

JADWAL & MENU MPASI DITA 7 BULAN

(<http://alvmonngga.wordpress.com>)

| | MINGGU | SENIN | SELASA | RABU | KAMIS | JUM'AT | SABTU |
|-------|--|---|--|--|--|---|---|
| | 1- 18/01/2009 | 2- 19/01/2009 | 3- 20/01/2009 | 4- 21/01/2009 | 5- 22/01/2009 | 6- 23/01/2009 | 7- 24/01/2009 |
| 09.00 | BBC+BBM+Zuchini | BBC+BBM+Zuchini | BBM+zuchini | Kentang+apel | Kentang+apel | Ubi jalar+BTP | Ubi jalar+BBC+kabocha |
| 12.00 | Pisang ambon kerok | Pisang ambon kerok | Pisang ambon kerok | Pisang ambon kerok | Pisang ambon kerok | Pisang ambon kerok | apel |
| 16.00 | pear+zuchini | pear+zuchini | pear+apel+zuchini | BKH+Pear | Kabocha+pear | BBM+kabocha | BTP+kabocha |
| Note | Tidak Ada Tanda2 Alergi (TATA) | TATA, 21.00 pup kuning kehijauan, lembek | TATA, 10.00 pup kuning kehijauan, lembek | TATA, 06.00 : pup kuning kehijauan, lembek | TATA, 06.00,10.00,15.00 pup kuning kehijauan, lembek | TATA, 08.00 : pup kuning, lembek | TATA, 06.00 : pup kuning kehijauan, lembek |
| | 8- 25/01/2009 | 9- 26/01/2009 | 10- 27/01/2009 | 11- 28/01/2009 | 12- 29/01/2009 | 13- 30/01/2009 | 14- 31/01/2009 |
| 09.00 | BBC+kabocha | BBM+kabocha | BBM+pear | BTP+kentang+jeruk | BBC+jagung manis | BBC+brokoli | BBC+brokoli |
| 12.00 | apel | apel | apel+pear | pepaya | pepaya+tomat | pepaya+air jeruk | apel |
| 16.00 | BKH+kabocha | BKH+kabocha | BTP+apel | BTP | BKH+tomat | BKH+zuchini | BTP+apel |
| Note | TATA, 06.30, 18.00: pup kuning, lembek | TATA, 10.00, 18.30 : pup kuning, lembek | TATA, 16.00 : pup kuning, lembek | TATA, 06.00 : pup kuning, lembek | TATA, 08.00 : pup kuning kecoklatan-orange, lembek | TATA, 11,30,19,30 : pup kuning kecoklatan, lembek | TATA, 09.00 : pup kuning, ada pringkilan orange |
| | 15- 01/02//2009 | 16- 02/02/2009 | 17- 03/02/2009 | 18- 04/02/2009 | 19- 05/02/2009 | 20- 06/02/2009 | 21- 07/02/2009 |
| 09.00 | BBM+zuchini | Kentang+zuchini | Kentang+zuchini | Ubi jalar+zuchini | Ubi jalar+pear | BBC+tahu putih | BBC+tahu putih |
| 12.00 | apel | alpukat | alpukat | ----bobok---- | Pear | pepaya | pepaya+melon |
| 16.00 | BKH+zuchini | Kentang+kabocha merah | Kentang+kabocha merah | Ubi jalar+BKH | Ubi jalar+BKH | BTP+BKH | BTP+BKH |
| Note | TATA, 10.00 : pup kuning, lembek | TATA, 06.00 : pup kuning kehijauan, lembek | TATA | TATA, 06.00 : pup kuning, lembek | TATA, 14.00 : pup kuning , lembek | TATA, 06.00,20,30 pup kuning, lembek | TATA, 10.00 : pup kuning, lembek |
| | 22- 08/02/2009 | 23- 09/02/2009 | 24- 10/02/2009 | 25- 11/02/2009 | 26- 12/02/2009 | 27- 13/02/2009 | 28- 14/02/2009 |
| 09.00 | BBM+lobak | BTP+lobak | BBM+melon | BBM+melon | BBM+BBM+pear | BBC+apel | Nasi tim saring+tempe |
| 12.00 | melon+kabocha | melon | pepaya | pepaya | Pisang ambon kerok | Pisang ambon kerok | pepaya+air jeruk |
| 16.00 | BTP | BBM+kabocha | BKH+melon | BKH+melon | BKH+pear | BBM+apel | BBC+zuchini |
| Note | TATA, 20.00 : pup kuning, lembek | TATA, 19.00 : pup kuning kecoklatan, lembek | TATA | TATA, 08.00, 19.00 : pup kuning kecoklatan, lembek | TATA, 13.00, 16.00 : pup kuning kecoklatan, lembek | TATA, 12.00 : pup kuning, lembek | TATA, 07.00, 15.00 : pup kuning, lembek |
| | 29- 15/02/2009 | 30- 16/02/2009 | 31- 17/02/2009 | | | | |
| 09.00 | nasi tim saring+kaldu+tempe | nasi tim saring+kaldu+tempe+timun jepang | BKH+zuchini | | | | |
| 12.00 | pepaya+air jeruk | peach | peach | | | | |
| 16.00 | BBM+zuchini | BTP+BKH | nasi tim saring+kaldu ayam+asparagus | | | | |
| Note | TATA, 09.00 : pup kuning, lembek | TATA, 12.00 : pup kuning, lembek | TATA, 10.30 : pup kuning, lembek | | | | |

BBC : Bubur Beras Coklat Gasol
 BBM : Bubur Beras Merah Gasol
 BKH : Bubur Kacang Hijau Gasol
 BTP : Bubur Tepung Pisang Gasol