

# ST MADOC CENTRE EXAMPLE DAILY PLANNER

**Example of a daily plan:**

**8am – Breakfast**

**9/9.30am – Morning Activities**

**12.30pm – Lunch**

**1.30pm – Afternoon Activities**

**5.30pm – Dinner**

**Evening activities run by school**

|  |  |  |
| --- | --- | --- |
| Beach Games | Shelter Building | Marshmallows with campfire |
| Archery | Fire lighting | Ball Games |
| Woodland Games | Rock Pool and cave discovery | Drumming |
| Pond Dipping | Orienteering  | Wildlife Activities |

**Breakfast**

**Fresh fruit/ Yogurts/ Choice of Cereals (milk alternatives available)/ Toast with a variety of spreads/**

**Daily treat (pancakes, pastries etc.)**

**Lunch**

**Rolls or wraps with choice of filling/ Crisps/ Fresh Fruit/ Veg Platter/ Sweet Treat**

**Dinner**

|  |  |  |
| --- | --- | --- |
| Sausage/ Burger | Chips / Pasta | Beans/ Peas/ Sweetcorn |
| Spaghetti Bolognese  | Chicken Curry & Rice | Baked Fish Fillet |
| Fruit Platter | Yogurts | Chocolate sponge |
| Cookies  | Ice-cream | Fruit Sponge |

**We cater for all dietaries needs, please fill in the form provided to your school. If you wish to discuss**

**your child’s dietary need in detail please email us at info@stmadoc.co.uk**