

VARIASI MENU MPASI GANESH DI USIA 9 BULAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1/1/2010	2/1/2010
07.00						Schotel Kentang	Sup Daging Krim Kentang
10.00							
13.00						Puding Oatmeal Saus mangga	Yogurt+mangga
17.00						Nasi Hainan Saring	BSBM+ Bistik Tempe
Note							
	3/1/2010	4/1/2010	5/1/2010	6/1/2010	7/1/2010	8/1/2010	9/1/2010
07.00	Kentang Brokoli Saus Wortel	Roti Tim isi daging	Havermout + pepaya	Tim makaroni	Tim mie ayam	Tim mie ayam	Tim Roti Isi Gurame
10.00							
13.00	Yogurt+apel	Yogurt+pepaya	Puding Apel Serut	pisang+apel	pisang+pear	pisang+mangga	Yogurt+pear
17.00	Nasi Tim Saring Telur	BSBM+ Tahu Ayam	Tim Kentang Ayam keju	BSBM+bayam+tahu+KP	BSBC+sawi+tempe	BSBC+daging+tahu+KP	BSBM+ayam+brokoli
Note:							
	10/1/2010	11/1/2010	12/1/2010	13/1/2010	14/1/2010	15/1/2010	16/1/2010
07.00	Tim Havermouth isi ayam	BSBM+kentang+wortel+tahu	BSBC+kuning telur+sawi	Nasi Tim Hainan	Tim Havermout isi keju	BSBC+tempe+kangkung	Tim ikan isi wortel
10.00							
13.00	Puding pisang hunkwe	Pepaya+apel	Pepaya+pear	Pear+apel	Puding pepaya serut	Pepaya+pisang	Puding Roti apel
17.00	BSBC+wortel+daging	BSBM+Tim Tempe Brokoli	BSBC+temper+bayam	BSBM+wortel+ayam+tahu	BSBC+hati ayam+wortel	BSBC+tempe+daging+sawi	BSBM+labu parang+daging
Note:							
	17/01/2010	18/01/2010	19/01/2010	20/01/2010	21/01/2010	22/01/2010	23/01/2010
07.00	Makaroni Saus Keju	BSBM+wortel+kuning telur	BSBC+kentang+kangkung	Havermout+pepaya+pisang	BSBM+ayam+terong+wortel	BSBC+tahu+timun+ayam	Sup Krim Ayam
10.00							
13.00	Yogurt+pepaya+pisang	Yogurt+pisang	Pisang+apel	Pear+pepaya	Pepaya+apel+pear	Puding roti pisang	Yogurt+apel
17.00	BSBM+Nugget Daging Kukus	BSBM+labuparang+ayam	BSBC+Kangkung+daging	BSBM+ayam+bayam+timun	BSBM+tempe+terong+kentang	BSBC+bayam+timun+wortel	BSBC+Tahu Ikan Patin
Note :							
	24/01/2010	25/01/2010	26/01/2010	27/01/2010	28/01/2010	29/01/2010	30/01/2010
07.00	Nugget tempe	Sup Dua Kacang Hijau	BKH Buah Sayuran	Bubur Roti Pisang Keju	BSBM+Tumis Bayam Daging	Sup Ikan Tahu Sutra	Setup Makaroni
10.00							
13.00	Avocado+apel	Avocado+pear	Apel+blewah	Pisang+pear	Blewah+pisang	Blewah+apel+pisang	Yogurt+pear+blewah
17.00	BSBM+KP+daging+Wortel	BSBM+sawi+tempe	BSBM+Tahu Telur	BSBC+tempe+bayam merah	BSBM+kangkung+ayam	BSBC+daging+tahu+sawi	BSBM+Tempe+bayam+daging
Note :							
	31/01/2010						
07.00	BSBC+Orak-Arik Tahu						
10.00					Lihat Resep MPASI 9 Bln		
13.00	Plum+pear						
17.00	Schotel Nano-nano						
Note :							