

VARIASI MENU MPASI GANESH DI USIA 7 BULAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/11/2009	2/11/2009	3/11/2009	4/11/2009	5/11/2009	6/11/2009	7/11/2009
07.00	Puree BP	Puree BP + Apel	BBMW+Apel	BKH+Pear	BBMW+blewah	BBC+pear	BKH+Pepaya
10.00							
13.00		BH +BBC + pisang	Puree BP+pepaya	Puree SP + Avocado	Kabucha + pear	BH + Zuchinni + apel	BBC+pear
17.00	Puree plum	Alpukat+Pear	Pear+plum	Puree blewah	Avocado+plum	Blewah+pepaya	Blewah+pisang
Note							
	8/11/2009	9/11/2009	10/11/2009	11/11/2009	12/11/2009	13/11/2009	14/11/2009
07.00	BBWM+pear	BBC+Pepaya	BH+KP	BBC+apel	BBWM +timun+KP	Puree kentang+apel	Puree kentang+Zuchinni
4.00							
13.00	BBC+blewah	Puree SP+KP	Puree SP +pear	Puree SP + avocado	Puree Kentang	Labu Parang+KP	BSBM+kaldu
17.00	Pepaya+pisang	Pisang+pear	avocado+apel	<i>Apel Banana Shake</i>	Avocado+pear	avocado+pear	Pisang ambon kerok
Note:							
	15/11/2009	16/11/2009	17/11/2009	18/11/2009	19/11/2009	20/11/2009	21/11/2009
07.00	Puree terong+kaldu	Puree Zuchinni+tempe	<i>Puree Ayam + Pisang</i>	Labu Parang+pepaya	Labu Parang+Pear	BH+labu parang	BH+timun
10.00							
13.00	<i>Bubur Tahu Kabucha</i>	<i>Mashed Potatoes Chicken</i>	<i>BSBM+ Puree tempe</i>	BKH+apel+Zuchinni	Puree Hati ayam+BSBM	<i>BSBM+Puree ayam</i>	BSBM+kaldu+KP
17.00	Pisang+apel	Pisang+pear	Puree Apel	Puree pear	Puree Apel	Puree pepaya	Puree Pear
Note:							
	22/11/2009	23/11/2009	24/11/2009	25/11/2009	26/11/2009	27/11/2009	28/11/2009
07.00	Labu Parang+blewah	<i>Ayam Rebus Tutup Kentang</i>	Labu Parang+pear+avocad	BKH+Blewah	<i>Sup Krim Ayam Kentang</i>	Kentang+pepaya	<i>Puree kentang+Zuchinni</i>
10.00							
13.00	BSBM+ <i>Tahu Ayam</i>	<i>Kabucha+Tahu</i>	BBSM+kaldu+hati ayam	BH+ <i>Puree Tahu Sutra</i>	Puree SP+pisang	BH+Puree SP+apel	BSBM+ <i>Puree tahu Sutra</i>
17.00	Pepaya+apel	Blewah+pisang	Blewah+pepaya	pisang+pepaya	Pepaya+pear	Avocado+Blewah	Avocado+apel
Note :							
	29/11/2009	30/11/2009					
07.00	Puree BP+plum	Puree BP+Pepaya					
10.00							
13.00	BSBM+ayam+Zuchinni	<i>BSBM+ayam+apel</i>					
17.00	Avocado+pepaya	Plum+avocado					
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
BBC	Bubur Beras Coklat	BH	Bubur Havermut	Pear Xiang Lie/Singo	Tahu sakura
BKH	Bubur Kacang Hijau	LP	Labu Parang	KP	Kacang Polong