

VARIASI MENU MPASI GANESH DI USIA 8 BULAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1/12/2009	2/12/2009	3/12/2009	4/12/2009	5/12/2009
07.00			Nasi Buah-Buahan	BH+puree peach	Tim Roti Tawar Gandum	Tim Roti Isi Daging	Bubur Kentang Saring Ayam
10.00							
13.00			Puree Peach	Puree pepaya+pear	Puree peach+pisang	Puree pisang+pepaya	Puree Mangga
17.00			BSBC+Wortel	BSBM+Puree kuning Telur	BSBM+Puree Daging	BSBC+Bayam	BSBC+Brokoli
Note							
	6/12/2009	7/12/2009	8/12/2009	9/12/2009	10/12/2009	11/12/2009	12/12/2009
07.00	Bubur Sari BP	Puree BP + Kacang polong	BKH Buah Sayuran	Sup Ubi Merah	Bubur Labu Bit	BKH+SP+Pear	Nugget Daging Kukus
4.00							
13.00	Mangga+pisang	Mangga+avocado	Pepaya + avocado	Avocado+pear	Avocado+apel	Mangga+pepaya	Mangga+pear
17.00	BSBC+bayam+tempe	BSBM+Tahu Kukus Wortel	BSBC+Sawi putih	BSBM+Bit	BSBM+Bayam Merah	Bubur Daging Bayam Merah	BSBC+Ayam+Wortel+Tempe
Note:							
	13/12/2009	14/12/2009	15/12/2009	16/12/2009	17/12/2009	18/12/2009	19/12/2009
07.00	Sup Tahu brokoli	Sup Krim Ayam	Tim Saring Kentang	Tim Roti isi Daging	Kentang Brokoli Saus Wortel	Bubur Kentang Saring Daging	Nugget Tempe
10.00							
13.00	Mangga+avocado	Puding Apel Serut	Mangga+apel	pisang+pepaya+apel	Puding pepaya serut	Pepaya+apel+pear	Puding Blewah serut
17.00	BSBM+bayam+tempe+hati ayam	Nasi Tim Saring Telur	BSBC+tahu+daging+sawi	Bubur Ayam berwarna	BSBC+tahu+ayam+bayam	BSBM+tahu+bit+kuning telur	BSBM+KP+wortel+daging
Note:							
	20/12/2009	21/12/2009	22/12/2009	23/12/2009	24/12/2009	25/12/2009	26/12/2009
07.00	BSBC+Tahu Telur	Bubur Tahu Kabucha+tempe	BKH + pear	Sup Daging Krim Kentang	Kentang Brokoli Saus Wortel	kabucha+Sup Telur	Kentang+KP+ayam
10.00							
13.00	Pepaya+blewah+apel	Blewah+apel	Puding Pisang Hunkwe	Blewah+pear	Pisang + avocado + pear	Avocado+pear	Puding Oatmeal Saus mangga
17.00	BSBM+brokoli+ayam+tempe	Nasi Hainan Saring	BSBC+KP+ayam+kangkung	BSBC+wortel+daging+broko	BSBM+bayam+kuning telur	BSBC+bayam merah+KP	BSBM+daging+wortel+sawi
Note :							
	27/12/2009	28/12/2009	29/12/2009	30/12/2009	31/12/2009		
07.00	Kentang+hati ayam+wortel	BKH+mangga	Schotel Kentang	Baso Tahu			
10.00						Resep MPASI 8 Bulan	
13.00	Puree Aprikot	Aprikot+pisang	Puree nactarine	Puding Roti Apel			
17.00	BSBM+ Bistik Tempe	BSBC+Tahu Isi+Bayam	BSBC+sawi+KP+tempe	BSBM+tahu+daging+bit	BSBC+Bubur Tofu		
Note :							

BBMW	Bubur Beras Merah Wangi	BP	Butternut Pumpkin	Pisang Ambon	Avocado mentega
BSBM	Bubur Saring Beras Merah	SP	Sweet Potatoes	Pepaya	Apel Royal Gala, Washington Red Delicious
BSBC	Bubur Saring Beras Coklat	BH	Sweet Potatoes	Pear Xiang Lie/Singo	Tahu sakura
BBC	Bubur Beras Coklat	LP	Labu Parang	KP	Kacang Polong
BKH	Bubur Kacang Hijau				