

JADWAL & MENU MPASI DITA 9 BULAN

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	MINGGU	SENIN	SELASA	RABU	KAMIS	JUM'AT	SABTU
				1- 18/03/2009	2- 19/03/2009	3- 20/03/2009	4- 21/03/2009
09.00				BTP+wortel	outmeal+apel+pear	BKH+apel	Kentang+wortel
12.00				pear, apel, kiwi	pear+apel	pear+apel	melon+apel
16.00				nasi tim saring+d. ayam+kaldu ayam+parutan keju	nasi tim saring+d. ayam+kaldu ayam+asparagus+keju	nasi tim saring+d. ayam+kaldu ayam+wortel+keju	nasi tim saring+kaldu ayam+bayam merah
Note				TATA, 09.30 : pup kuning, lembek	TATA, 06.00, 16.00 : pup kuning, lembek	TATA, 11.00, 18.00 : pup kuning, lembek	TATA
	5- 22/03/2009	6- 23/03/2009	7- 24/03/2009	8- 25/03/2009	9- 26/03/2009	10- 27/03/2009	11- 28/03/2009
09.00	Makaroni ayam saus kuning telur	kentang+brokoli+kaldu ayam	kentang+asparagus+kaldu ayam	BTP+BKH	outmeal+melon	outmeal+pear	BTP+kabocha+jambu biji
10.00				agar-agar melon	agar-agar melon		biskuit
12.00	semangka+melon	apel+jeruk manis	apel+jeruk manis	melon+peach	melon+peach	pear+semangka	semangka merah+jambu biji
16.00	nasi tim saring+d. ayam+kaldu ayam (masak dg bw. putih)	nasi tim saring+d. ayam+kaldu ayam+kembang kol	nasi tim saring+d. ayam+kaldu ayam+tempe+buncis	nasi tim saring+daging ayam+kaldu ayam+buncis+kuning telur	nasi tim saring+daging ayam+kaldu ayam+kangkung	nasi tim saring+daging ayam+kaldu ayam+wortel	nasi tim saring+daging ayam+kaldu ayam+kembang kol
Note	TATA, 06.00 : pup kuning, lembek	TATA, 06.00, 17.00 : pup kuning, lembek	TATA, 14.00, 16.00 : pup kuning, lembek	TATA, 09.30 : pup kuning, lembek	TATA, 11.00 : pup kuning, lembek	TATA, 12.30 : pup kuning kehijauan, lembek	TATA, 11.30, 15.00 : pup kuning keorange-an, lembek
	12- 29/03/2009	13- 30/03/2009	14- 31/03/2009	15- 01/04/2009	16- 02/04/2009	17- 03/04/2009	18- 04/04/2009
09.00	BKH+kabocha	outmeal+apel	BBM+apel	BBC+jambu biji	outmeal+pear	kabocha+jambu biji	outmeal+jambu biji
10.00	biskuit	biskuit	biskuit	biskuit	biskuit		
12.00	semangka+jambu biji	pepaya	pepaya	pear+jambu biji	pear+apel	apel+jambu biji	pepaya
16.00	nasi tim+ikan salmon+kaldu ikan+kembang kol	nasi tim+ikan salmon+kaldu ikan+bayam	nasi tim+ikan salmon+kaldu ikan+bayam	nasi tim+ikan salmon+kaldu ikan+wortel	nasi tim+ikan salmon+kaldu ikan+wortel+tempe	nasi tim+ikan salmon+kaldu ikan+wortel+tempe	nasi tim+ikan salmon+kaldu ikan+tempe
Note	TATA	TATA, 15.30 : pup kuning, lembek	TATA, 15.30 : pup kuning, lembek	TATA, 14.00, 16.30, 17.30 : pup kuning, lembek	TATA, 08.00, 18.00 : pup kuning, lembek	TATA	TATA, 17.00 : pup kuning, lembek
	19- 05/04/2009	20- 06/04/2009	21- 07/04/2009	22- 08/04/2009	23- 09/04/2009	24- 10/04/2009	25- 11/04/2009
09.00	makaroni ayam saus kuning telur	BTP+BKH	kabocha+pear	BBM+pear	BKH+apel	BBC+brokoli+kaldu ayam	BTP+BTJ (Tepung Jagung)
10.00			biskuit	biskuit	biskuit	biskuit	
12.00	pepaya	pepaya	alpukat	pear+apel	pear+apel	-----bobok----	alpukat+apel
16.00	nasi tim+daging ayam+kaldu ayam+brokoli	nasi tim+daging ayam+kaldu ayam+brokoli	nasi tim+daging ayam+kaldu ayam+brokoli+wortel	nasi tim+daging ayam+kaldu ayam+brokoli+wortel+tempe	nasi tim+daging ayam+kaldu ayam+wortel+kentang	nasi tim beras merah+daging ayam+kaldu ayam+kacang panjang	nasi tim beras merah+daging ayam+kaldu ayam+kacang merah
Note	TATA	TATA, 10.00, 18.00 : pup kuning, lembek	TATA, 15.00 : pup kuning, lembek	TATA	TATA, 09.30 : pup kuning, lembek	TATA	TATA, 20.30 : pup kuning, lembek
	26- 12/04/2009	27- 13/04/2009	28- 14/04/2009	29- 15/04/2009	30- 16/04/2009	31- 17/04/2009	
09.00	BBM+BTJ+d. ayam+kaldu	BKH+BTJ	BKH+BTP	outmeal+pear	outmeal+melon	outmeal+melon	
10.00				biskuit	biskuit	biskuit	
12.00	melon+semangka	melon+jambu bangkok	semangka+jambu bangkok	pear	melon+jambu bangkok	melon+jambu bangkok	
16.00	nasi tim+daging ayam+kaldu ayam+kacang merah+tempe	nasi tim+ikan tuna+kaldu ikan+tahu+wortel	nasi tim+ikan tuna+kaldu ikan+jagung manis	nasi tim+ikan tuna+kaldu ikan+wortel	nasi tim+ikan tuna+kaldu ikan+bayam	nasi tim+ikan tuna+kaldu ikan+wortel	
Note	TATA	TATA, 18.00 : pup kuning, lembek	TATA, 20.30 : pup kuning, lembek	TATA, 21.00 : pup kuning, lembek	TATA	TATA, 06.00 : pup kuning, lembek	