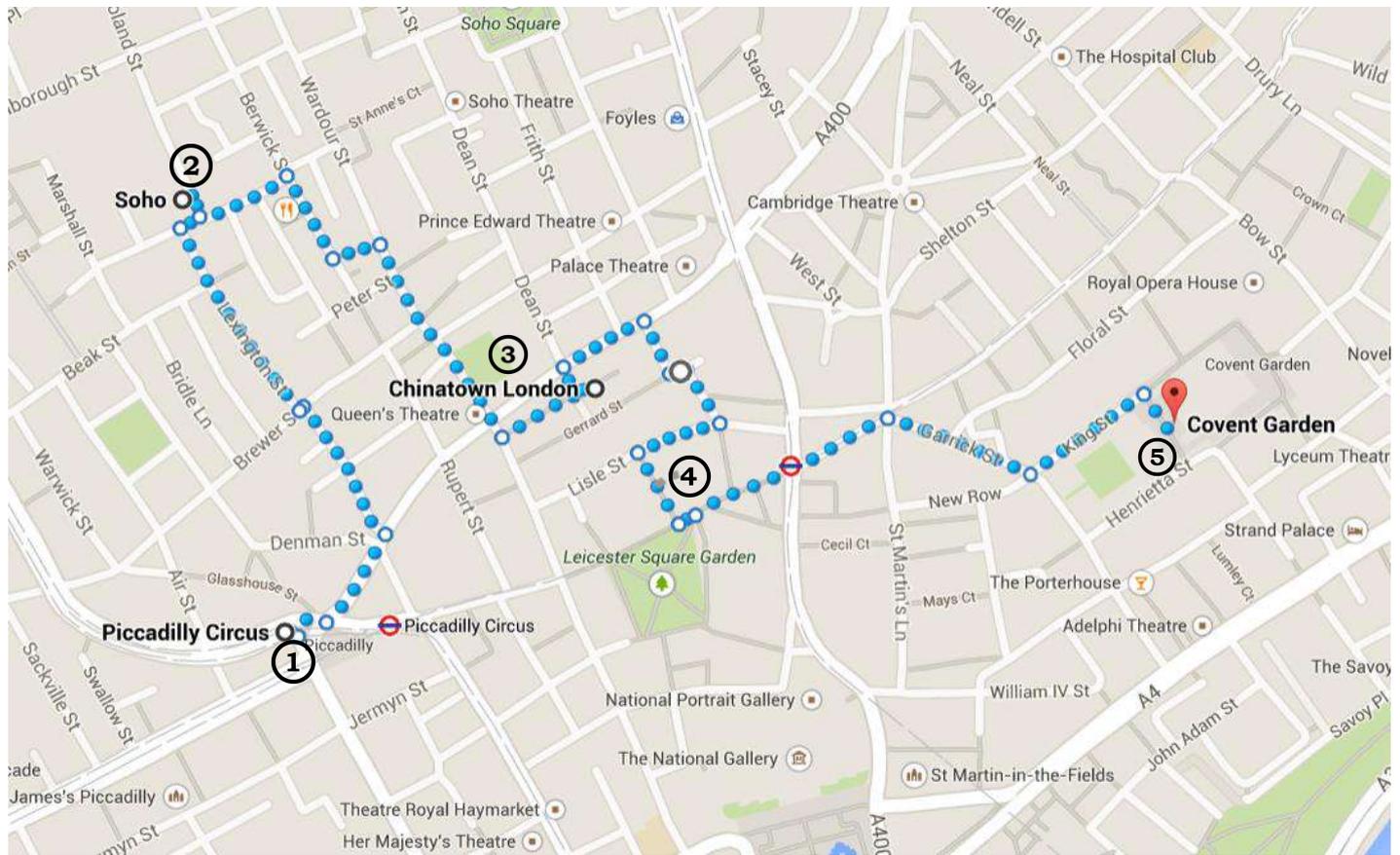
The King's Fund
11-13 Cavendish Square
W1G 0AN

P. 020 7307 2400

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POINT 1: PICCADILLY CIRCUS

Piccadilly Circus is a famous road junction and public space of London's West End in the City of Westminster, built in 1819 to connect Regent Street with the major shopping street of Piccadilly. In this context, a circus, from the Latin word meaning "circle", is a round open space at a street junction.

The Circus is particularly known for its video display and neon signs mounted on the corner building on the northern side, as well as the Shaftesbury memorial fountain and statue of an archer popularly known as *Eros*. It is surrounded by several noted buildings, including the London Pavilion and Criterion Theatre.

POINT 2: SOHO

Soho is known as the musical and pleasure district of London. Originally it was a hunting ground and a legend has it that Soho got its name from hunters yelling out 'So ho!' as they were riding through the fields.

The first ever disco, La Poubelle, in London was in Soho on Poland Street and was opened in 1959. The look of Soho changes constantly and it is the first place to find the latest trends. Around Soho you can find noses on the walls. It is an artistic installation called The Seven Noses of Soho and they are plaster casts of the artist Rick Buckleys' nose. It is believed that there were over 30 noses around Soho back in 1997, but now there is only 10 because of vandalism.

POINT 3: CHINATOWN

Chinatown is the unofficial name for the area centred around Gerrard Street. It is known as the tiny Chinese ghetto and it is home to about 60 000 Chinese in London. The area is primarily commercial and it is the focal point for the Chinese community. It has a number of Chinese restaurants, Chinese supermarkets and souvenir shops.

Chinatown, as we can see it today, has been there since 1950s, however it goes much further back as it was originally in East End in the Limehouse but it burned down in the Great Fire of London. In the 50s when British soldiers came home from

the Far East they had developed a taste for Chinese food and that is how the development of the current Chinatown started.

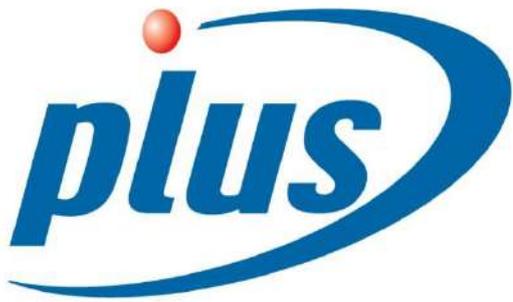
POINT 4: LEICESTER SQUARE

Leicester Square is the centre of London's cinema land. It is claimed that the Square contains the cinema with the largest screen and the cinema with the most seats (over 1600). The square is the prime location in London for major film premières and has seen the likes of James Bond films and animation films such as Shrek. The square is surrounded by floor mounted plaques with film stars names and cast handprints.

POINT 5: COVENT GARDEN

Covent Garden gets its name from a convent/monastery that used to locate the spot. The name is actually a spelling mistake, as it used to be a market for the convent. Ever since 1600's there has been some kind of a market in Covent Garden, but the current market was built in the 1830's. It was London's central fruit and vegetable market for 140 years.

Covent Garden is usually used to describe the Covent Garden Market, but Covent Garden is actually an entire neighbourhood in London.



FULL DAY IN LONDON

LONDON

(Buckingham Palace, St James's Park, Westminster Abbey, Houses of Parliament, Big Ben, 10 Downing Street, Horse Guard, Trafalgar Square & National Gallery)



Accident & Emergency (A&E):

St Thomas' Hospital
Westminster Bridge Road
London SE1 7EH

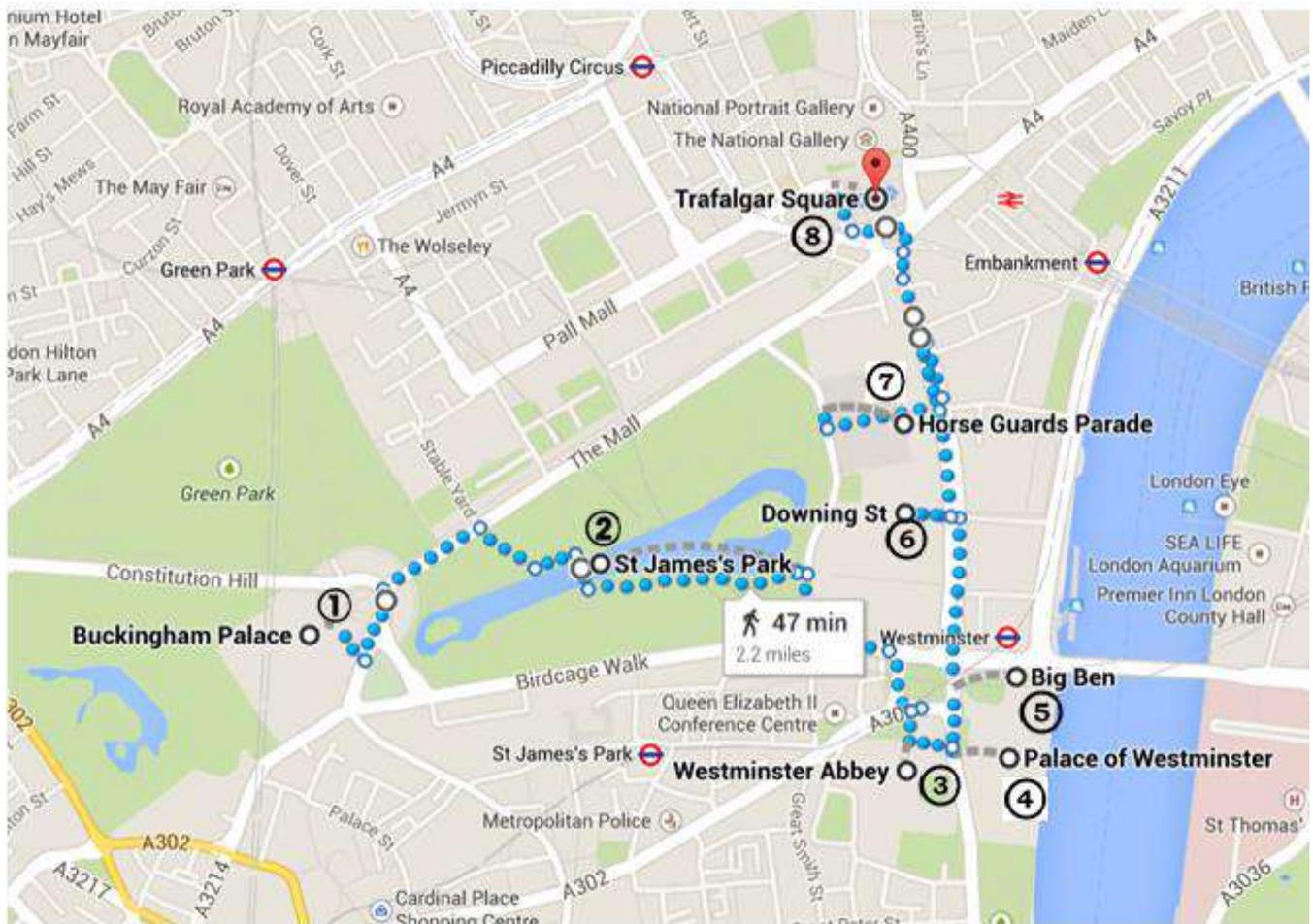
P. 111

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POINT 1: BUCKINGHAM PALACE

Buckingham Palace is the official London residence of Her Majesty the Queen. It has been the official residence of Britain's sovereigns since 1837 and evolved from a town house to the grand palace it is today. Areas of Buckingham Palace are opened to visitors on a regular basis.

The palace has 775 rooms, including 19 state rooms, 52 royal and guest bedrooms, 188 staff bedrooms, 92 offices and 78 bathrooms. Its rooms and corridors contain one of the world's greatest art collections. The palace also has its own chapel, post office, movie theatre and swimming pool. The Queen and The Duke of Edinburgh live in the private apartments on the north side of the Palace. The principal State Rooms are used for court ceremonies and official entertaining rooms occupy the main west block facing the gardens.

POINT 2: ST JAMES`S PARK

St. James's Park is the oldest of the Royal Parks of London. It is surrounded by three palaces, Westminster, St James's Palace and Buckingham Palace.

The Diana Princess of Wales Memorial Walk, which passes places that figured in the life of the princess, goes through the park.

POINT 3: WESTMINSTER ABBEY

Westminster Abbey is one of the most notable religious buildings in London and it has been around since the 7th Century. It is a place of royal importance, a place of coronations, weddings, and funerals. Throughout its long history, it has accumulated many interesting stories, facts, and persons.

The latest royal wedding held in the Abbey was when Prince William married Kate Middleton, but the Abbey has been the sight of many royal weddings before the Duke and Duchess of Cambridge's wedding. Over 3000 famous people have been buried in the Abbey, including Charles Darwin and Charles Dickens. In the abbey's museum, reopening in 2018, you can see the lifelike figures of many British kings and queens. At one time these were displayed at funerals and on tombs. Almost every British monarch has been crowned on the Abbey's famous Coronation Chair. The Chair has graffiti from schoolboys and visitors during the 18th and 19th centuries.

POINT 4: HOUSES OF PARLIAMENT

The Houses of Parliament, also known as the Palace of Westminster or Westminster Palace is the meeting place of the two houses of the Parliament of the United Kingdom—the House of Lords and the House of Commons. The Houses of Parliament contains over 1,100 rooms, 100 staircases and 4.8 kilometres of passageways, which are spread over four floors.

The Lord's Chamber is where the House of Lords meets and it is the most lavishly decorated room in the Palace. Members of Parliament meet in the Commons Chamber which is decorated in green, which goes back over 300 years. The only Members of Parliament allowed to eat or drink in the Chamber is the Chancellor of the Exchequer, who can have an alcoholic drink while delivering the budget.

Bombings and other violent events have played a prominent role in the history of the Palace. In 1812 Prime Minister at the time, Spencer Percival was assassinated in the palace. In 1885 a bomb severely damaged the Common Chamber and seriously injured three. And in the 1970s two bombs exploded in the Palace injuring and killing politicians.

POINT 5: BIG BEN

Big Ben is the clock tower at the north end of the Palace of Westminster, or more commonly known as Houses of Parliament. Big Ben is only a nickname and it is actually called the Elizabeth Tower or the Clock Tower. Big Ben is the name given to the largest bell in the tower, also known as the Great Bell, but because Big Ben has become much more recognisable it has become more commonly used.

Big Ben chimes every 15 minutes and can be heard up to a 5 mile radius. The clock's time is adjusted every year with an old British penny. If the clock is fast, a penny is added to the pendulum, and if the clock is slow, one is removed.

POINT 6: 10 DOWNING STREET

10 Downing Street is probably one of the most well known addresses in the world. It is the home of the Prime Minister. The brass letter box on the famous black front door is still engraved with the title of First Lord of the Treasury which dates back to

the first Prime Minister Sir Robert Walpole.

No 10 Downing Street is one of the most heavily guarded buildings in Britain. The front door cannot be opened from the outside because it has no handle, and no one can enter the building without passing through a scanner and a set of security gates manned by armed guards.

The building is 300 years old contains 100 rooms. Number 10 has 3 different functions. It is the official residence of the British Prime Minister, it is their office, and it is also the place where the Prime Minister entertains guests from Her Majesty the Queen to presidents of the United States and other world leaders.

POINT 7: HORSE GUARDS

Horse Guards is in front of the Horse Guards Parade. The buildings of Horse Guards were designed by William Kent and they were completed in 1755. It was originally the main entrance to Buckingham Palace and some royal processions still pass under the arches of the building.

Nowadays the Horse Guards has been the headquarters for administering all regular and Territorial Army units in Greater London. Every day there is a Guard Changing Ceremony and it is performed by the Queen's Life Guard. The Queen's Life Guard are the mounted troopers of the Household Cavalry who guard the official entrance to St James's Palace and Buckingham Palace outside Horse Guards in Whitehall.

The Queen receives the salute of the Trooping of The Colour ceremony on her official birthday on the parade ground.

POINT 8: TRAFALGAR SQUARE & NATIONAL GALLERY

Trafalgar square was built to commemorate Admiral Nelson and it was named after the Spanish Cape Trafalgar where his last battle, The Battle of Trafalgar, was won. Trafalgar Square is a site of significant historic value and its monuments and statues also have individual heritage classifications. The centrepiece of the square is the statue of Nelson Column and it was built to honour admiral Horatio Nelson. There are four plinths in the square, 3 of which features statues of previous British Kings. The fourth plinth, however, never had a statue built for it. It has been turned into a

public display of modern art that rotates regularly.

Since its construction in the early 1800s, Trafalgar Square has been seen as a centre of national democracy and protest. Rallies and demonstrations are frequently held at weekends on a range of political, religious and general issues. The Mayor supports this democratic tradition, and gives access to the square for such causes.

It is illegal to feed the pigeons in Trafalgar Square due to worries about the health risks posed by the pigeons the Mayor of London banned feeding them.

The National Gallery occupies the north side of the square. The gallery has had over 4.5million visitors every year. In the gallery you can see art by various artists including Monet, Rembrandt, Vermeer and Van Gogh. There are 2300 works of art displayed in the gallery.

From the outset the National Gallery has been committed to education. Students have always been admitted to the Gallery to study the collection, and to make copies of the pictures. A vibrant education programme continues today for school children, students, and the general public. The programme includes free public lectures, tours and seminars.



UXBRIDGE WEEK 1 LUNCH

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>BREAKFAST</u>						
Cereal Bar Croissant and Pain au Chocolate Assorted Easi Yo Yoghurt Apples, Oranges, Pears and Bananas Fruit Juice or Squash Tea, Coffee and Hot Chocolate						
5 Item Cooked Breakfast	Continental Breakfast....					5 Item Cooked Breakfast
<u>LUNCH</u>						
<u>STARTER</u>						
	Cream of Mushroom Soup	Greek Salad Coupe	Minestrone Soup	Nicoise Salad Coupe	Summer Vegetable Soup	
Fresh Bread Daily						
<u>LUNCH</u>						
<u>MAIN COURSE</u>						
Packed Lunch	Savoury Minced Beef and Onion Pie	Lemon and Herb Glazed Chicken Flatbread	Cajun Pulled Pork and Bean Pitta	Turkey Pasta Bake	Chicken burger	Packed Lunch
	Tomato and Basil pasta bake	Spicy Veg and Bean Quesadilla	Breaded chicken BBQ sauce	Ham and cheese panini	Pasta Carbonara	
	New York Hot Dog	Tuna Mayo and Sweetcorn Melt	BBQ Chicken Pizza	Beef burger in a bun	Cheese and Tomato Focaccia	
	Garden Peas	Broccoli Florets	Green beans	Sweetcorn	Carrots	
	Mashed Potato	Paprika Dusted Fries	Minted new potatoes	Croquette Potatoes	Jacket Wedges	
<u>SALAD BAR</u>						
Mixed Leaves, Tomato, Cucumber, Grated Carrot and Sweetcorn						
	Plain Pasta And House Slaw	Plain Pasta And Cajun Potato	Plain Pasta And Panzanella	Plain Pasta And Cucumber, Pea and Mint	Plain Pasta And Indian Slaw	
<u>DESSERT</u>						
	Strawberry Jelly	Ice Cream Pot	Chocolate Cheesecake	Eton Mess	Lemon Mousse	
Apples, Oranges, Pears and Bananas						
<u>DRINKS</u>						
Fruit Squash Tea, Coffee and Hot Chocolate						



UXBRIDGE WEEK 1 DINNER

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>DINNER</u>						
<u>STARTER</u>						
Tomato Soup	Falafel and Mint Tzatziki	Leek and Potato Soup	Onion Bhajis and Mango and mayo dip	Leek Soup	Nacho's, Cheese and Tomato salsa	Cream of Lentil Soup
Fresh Bread Daily						
<u>LUNCH</u>						
<u>MAIN COURSE</u>						
Traditional Roast Chicken Leg and Stuffing	Sticky Barbecue Pork	Spaghetti Bolognese	Piri Piri Chicken Wrap	Battered Cod	Minced beef lasagne	Beef burger Salad Bap
Vegetable quiche	Vegetarian Spaghetti Carbonara	Vegetarian Beggars Noodles	Triple Mac N Cheese	Meat and Potato Pie	Hot Dog and Onions	Vege burger Bap
Margherita Pizza	Sicilian Meat Pizza	Chunky Pork Sausage Roll	Vege Hot Dog and Sautéed Onions	Cheese and Onion Pasty	Oriental Vegetable Spring Roll	Potato Onion Tortilla
Sautee Cabbage	BBQ Beans	Sweetcorn	Carrots	Minted Peas	Green Beans	Apples law
Roast Potatoes	Potato waffles	Spicy Rice	Croquette Potatoes	Fries	Long Grain Rice	Spiral Fries
<u>SALAD BAR</u>						
Mixed Leaves, Tomato, Cucumber, Grated Carrot and Sweetcorn						
Plain Pasta And Mexican Bean	Plain Pasta And American Sweetcorn	Plain Pasta And African Butter Bean	Plain Pasta And Red Slaw	Plain Pasta And Roasted Vegetable Cous Cous	Plain Pasta And Chick Pea Sultana	Plain Pasta And Chinese Noodle
<u>DESSERT</u>						
Mixed Berry cheesecake	Tutti Frutti Mousse Crunch	Chocolate Mousse	Lemon and Lime Jelly	Strawberry Cheesecake	Orange Jelly	Rice Pudding Conde
Apples, Oranges, Pears and Bananas						
<u>DRINKS</u>						
Fruit Squash Tea, Coffee and Hot Chocolate						



UXBRIDGE WEEK 2 LUNCH

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>BREAKFAST</u>						
Cereal Bar Croissant and Pain au Chocolate Assorted Easi Yo Yoghurt Apples, Oranges, Pears and Bananas Fruit Juice or Squash Tea, Coffee and Hot Chocolate						
5 Item Cooked Breakfast	Continental Breakfast....					5 Item Cooked Breakfast
<u>LUNCH</u>						
<u>STARTER</u>						
	Humus, Pitta and Cucumber	Cream of Mushroom Soup	Coronation Egg and Cress Croute	Cream of Mushroom Soup	Fattoush Salad Pot	
Fresh Bread Daily						
<u>LUNCH</u>						
<u>MAIN COURSE</u>						
Packed Lunch	Chicken Nuggets	Hot Dog and Onions	Sticky BBQ Chicken	Cajun Chicken Sizzling Pizza	Tempura Fish Fillet and Sweet Chilli Sauce	Packed Lunch
	Chicken and leek pasta bake	Vegetable Cottage Pie	Cheesy Penne Pasta	Herby Tomato Pasta	Veg Chilli Tacos	
	Veggie Supreme Pizza	Veggie Burrito	Quornish Pasty	Vegetable Burger	Cumberland Sausages and Onion Gravy	
	Peas	Carrots	Green Beans	Sweetcorn	Minted Peas	
	Chips	New Potatoes	Croquette Potatoes	Oven Jacket wedges	Mashed Potato	
<u>SALAD BAR</u>						
Mixed Leaves, Tomato, Cucumber, Grated Carrot and Sweetcorn						
	Plain Pasta And Cucumber, Pea and Mint	Plain Pasta And Chick Pea Sultana	Plain Pasta And Houseslaw	Plain Pasta And American Sweetcorn	Plain Pasta And Indian Slaw	
<u>DESSERT</u>						
	Strawberry Jelly	Ice Cream Pot	Chocolate Cheesecake	Eton Mess	Lemon Mousse	
Apples, Oranges, Pears and Bananas						
<u>DRINKS</u>						
Fruit Squash Tea, Coffee and Hot Chocolate						



UXBRIDGE WEEK 2 DINNER

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>DINNER</u>						
<u>STARTER</u>						
Tomato Soup	Leek Soup	Veggie Caesar Coupe	Asparagus Soup	Tomato and Cheese Nachos	Summer Vegetable Soup	Greek Salad Coupe
Fresh Bread Daily						
<u>LUNCH</u>						
<u>MAIN COURSE</u>						
Traditional Roast Chicken Leg and Stuffing	Cottage Pie	Brie and Cranberry panini	Barbecued Turkey Meatball Bake	Battered Cod	Pulled Pork and Bean Pitta	Chicken Burger Bap
Ham and cheese panini	Chicken and Vegetable pie	Chicken and Bacon pasta	Hawaiian Pizza	Vegetable kiev	Arrabiata Pasta	Vegeburger Bap
Four Cheese Quiche	Roast Vegetable Naan Bread Pizza	Vege Sausage Hot Dog and Onions	Cheese and Tomato toasties	Cheese and Onion Pasty	Meatball Marinara Sub	Vege Hot One Pizza
Sautee Cabbage	Courgettes	Boston Beans	Garden Peas	Minted Peas	Sweetcorn	Appleslaw
Roast Potatoes	Potato Waffles	Sautee Potatoes	Potato croquette	Chips	Garlic Herb Wedge Potatoes	Fries
<u>SALAD BAR</u>						
Mixed Leaves, Tomato, Cucumber, Grated Carrot and Sweetcorn						
Plain Pasta And Szechuan Slaw	Plain Pasta And Noodle Salad	Plain Pasta And Red Slaw	Plain Pasta And Cajun Potato	Plain Pasta And Mexican Street Slaw	Plain Pasta And Mexican Bean	Plain Pasta And Roast Beetroot
<u>DESSERT</u>						
Mixed Berry cheesecake	Tutti Frutti Mousse Crunch	Chocolate Mousse	Lemon Jelly	Strawberry Cheesecake	Orange Jelly	Rice Pudding Conde
	Apples, Oranges, Pears and Bananas					
<u>DRINKS</u>						
	Fruit Squash Tea, Coffee and Hot Chocolate					