

“Manners Matter/Social Butterfly” Menu

Hi Leaders and Moms,

This menu is designed to be simple for you and includes foods that will require using the skills that were learned. Don't go crazy (unless you want to do so), premade store-bought is fine!

Most of us no longer have dishware with multiple pieces...the minimum basics are a **dinner plate, side plate, drinking glass, fork, knife, and spoon**. I have cups and saucers for the dessert soup that I will bring. If you have a china set with multiple pieces that you would like to use, we can be really fancy!

Dinner plate, fork and knife for:

A tray of **lasagna/main dish** (fork and knife cutting skills – we will put a square on their plates...too heavy/hot for them to pass around)

Bread plate (can use a salad plate or cup saucer) for:

Basket of **rolls/bread** (pre-made garlic bread does *NOT* work, they need to practice breaking off and buttering individual bites of bread)

Dish of **butter** (will be passed around – they will use their knife to put a portion on their bread plate)

Green beans/veggie (in a serving dish that they can practice passing around the table)

Condiments (salt and pepper, parmesan cheese is optional)

Drinking glass for:

Water/beverage (can be pre-poured or we will act as “servers,” no passing pitchers)

Spoon (I bring a dessert cup and saucer that you can use) for:

Fruit soup/LIQUID dessert (This is so they can practice properly dipping and eating off of a spoon. Pudding and ice cream *DON'T* work, as we cannot use the proper technique. If you would like to add soup as an appetizer, we can do that and have whatever type of dessert - or no dessert - you would like to serve after the meal.)



Chilled Blueberry Soup

(A little more involved than Strawberry Soup, but a less common allergy)

Yield: Makes 4 servings (**double** the recipe and serve smaller portions for 10 guests)

Ingredients

4 cups fresh blueberries (I use thawed frozen berries)
1 cup orange juice (no pulp)
1/2 cup sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon salt
1 tablespoon fresh lemon juice
1 pint half & half

Optional garnish: mint sprigs or a dot of half & half swiped with a toothpick to make a heart shape.

Preparation

Bring **first 5 ingredients** to a boil in a saucepan over medium-high heat, stirring often. Remove from heat, and slightly cool.

Process blueberry mixture and **lemon juice** in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill until ready to serve.

Stir in **half-and-half** just before serving. Serve in a cup on a saucer. Garnish, if desired.



Chilled Strawberry Soup

(Easier to make than Blueberry Soup, but a more common allergy)

Yield: Makes 6 - 8 servings (serve smaller portions for 10 guests, or double and have larger portions)

Ingredients

2 pints fresh strawberries (I use thawed frozen berries)
1 cup half and half
1 cup sour cream
1/3 cup sugar
2 tablespoons lemon juice

Optional garnish: mint sprigs or a dot of half & half swiped with a toothpick to make a heart shape.

Preparation

In a blender or food processor puree strawberries.
Pour into a large bowl and add half and half, sour cream, sugar and lemon juice.
Stir until well combined. Chill.

Serve in a cup on a saucer. Garnish, if desired.

