

# JADWAL & MENU MPASI DITA 6 BULAN

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

	Minggu	Senin	Selasa	Rabu	Kamis	Jum'at	Sabtu
	pre- 14/12/2008	pre- 15/12/2008	pre- 16/12/2008	pre- 17/12/2008	1- 18/12/2008	2- 19/12/2008	3- 21/12/2008
09.00							
12.00	BBC+ASI	BBC+ASI	BBC+ASI	BBC+ASI	BBC+ASI	BBM+ASI	BBC+BBM+ASI
16.00	(1 sdt+20 ml ASI)	(1 sdt+20 ml ASI)	(1 sdt+20 ml ASI)	(1 sdt+20 ml ASI)	(1 sdt+20 ml ASI)	(1 sdt+20 ml ASI)	(2 sdt+20 ml ASI)
Note	Tidak Ada Tanda2 Alergi (TATA)	TATA	TATA	TATA, 06.00 : pup kuning, lembek	TATA	TATA, 06.00 : pup kuning, lembek	TATA
	4- 21/12/2008	5- 22/12/2008	6- 23/12/2008	7- 24/12/2008	8- 25/12/2008	9- 26/12/2008	10- 27/12/2008
09.00							
12.00	BBC+BBM+ASI	BBC+BKH+ASI	BBC+BKH+ASI	BBM+ASI	BBM+ASI	BBC+ASI	BBC+air jeruk
16.00	(2 sdt+20 ml ASI)	(2 sdt+20 ml ASI)	(2 sdt+20 ml ASI)	BBM+BTP+ASI	BKH+ASI	BTP+ASI	BKH+BTP+ASI
Note	TATA, 06.00 : pup kuning, lembek	TATA	TATA, 14.00 : pup kuning kehijauan, lembek	TATA	TATA, 14.00 : pup kuning kecoklatan, lembek	TATA, 06.00 : pup kuning, lembek	TATA
	11- 28/12/2008	12- 29/12/2008	13- 30/12/2008	14- 31/12/2008	15- 01/01/2009	16- 02/01/2009	17- 03/01/2009
09.00	BBC + air jeruk	BBC+BTP	BBC+BTP	BTP + apel	BBC+BTP	BBC+BBM	BBC+BBM
12.00							
16.00	BKH+BTP	puree apel	puree apel	pepaya	pepaya	BTP+pear	BTP+pear
Note	TATA, 06.00 : pup kuning, lembek	TATA	TATA, 15.00 : pup kuning kecoklatan, lembek	TATA, 15.00 : pup kuning, lembek	TATA, 06.30 : pup kuning keorange-an (warna pepaya), lembek	TATA	TATA, 13.00 : pup kuning kecoklatan, lembek
	18- 04/01/2009	19- 05/01/2009	20- 06/01/2009	21- 07/01/2009	22- 08/01/2009	23- 09/01/2009	24- 10/01/2009
09.00	BBM+BTP	BBM+BTP	BBC+BTP	labu parang	BBC+labu parang	Ubi jalar+BTP	BBM+BKH
12.00							
16.00	BKH+apel	BKH+apel	BTP+pear	BKH+apel	apel+air jeruk	pepaya+air jeruk	pepaya+air jeruk
Note	TATA, 15.00 : pup kuning kecoklatan, lembek	TATA, 05.30 : pup kuning kecoklatan, lembek	TATA, 20.00 : pup kuning kecoklatan, lembek	TATA	TATA, 09.00 : pup kuning kecoklatan, lembek	TATA, 14.00 : pup kuning kecoklatan, lembek	TATA
	25- 11/01/2009	26- 12/01/2009	27- 13/01/2009	28- 14/01/2009	29- 15/01/2009	30- 16/01/2009	31- 17/01/2009
09.00	BBM+BKH	pisang ambon	BBM+apel	pisang ambon	BBM+pepaya	BBM+BBC+apel	BBC+BTP
12.00		pisang ambon	pisang ambon	pisang ambon			
16.00	apel+labu parang	BBC+pepaya	puree pear	BKH+apel	BBM+BBC+pisang ambon	pepaya	pepaya
Note	TATA, 07.00 : pup kuning keorange-an (warna pepaya), lembek	TATA	TATA, 09.00, 19.30 : pup kuning kecoklatan, lembek	TATA, 19.00 : pup kuning kehijauan, lembek	TATA, 10.00 : pup kuning kehijauan, lembek	TATA, 11.00 : pup kuning kehijauan, lembek	TATA, 06.00 : pup kuning kehijauan, lembek

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

Buah yang digunakan :  
 - Apel merah - Pisang Ambon matang  
 - Sweet Pear - Pepaya hasil kebun sendiri :-)  
 - Jeruk Medan