

ANNEX A

Menu Cycle (7 Menus) (for > 5 years old), about 2,100 kcal (2000-2200 kcal)

Menu for Adults

Day 1 (Monday)

Breakfast

- Teh manis (ukuran gelas/cup, sariwangi)
- Bubur Kacang Hijau (ukuran semangkuk bubur)

Lunch

- 1 ½ cup Nasi putih
- 150 grams ayam kari
- 200 grams sayur tumis (sawi putih + buncis + wortel + bunga kol)
- Tempe goreng per porsi per pax
- Pisang (ukuran standard per pax)

Dinner

- 1 ½ cup Nasi putih
- 150 grams ayam Goreng bumbu
- 200 grams sayur bunga kol + wortel + buncis (capcai)
- Bakwan jagung goring
- 1 buah Pear (ukuran standard per pax)

Day 2 (Tuesday)

Breakfast

- Susu Panas (ukuran gelas/cup)
- Roti Coklat (2 potong – roti tawar)

Lunch

- 1 ½ cup Nasi putih
- 60 grams daging sapi di kari (porsi/pax)
- Sayur tumis bunga kol + terong panjang + wortel + labu jipang
- Kentang, tempe (digoreng)+ sambal (porsi/pax)
- Apel (ukuran. Standard/pax)

Dinner

- 1 ½ cup Nasi putih
- 60 grams daging sapi digulai (porsi/pax)
- 200 grams sayur capcai (tumis bunga kol + wortel + buncis + sawi putih)
- Kentang, tempe (digoreng)+ sambal (porsi/pax)
- Semangka (Sepotong ukuran normal)

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Day 3 (Wednesday)

Breakfast

- Teh manis (ukuran gelas/cup, sariwangi)
- Roti + Blue Band (2 potong)

Lunch

- 1 ½ cup Nasi putih
- 60 grams daging sapi di kari (porshi/pax)
- 200 grams sayur tumis bunga kol + terong panjang + wortel + labu jipang
- Kentang, tempe (digoreng)+ sambal (porshi/pax)
- Apel (ukuran standard/pax)

Dinner

- 1 ½ cup Nasi putih
- 60 grams daging sapi digulai (porshi/pax)
- 200 grams sayur capcai (tumis bunga kol + wortel + buncis + sawi putih)
- Kentang, tempe (digoreng)+ sambal (porshi/pax)
- Semangka (Sepotong ukuran normal)

Day 4 (Thursday)

Breakfast

- Teh manis panas (ukuran gelas/cup)
- Roti + selai strobberry (2 potong)

Lunch

- 1 ½ cup Nasi putih
- Tempe goreng tepung
- 200 grams sayur capcai pedas
- Pisang (ukuran standard/pax)

Dinner

- 1 ½ cup Nasi putih
- Telur gulai
- Kentang goreng + Sambal/ saus (porshi/pax)
- Bakwan sayuran (wortel, kol, tepung roti, udang)
- Semangka (Sepotong ukuran normal)

Day 5 (Friday)

Breakfast

- Teh manis panas (ukuran gelas/cup)
- Telur ayam rebus kulit
- Kentang rebus pakai kulit

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Lunch

- 1 ½ cup Nasi putih
- 150 grams Gulai ayam
- Sambal kentang + terung panjang
- 200 grams sayur tumis bung kol + wortel + kacang panjang
- Pisang (ukuran standard/pax)

Dinner

- 1 ½ cup Nasi putih
- 150 grams ayam goreng tepung
- Sambal kentang + terung panjang
- 200 grams sayur tumis bunga kol + wortel + buncis
- Nenas (ukuran standard/pax)

Days 6 (Saturday)

Breakfast

- Teh manis panas (ukuran gelas/cup)
- Bubur Kacang Merah

Lunch

- 1 ½ cup Nasi putih
- 150 grams ikan tongkol tuna goreng
- 200 grams sop sayur (Bunga Kol, wortel, kentang , buncis, labu jipang, potongan kecil daging ayam)
- Terong sambal
- Semangka (ukuran standard/pax)

Dinner

- 1 ½ cup Nasi putih
- 150 grams ikan tongkol tuna sambal
- 200 grams sayur tumis (Labu jipang + wortel + bunga kol + sawi putih)
- Terong goreng tepung
- Jeruk (ukuran standard/pax)

Days 7 (Sunday)

Breakfast

- Teh manis panas (ukuran gelas/cup)
- Roti Keju

Lunch

- 1 ½ cup Nasi putih
- Telur dadar (kentang, tomat, b. bombay, daun prey, b. merah)
- Kari Kentang
- 200 grams salad sayur mayur (timun, wortel, tomat, nenas, bawang, cabe)
- Semangka (ukuran standard/pax)

Dinner

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- 1 ½ cup Nasi putih
- 150 grams ayam goreng Kentucky
- Kari Kentang
- 200 grams salad sayur mayur (timun, wortel, tomat, nenas, bawang, cabe)
- Pisang (ukuran standard/pax)

Menu Cycle (7 Menus) (for 1 -5 years old), about 1500-1750 kcal

Menu for Child;

Day 1 (Monday)

Breakfast

- Susu Panas (Ukuran gelas/cup)
- Sereal

Lunch

- Nasi putih (3/4 cup)
- Ayam goreng bumbu
- Sayur sawi putih + bunga kol + wortel + tomat (non pedas)
- Tempe goreng tepung
- Pisang (ukuran standard/pax)

Dinner

- Nasi putih (3/4 cup)
- Ayam Goreng bumbu
- Sayur Capcai (bunga kol + wortel + buncis)
- Bakwan jagung (non pedas)
- 1 buah Pear (ukuran standard/pax)

Day 2 (Tuesday)

Breakfast

- Bubur Kacang hijau
- Susu Panas (ukuran gelas/cup)

Lunch

- Nasi (3/4 cup)
- Daging Ikan tongkol tuna goring
- Sayur Sop (kentang , wortel, bunga Kol)
- Kentang goring
- Pisang (ukuran standard/pax)

Dinner

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- Nasi (3/4 cup)
- Telur dadar
- Sayur asam manis (jagung + wortel + buncis + labu jipang + bunga kol (non pedas)
- Kentang goreng
- Jeruk (ukuran standard/pax)

Day 3 (Wednesday)

Breakfast

- Susu Panas (Ukrn gelas/cup)
- Sereal

Lunch

- Nasi (3/4 cup)
- Daging sapi gulai (non pedas)
- Sayur tumis bunga kol + terong panjang + wortel + labu jipang (non pedas)
- Kentang goreng tepung
- Apel (ukuran standard/pax)

Dinner

- Nasi (3/4 cup)
- Daging sapi rendang (non pedas)
- Sayur tumis (bunga kol + wortel + labu jipang). (non pedas)
- Kentang goreng
- Semangka (Sepotong ukuran normal)

Day 4 (Thursday)

Breakfast

- Susu Panas (ukuran gelas/cup)
- Sereal

Lunch

- Nasi (3/4 cup)
- Daging Ikan goreng
- Tempe goreng tepung
- Sayur Capcai, non pedas
- Pisang (ukuran standard/pax)

Dinner

- Nasi (3/4 cup)
- Telur dadar
- Sop sayuran (B. Kol, Wortel, Kentang)
- Kentang goreng
- Semangka (Sepotong ukuran normal)

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Day 5 (Friday)

Breakfast

- Susu Panas (ukuran gelas/cup)
- Telur rebus kulit
- Kentang rebus Kulit

Lunch

- Nasi (3/4 cup)
- Ayam goreng bumbu
- Kentang + tempe goreng + saus tomat
- Sayur tumis bung kol + wortel + kacang panjang, (non pedas)
- Pisang (ukuran standard/pax)

Dinner

- Nasi (3/4 cup)
- Daging Ikan goreng
- Kentang Goreng
- Sayur kuah (bunga kol + wortel + kentang + buncis). (non pedas)
- Nenas (ukuran standard/pax)

Days 6 (Saturday)

Breakfast

- Susu Panas (Ukrn gelas/cup)
- Bubur kacang merah

Lunch

- Nasi (3/4 cup)
- Daging Ikan tongkol goreng
- Sop (Bunga Kol, wortel, kentang, buncis, labu jipang, potongan kecil daging ayam), non pedas
- Terong goreng tepung
- Semangka (ukuran standard/pax)

Dinner

- Nasi (3/4 cup)
- Daging Ikan tongkol goreng
- Sayur Labu jipang + wortel + bung kol
- Terong goreng + tepung
- Jeruk (ukuran standard/pax)

Days 7 (Sunday)

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Breakfast

- Susu Panas (Ukrn gelas/cup)
- Sereal

Lunch

- Nasi (3/4 cup)
- Telur dadar
- Kentang goreng
- Sayur sop sayuran (wortel, kentang, bunga kol, buncis), (non pedas)
- Semangka (ukuran standard/pax)

Dinner

- Nasi (3/4 cup)
- Telur mata sapi
- Sayur sop sayuran (wortel, kentang, bunga kol, buncis), (non pedas)
- Kentang goreng
- Pisang (ukuran standard/pax)

Menu for 6-12 months old **(for 6 -12 months old), about 500-1000 kcal**

6 Month

Week I.

Breakfast

- Fruit Banana (juiced/punched) / Buah Pisang (dijus / ditekan)

Lunch

- Fruit Banana (juiced/punched) / Buah Pisang (dijus / ditekan)

Dinner

- Fruit Banana (juiced/punched) / Buah Pisang (dijus / ditekan)

Week II.

Breakfast

- Fruit Papaya (juiced/punched) Buah Pepaya (dijus/ ditekan)

Lunch

- Fruit Papaya (juiced/punched) / Buah Pepaya (dijus/ ditekan)

Dinner

- Fruit Papaya (juiced/punched) / Buah Pepaya (dijus/ ditekan)

Week III.

Breakfast

- Fruit Melon (juiced/punched) / Buah Melon (dijus/ ditekan)

Lunch

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- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet/ 1 bungkus)

Dinner

- Fruit Melon (juiced/punched) / Buah Melon (dijus/ ditekan)

Week IV.

Breakfast

- Fruit Avocado (juiced/punched) / Buah Alpokat (dijus/ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)

Dinner

- Fruit Avocado (juiced/punched) / Buah Alpokat (dijus/ditekan)

7 Month

Week I.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan) Lunch

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Dinner

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Week II.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Dinner

- iron fortified infant cereal / sereal bayi diperkaya zat besi
- 1 sachet / 1 bungkus

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- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Week III.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Dinner

- Slurry rice flour(bubursaring)
- 100 cc + mashed + mashed boiled carrot/green bean / 100 cc + tumbuk + tumbuk rebus wortel / buncis

Week IV.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Dinner

- Slurry rice flour(bubursaring)
- 100 cc + mashed boiled cauliflower/spinach / 100 cc + tumbuk rebus kembang kol / bayam

8 Month

Week I.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Dinner

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)

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- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Week II.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Dinner

- iron fortified infant cereal / sereal bayi diperkaya zat besi
- 1 sachet / 1 bungkus
- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Week III.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled carrot/green bean (Tumbuk wortel rebus / kacang hijau)

Dinner

- Porridge (buburnasi)100 cc + mashed
- + mashed boiled carrot/green bean / 100 cc + tumbuk + tumbuk rebus wortel / buncis

Week IV.

Breakfast

- Fruit Banana/papaya/ melon/avocado (juiced/punched)/ Buah Pisang, pepaya, melon (dijus/ ditekan)

Lunch

- iron fortified infant cereal / sereal bayi diperkaya zat besi (1 sachet / 1 bungkus)
- + mashed boiled cauliflower/spinach (Tumbuk rebus kembang kol / bayam)

Dinner

- Porridge (buburnasi)
- 100 cc + mashed boiled cauliflower/spinach + beef broth / 100 cc + tumbuk rebus kembang kol / bayam + kaldu sapi

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- 100 cc + mashed boiled cauliflower/spinach / 100 cc + tumbuk rebus kembang kol / bayam

9 Month Age

Week I.

Breakfast

- Fruit Banana/manggo/avocado/ Pisang / mangga/ alpokat
- melon/pear/papaya(finger food) / melon/pir/papaya

Snack

- Bread/Bakpao/biscuit/boiled potato/pumpkin / Roti / Bakpao / biskuit / kentang rebus / labu

Lunch

- iron fortified infant cereal / diperkaya zat besi sereal bayi
- 1 sachet + mashed boiled carrot/green bean / 1 sachet + tumbuk rebus wortel / buncis

Dinner

- Poridge (buburnasi)
- 150 cc + mashed + minced boiled carrot/green bean + mashed chicken/beef / 150cc + tumbuk + cincang rebus wortel / buncis + tumbuk ayam / daging sapi

Week II.

Breakfast

- Fruit Banana/manggo/avocado/ Pisang / mangga/ alpokat
- melon/pear/papaya(finger food) / melon/pir/papaya

Snack

- Bread/Bakpao/biscuit/boiled potato/pumpkin / Roti / Bakpao / biskuit / kentang rebus / labu

Lunch

- iron fortified infant cereal / diperkaya zat besi sereal bay cauliflower/spinach (Tumbuk rebus kembang kol / bayam)
- 1 sachet + mashed boiled cauliflower/spinach / 1 sachet + tumbuk rebus kembang kol / bayam

Dinner

- Poridge (buburnasi)
- 150 cc + mashed boiled cauliflower/spinach + strained beef/tuna* / 150cc + tumbuk rebus kembang kol / bayam + tegang daging sapi / tuna *

Week III.

Breakfast

- Fruit Banana/manggo/avocado/ Pisang / mangga/ alpokat
- melon/pear/papaya(finger food) / melon/pir/papaya

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Snack

- Bread/Bakpao/biscuit/boiled potato/pumpkin / Roti / Bakpao / biskuit / kentang rebus / labu

Lunch

- iron fortified infant cereal / diperkaya zat besi sereal
- 1 sachet + mashed boiled carrot/green bean / 1 sachet + tumbuk rebus wortel / buncis

Dinner

- Porridge (buburnasi)100 cc + mashed
- 150 cc + mashed boiled cauliflower/spinach + strained tuna*/chicken / 150cc + tumbuk rebus kembang kol / bayam + tegang tuna * / ayam

Week IV.

Breakfast

- Fruit Banana/manggo/avocado/ Pisang / mangga/ alpokat
- melon/pear/papaya(finger food) / melon/pir/papaya

Snack

- Bread/Bakpao/biscuit/boiled potato/pumpkin / Roti / Bakpao / biskuit / kentang rebus / labu

Lunch

- iron fortified infant cereal / diperkaya zat besi sereal bayi
- 1 sachet + mashed boiled cauliflower/spinach / 1 sachet + tumbuk rebus kembang kol / bayam

Dinner

- Porridge (buburnasi)100 cc + mashed
- 150 cc + mashed + minced boiled carrot/green bean + mashed chicken/hepar / 150 cc + tumbuk + cincang rebus wortel / buncis + ayam tumbuk / hepar

10 Month Age

Week I.

Breakfast

- Finger food (bread)/boiled potato, boiled egg +fruits / Roti/ kentang rebus, telur rebus+ buah2anmelon/pear/papaya(finger food) / melon/pir/papaya

Snack

- Bread/Bakpao/biscuit/boiled potato/pumpkin / Roti / Bakpao / biskuit / kentang rebus / labu

Lunch

- Porridge (buburnasi)

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- 150 cc + mashed + minced boiled carrot/green bean + mashed chicken/beef +fruits / 150cc + tumbuk + cincang rebus wortel / buncis + tumbuk ayam / daging sapi + buah-buahan

Dinner

- Smooth-steamed rice (nasitim) 150 gr + smooth chicken/fish/beef/hepar. Soup with mixed vegetables / Beras halus kukus (nasi tim) 150 gr + halus ayam / ikan / daging sapi / hepar. sup dengan campuran sayuran

Week II.

Breakfast

- Finger food (bread)/boiled potato, Roti/ kentang rebus, telur rebus+ boiled egg +fruit / telur rebus + buah2an

Snack

- Bakpao/biscuit/wafer / Bakpao / biskuit / wafer

Lunch

- Poridge (buburnasi)
- 150 cc + mashed boiled cauliflower/spinach + strained beef/tuna +fruits / 150cc + tumbuk rebus kembang kol / bayam + tegang daging sapi / tuna + buah-buahan

Dinner

- Smooth rice (nasitim)
- 150 gr + smooth boiled cauliflower/spinach + minced chicken/fish/beef/hepar / 150 gr + halus rebus kembang kol / bayam cincang + ayam / ikan / daging sapi / hepar

Week III.

Breakfast

- Finger food (bread)/boiled potato, boiled egg +fruits / Roti/ kentang rebus, telur rebus+ buah2an

Snack

- Bakpao/biscuit/wafer / Bakpao / biskuit / wafer

Lunch

- Poridge (buburnasi)
- 150 cc + mashed boiled cauliflower/spinach + strained tuna*/chicken +fruits / 150cc + tumbuk rebus kembang kol / bayam + tegang tuna * / ayam + buah-buahan

Dinner

- Smooth-steamed rice (nasitim)150 gr + smooth chicken/fish/beef/hepar. soup with mixed vegetables / Beras halus kukus (nasi tim) 150 gr + halus ayam / ikan / daging sapi / hepar. sup dengan campuran sayuran

Week IV.

Breakfast

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- Finger food (bread)/boiled potato, boiled/fried egg +fruits / Roti/ kentang rebus, telur rebus+ buah2an

Snack

- Bakpao/biscuit/wafer / Bakpao / biskuit / wafer

Lunch

- Poridge (buburnasi)
- 150 cc + mashed + minced boiled carrot/green bean + mashed chicken/hepar +fruits / 150 cc + tumbuk + cincang rebus wortel / buncis + tumbuk ayam / hepar + buah

Dinner

- Smooth ric (nasitim)
- 150 gr + smooth boiled cauliflower/spinach + minced chicken/fish/beef/hepar / 150 gr + halus rebus kembang kol / bayam cincang + ayam / ikan / daging sapi / hepar

11 Month Age

Week I.

Breakfast

- Bread/boiled potato/poride, boiled/fried egg/hepar +fruits / Roti / kentang / poride, rebus / goreng telur rebus / hepar + buah

Snack

- Cheese/Bakpao/ biscuit/wafer/ Keju / Bakpao / biskuit / wafer
- puding/ puding

Lunch

- Rice ½ cup + chicken/ beef/fish soup with mixed vegetables + fruits / Beras ½ cangkir + ayam / daging sapi / sup ikan dengan campuran sayuran + buah

Dinner

- Fried potatoe/ pasta/noodle/rice
- chicken/ beef/fish soup with mixed vegetables + fruits

Week II.

Breakfast

- Bread/boiled potato/poride, boiled/fried egg/hepar +fruits / Roti / kentang / poride, rebus / goreng telur rebus / hepar + buah

Snack

- Cheese/Bakpao/ biscuit/wafer/ Keju / Bakpao / biskuit / wafer
- puding/ puding

Lunch

- Rice ½ cup + chicken/ beef/fish soup with mixed vegetables + fruits / Beras ½ cangkir + ayam / daging sapi / sup ikan dengan campuran sayuran + buah

Dinner

- Fried potatoe/ pasta/noedle/rice / Goreng kentang / pasta / mie / beras

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- chicken/ beef/fish soup with mixed vegetables + fruits / ayam / daging sapi / sup ikan dengan campuran sayuran + buah

Week III.

Breakfast

- Finger food (bread)/boiled potato, boiled egg +fruits / Roti/ kentang rebus, telur rebus+ buah

Snack

- Bakpao/biscuit/wafer / Bakpao / biskuit / wafer

Lunch

- Porridge (buburnasi)
- 150 cc + mashed boiled cauliflower/spinach + strained tuna*/chicken +fruits / 150cc + tumbuk rebus kembang kol / bayam + tegang tuna * / ayam + buah-buahan

Dinner

- Fried potatoe/ pasta/noedle/rice / Goreng kentang / pasta / mie / beras
- chicken/ beef/fish soup with mixed vegetables + fruits / ayam / daging sapi / sup ikan dengan campuran sayuran + buah

Week IV.

Breakfast

- Bread/boiled potato/poride, boiled/fried egg/hepar +fruits / Roti / kentang / poride, rebus / goreng telur rebus / hepar + buah

Snack

- Cheese/Bakpao/ biscuit/wafer/ Keju / Bakpao / biskuit / wafer
- puding / puding

Lunch

- Rice ½ cup + chicken/ beef/fish soup with mixed vegetables + fruits / Beras ½ cangkir + ayam / daging sapi / sup ikan dengan campuran sayuran + buah

Dinner

- Fried potatoe/ pasta/noedle/rice / Goreng kentang / pasta / mie / beras
- chicken/ beef/fish chip with mixed vegetables + fruits / ayam / daging sapi / kerupuk ikan dengan campuran sayuran + buah