

## Plating for Ms. Morgan

If she is feeling anxious, she may get adamant about having her food plated as was done at home (after years of her training us to meet her exacting standards lol). Here's a cheat sheet to preparing/plating her most often requested "meals"

**Note:** we put a damp washcloth and a few water bottles down along with the food



### "Chicken"

Tyson Anytizers Popcorn Chicken. Choose 12—15 of same approximate size for best results (approx. 1/2 a bag). Bake in 400 degree oven for 18 minutes. Blot on paper towel. Cut in half and arrange in a circle on a large plate. Fill the center with "Plenty of ketchup!" (Heinz ketchup). Often asks for PB&J along with it.



### "Fast Food"

She'll ask for it by brand: Wendy's, McDonald's or Burger King. Typical carryout order is 2 10 piece chicken nuggets, 2 large fries and a plain hamburger (she grazes on it all day, eating most of it at dessert time). Arrange the food around the plate, in it's containers—she insists on plating it herself. Put Heinz ketchup on the burger, and flood the plate with "Plenty of Ketchup!" (which equals ~1/3 of the plate. As soon as there is a dent in it, she will ask for more. I promise you, it is not worth the argument... just do it... ) If it is Wendy's, she will insist on "trimming" the burger into a circle that fits within the bun.



### "Peanut Butter and Jelly and Fresh Bread"

Slice a large croissant in half. Place on a large plate with a glop of Jiff Creamy peanut butter and a glop of Smuckers Strawberry Squeeze jelly. Put a small knife into each glop. Whatever napkin is on the table will be used to clean off the knives after making the sandwich, so plan accordingly. Often the finished sandwich will be put into a ziplock for "give away at the PB&J Restaurant" (but she will have licked up a good deal of peanut butter and jelly in the process).



### "Desert"

Usually at dessert time, she still has a full plate of food on the table (often this is the only time she'll eat all day). Doesn't matter—she will have a major melty if isn't served desert along with it. (She won't necessarily eat it all—but it has to be there). "3 scoops of pink ice cream" (3 spoonfuls of Pierre's Strawberry Sorbet) and "birthday cake" (a piece of Giant Eagle bakery yellow or white cake). Sometimes she insists on adding a bowl of popcorn (PopSecret Jumbo Pop), which she then dips into the "pink ice cream.



### **“Blueberry Poptarts”**

She would like them with the crusts cut away and disposed of please (ewww... “crustez”)



### **“Big hot blueberry muffins”**

Giant Eagle bakery blueberry muffins. Usually kept in the refrigerator for longevity. Nuke them in the microwave for 30 seconds (15 if they are at room temperature to begin with). Remove the paper wraps. Put in a bowl (why a bowl, you ask? Ya got me... but she insists on a bowl...)



### **“White frosting and pretzels”**

In a bowl, glop a couple spoonful's of white frosting. Break 6 pretzel rods in half and stick them porcupine stile into the frosting.



### **“Cookies Chips and Water”**

(ahh... the breakfast of champions. \*heavy sigh\*). In one bowl dump a tube of Pringles Original flavor. (She won't eat them all, but she's been quite adamant about having them all) (be sure there is a garbage can close by...). In another bowl, put ~10 Chips Ahoy mini cookies. Serve with 2 bottles of water



### **“Pizza Guy Pizza” or “Papa John’s”**

Two medium cheese pizza's (unless you have bargained her down to one... which is all she eats anyways...). Leave it in the box with a pizza cutter and a plate next to it. She will proceed to “eat” it in a most disgusting manner (make sure a garbage can is nearby). And in all likelihood, she will gift you (read: try to force feed you) the “crustez”. She strips the cheese off (throwing most away, but eating some as she strips it).

### **“Big Hot Dog Dinner”**

It's been over two years since she asked for it... but just in case... Oscar Meyer original regular hotdogs. Nuke 2 of them in the microwave for a minute. Slice lengthwise, then into chunks. Serve with Campbell's original baked beans (canned—nuke them on medium heat in a bowl for 2 minutes) on 1/3 of the plate, and a stack of Original Pringles. Add ketchup for dipping.