



# Princess Dinner Menu

## ~ Arundel Appetizers ~

Round crackers with Cheese slices  
cut out with shaped cookie cutters

## ~ Sven snacks ~

Sliced apples and baby carrots

## ~ Lettuce Go Salad ~

Cesar Salad

## ~ Troll Stones ~

Swedish meatballs (see recipes)

## ~ Roasted carrots ~

## ~ Olaf Pilaf ~

(See recipes) Or Sticky rice shaped like a snowman decorated  
with raisins and almonds

## ~ Frozen Hearts ~

Strawberries dipped in white chocolate

## ~ Dessert ~

Blue Raspberry Rice Crispy Treats (see recipes)  
or Blizzard Milk Shakes

## ~ Beverages ~

Frozen Snow Capped Punch - (see recipes) or  
Frozen White Hot Chocolate (see recipes)

## Troll Stones (Swedish Meatballs)

### Meatballs:

1 tablespoon butter  
1/2 large yellow or white onion, peeled, grated (use the large holes of a box cheese grater)  
1/4 cup milk  
3 slices of bread, crusts removed, bread cut into cubes (2 cups of cubed bread)  
1 large egg  
3/4 pound ground beef  
1/2 pound ground pork  
1 teaspoon kosher salt  
1 teaspoon black pepper  
1/2 teaspoon freshly ground nutmeg  
1/2 teaspoon ground cardamom

#### 1. Soak bread in milk, shred:

Place the cubed bread in a large bowl and mix with the milk. Let sit for 5 to 10 minutes for the bread to absorb all of the milk. Once the bread has soaked up the milk, shred with the tines of a fork or by hand.

#### 2. Sauté grated onion:

Melt the butter in a sauté pan on medium-high heat. Stir in the grated onion and cook until translucent and softened, 3-4 minutes. Remove from heat and let cool for a minute.

#### 3. Make meatball mixture with bread, onions, eggs, meat, spices:

Stir the cooled onions into the milk bread mixture. Add the eggs, ground pork and beef, salt, pepper, nutmeg, and cardamom. Use your (clean) hands to mix everything together until well combined.  
(If you have extra time, chilling the mixture for 20 minutes or so will make it easier to roll out the meatballs.)

#### 4. Form meatballs:

Use your hands to form the mixture into meatballs about 1 1/4-inch to 1 1/2-inch wide and place them on a plate or sheet pan. This recipe should make about 40 meatballs. Note that the meatballs will be a bit on the wet side.

#### 5. Brown meatballs on all sides:

Heat 3 Tbsp of butter in a large sauté pan on medium heat. When the butter is melted and foamy, start adding some meatballs to the pan.

Working in batches as to not crowd the pan, slowly brown the meatballs on all sides. Use a spoon or tongs to turn them. Handle the meatballs gently so they do not break apart as you turn them. Once the meatballs have browned on all sides and are just cooked through, remove them from the pan to a bowl. You'll warm the meatballs in the sauce later.

### Meatball Sauce:

3 tablespoons butter  
3 tablespoons flour  
2 cups beef stock  
1/4 cup sour cream (use full-fat sour cream or the sauce may curdle)  
Salt and pepper to taste  
2 tablespoons Lingonberry, red currant, raspberry or cranberry jelly, less or more to taste (optional)

#### 1. Make a roux:

To make the sauce, first make the roux. Add 3 Tbsp of fresh butter to the pan. Heat the butter in the pan on medium heat until it melts and starts to bubble up.

Slowly whisk in 3 Tbsp of flour. Stir until smooth. Continue to stir, allowing the flour mixture to cook, several minutes, until the roux is the color of coffee-with-cream.

#### 2. Add stock to roux to make sauce:

When the roux has cooked to a lovely shade of light brown, slowly add the stock to the roux, stirring as you add the stock.

The stock will sputter at first and the roux may seize up, but keep adding the stock slowly and keep stirring. Eventually the sauce will loosen and become silky.

#### 3. Stir in sour cream and jelly if using:

Remove the pan from heat and stir in the sour cream. If you are including jelly, either stir it in now or serve it on the side. Taste for seasonings and add more salt and pepper to taste (I use about 1/2 teaspoon of kosher salt, and 1/4 teaspoon of pepper.)

#### 4. Add meatballs to sauce:

Return the meatballs to the pan with the sauce and cook on low heat to warm the meatballs through for a few minutes.

## Olaf Pilaf

### Ingredients

1 tablespoon extra-virgin olive oil  
1 small red onion, chopped  
1 cup uncooked quinoa, rinsed and drained  
2 cups low-sodium chicken or vegetable broth  
1/2 teaspoon fine sea salt  
2/3 cup dried cranberries  
2/3 cup sliced almonds, toasted

1. Heat oil in a medium pot over medium high heat.
2. Add onion and cook, stirring often, until just softened, 2 to 3 minutes.
3. Add quinoa and toast, stirring constantly, for 1 minute.
4. Stir in broth and salt and bring to a boil then reduce heat to medium low, cover and simmer for 10 minutes.
5. Stir in cranberries, cover again and continue to cook until liquid is completely absorbed and quinoa is tender, 8 to 10 minutes more.
6. Toss with almonds and serve.

## Blue Raspberry Rice Krispie Treats

Ingredients (24 squares)

For the treats

3 tablespoons butter

1 bag (8 oz.) Campfire Blue Raspberry Mallow Bursts

5 cups crispy rice cereal

For the topping

1 container (16 oz.) Duncan Hines Frosting White or lemon flavored

blue sugar sprinkles

Instructions

For the treats

In a large sauce pan, melt butter and marshmallows over low heat. Stir until completely melted..

Then add the crispy rice cereal. Mix until all is well incorporated.

Then pour the mixture into a greased 9 x 13 pan or a cookie sheet and spread it evenly with a piece of waxed paper.

Place in fridge to cool and set.

For the frosting

Spread the frosting over the cooled treats and add sprinkles if desired.

Place in fridge until frosting sets, then cut into squares and enjoy.

## Frozen Snow Capped Punch

Ingredients

Blue Hawaiian Punch

Lemon Lime Soda

Vanilla Ice Cream

Instructions

In each cup mix equal parts punch and soda. Add a dollop of ice cream to the top of each cup for the "snow"!

## Frozen White Hot Chocolate

Ingredients

2 cups milk , or half n half

1 cup white chocolate chips

2-3 drops blue food coloring

1/4 cup sugar , for rims of glasses

Instructions

In a saucepan place milk or half n half on a low heat.

Add in white chocolate chips.

Stir until chocolate is melted. let simmer about 10 minutes.

Do not let it come to a boil. Add in 2-3 blue food coloring drops.

In a small bowl add 1/4 cup sugar and 2-3 blue food coloring drops mix.

Place rims of glasses in the sugar.

Pour hot chocolate into the cups.

Top with cool whip if desired.



## Superhero Hulk Punch

### Ingredients

Sprite  
Lemon-Lime Kool-Aid Drink Mix Packet  
1-2 Fresh Limes, Sliced  
Green Food Coloring (optional)  
Yellow Food Coloring (optional)

### Directions:

In a pitcher, combine your sprite, half of the Kool-Aid drink mix, 2 drops of green food coloring, and 2 drops of yellow food coloring. Stir well. Note: The food coloring is optional but I really like how it gives the drink a little more of that Hulk look. Slice your limes into rounds then into halves. Place into drink mixture.  
Refrigerate the beverage for at least 2 hours.  
Serve and Enjoy!

## Spider-Man Sipper Recipe

### Ingredients:

2 tablespoon fresh lemon juice  
3 ounces Cran-Cherry Juice  
3 ounces Hawaiian Punch Berry Blue Typhoon  
Pebble Ice

### Directions:

Fill glass with pebble ice, then add three ounces of Hawaiian Punch Berry Blue Typhoon and two ounces of fresh lemon juice into the glass filled with ice.  
Place the glasses in the freezer for 15-20 minutes.  
Add three ounces of Cran-Cherry juice.  
Serve with a straw.

## Poison Ivy Pasta Salad!

### Ingredients

1 lb of pasta cooked (macaroni, shells or rotini work best)  
Shredded carrots  
raw broccoli florets  
grape tomatoes sliced in half  
shredded cheese - mild cheddar  
ranch dressing

### Directions

Toss ingredients together and serve

## Mask Mini Pizzas

### Ingredients:

pita rounds  
pizza sauce  
mozzarella cheese sticks  
Mozzarella or provolone slices  
black olives sliced.

### Instructions:

Cover the pita bread with pizza sauce.  
Cut the string cheese into strips to make the web.  
Cut out pointed ovals from the cheese slice and place on the pizza for eyes.  
Outline the eyes with strips of olives.

Pop in the oven at 350 for about 10 minutes or until the cheese melts.

## Kryptonite Krunch

### Ingredients:

6 TBSP Ranch seasoning mix  
2 cups goldfish crackers  
3 cups mini twist pretzels  
3 cups Rice chex  
3 cups bugles  
2 cups cheerios  
1/2 cup butter

### Instructions:

Place the pretzels, crackers, Bugles and Chex and Cheerios in a large bowl  
Coat with the melted butter, add the ranch seasoning and stir well to coat  
Place the mix on a parchment lined baking sheet and bake at 300 degrees for 40 minutes stirring half-way through  
Remove from the oven, allow to cool, then store in a zip-lock bag or air-tight container.

## Captain American Fruit shield

### Ingredients-

Strawberries sliced  
white creamy Fruit dip  
Blueberries

### Instructions:

Cut a hand full of strawberries into slices and line them around the outside of a plate.  
Add fruit dip in a circle around the inside of the strawberry circle.  
Then another circle of strawberry slices.  
Fill the middle with blueberries.  
Add some of the fruit dip in a baggie & snip off the corner with scissors. Pipe on a star in the middle.

## Robin Roll ups

### Ingredients:

- 2 1/2 c cornbread mix (Bob's Red Mill recommended)
- 1 lg egg
- 1/4 c olive oil
- 1 1/4 c water
- 1/2 c shredded sharp cheddar cheese
- 5 hot dogs cut into 1 inch pieces

### Instructions:

1. Preheat oven to 400 degrees
2. In a lg bowl, mix cornbread mix, water, oil, cheese and egg together until well combined.
3. Grease a mini-muffin pan
4. Spoon Cornbread mixtre into each cup, filling each cup about half way.
5. Place a piece of hot dog in the center of each muffin cup.
6. Bake for 10-15 minutes until cooked through and golden brown
7. Remove from oven and allow to cool. Enjoy!

## Incredible Hulk Rice Crispy Treats

### Ingredients:

- 6 cups Rice Krispies cereal
- 1/2 stick of butter
- one bag of large marshmallows
- green food coloring
- oreo cookies
- black gel frosting

### Instructions:

- Melt butter with marshmallows and then add cereal.
- Add some food coloring and mix well.
- Place in a large pyrex and then cut into squares.
- Sprinkle crushed oreo or similar cookies for hair
- Draw eyes and mouths with black coloring gel tube.



### DYI Balloon Drop

What is more festive than a balloon drop? Make one at home like the one we have celebrated with at Park High.

We have provided the balloons. Add some more of your own if you would like. Using painters tape, tape the four corners of a plastic table cloth to your ceiling. Make a slit in the middle and then tape it back

together with a string attached to one side. Fill the canopy with balloons. When the time comes, start the count down, pull the string and  
“Let it GO!!”



# SUPERHERO



**ZAP!**

## DINNER MENU

### ~ Antman Appetizers ~

Ants on a log. Fill Celery sticks with creamy peanut butter. Top with chocolate chips or raisins.



### ~ Kryptonite Krunch ~

Snack mix (see recipe)

### ~ Captain America Fruit Shield ~ (see recipe)

### ~ Poison Ivy Pasta Salad ~ (see recipes)

### ~ Spider Man Masks ~ Mini pizzas (see recipes)

### ~ Robin's Roll ups ~ corn dog bites (see recipes)

### ~ Dessert ~

Incredible Hulk Rice Crispy Treats (see recipes)  
Two Face Cookies: Oreos half dipped in white chocolate

### ~ Beverages ~

Hulk Punch - (see recipes)  
Spider Man Sippers (see recipes)

