

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