

Menu Sahur dan Buka Puasa 30 Hari Ramadan





MENU SAHUR dan BUKA PUASA
30 HARI RAMADHAN

Ebook Gratis
Boleh Disebarluaskan



Tata Letak	: Nufa
Isi	: Tim Guru PAUD Insan Mandiri
Penyunting	: Nurhayati, MA
Edisi	: 2017
Foto/Illustrasi	: Google (Hak Cipta Dimiliki)

DONASI RAMADHAN 1438 H:

Bingkisan Ramadhan dan Idul Fitri untuk 450 Guru PAUD Non-Formal
via kitabisa.com/donasigurupaud

DONASI PROGRAM

Peningkatan Mutu Guru PAUD

Bank BRI **0012-01-009199-53-6**

a.n PAUD Insan Mandiri

Konfirmasi Transfer:

SMS : 0811-1102-923

Email : gurupaudinsanmandiri@gmail.com



Menu



ES KACANG MERAH



RAWON DAGING

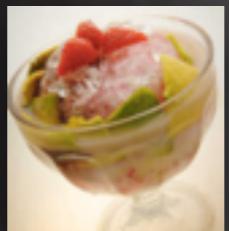


PERKEDEL KENTANG

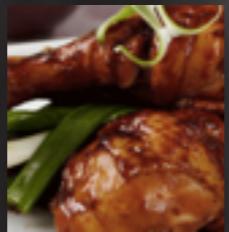


TUMIS KACANG PANJANG

Menu



ES TELER



AYAM BAKAR
BUMBU KECAP



SAYUR LODEH



BOTOK TEMPE
IKAN TERI



REMPEYEK KACANG

Menu



ES KELAPA MUDA



BALADO IKAN



GULAI NANGKA

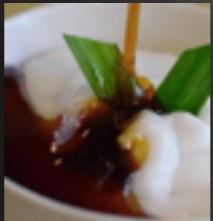


BIHUN GORENG BAKSO



BAKWAN

Menu



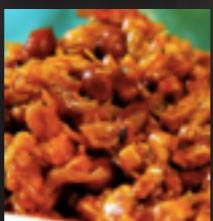
BUBUR SUMSUM



SAYUR ASEH



AYAM GORENG REMPAH



BALADO TERI TEMPE



KERUPUK

Menu



ES MUTIARA



TUNA MANIS ASAM



CAP CAY KUAH



MIE GORENG



ACAR TIMUN

Menu



ES JAGUNG CAMPUR



SUP BAKSO TAHU



AYAM GORENG CRISPY

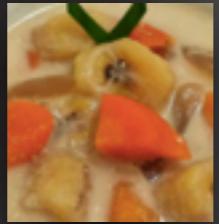


TEMPE MENDOAN



SAMBAL

Menu



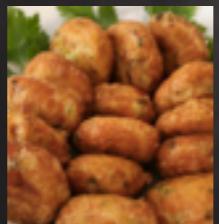
KOLAK PISANG DAN UBI



AYAM GULUNG KEJU



SUP MAKARONI

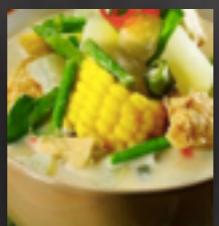


PERKEDEL KENTANG

Menu



ES SHANGHAI



SAYUR LODEH



EMPAL GEPUK



BOTOK TERI

Menu



KOLAK TAPE



UDANG KERING TEPUUNG



SOTO SULUNG



GORENG TEMPE TEPUUNG



SAMBAL

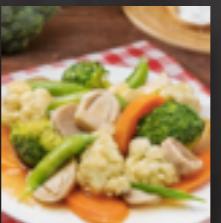
Menu



PISANG GORENG



GURAME ASAM MANIS



CAP CAY



TAHU GORENG ISI

Menu



KOLAK PISANG + NANAS



KRENGSENG DAGING +
PAPRIKA



TEMPE GORENG TEPUUNG



SUP KOMBINASI

Menu



TAPE GORENG



SOTO AYAM



ATI AMPELA GORENG



PERKEDEL JAGUNG



SAMBAL

Menu



ES DAWET



SOTO AYAM



BALADO TELUR PUYUH



PERKEDEL JAGUNG



SAMBAL PENCOK

Menu



ES KOPYOR



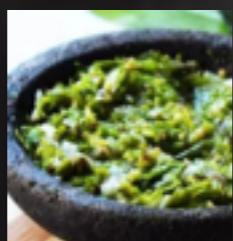
RENDANG DAGING



SAYUR DAUN SINGKONG



REMPEYEK UDANG

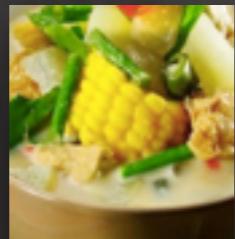


SAMBAL IJO

Menu



BUBUR KACANG JO



SAYUR LODEH



AYAM BUMBU RUJAK



TEMPE GORENG TEPUUNG

Menu



ES ALPUKAT



ROLADE DAGING +
SAYURAN



TUMIS TAHU
BIHUN REBUS

Menu



ES GAYO



TUMIS DAGING
BUMBU RUJAK



KANGKUNG CAH TAUCO



BAKWAN

Menu



ES BUAH



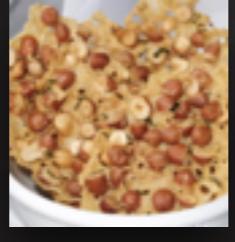
AYAM KULIYUK



SUP MAKARONI



TUMIS LABU SIAM



REMPEYEK KACANG

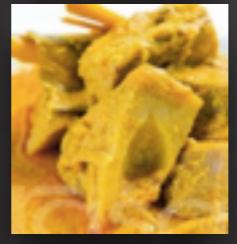
Menu



KOLAK BIJI SALAK



PARU GORENG



GULAI NANGKA



PERKEDEL TAHU
+ KORNET



SAMBAL TERASI

Menu



SERABI BANDUNG



SOTO BANJAR



TAHU MASAK TAUCO

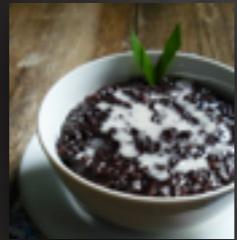


BANDENG GORENG



EMPING

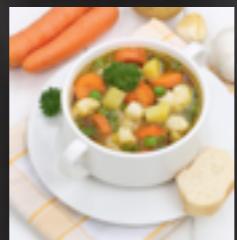
Menu



BUBUR KETAN HITAM



KAKAP GORENG PANIR



SUP SAYURAN



PERKEDEL JAGUNG

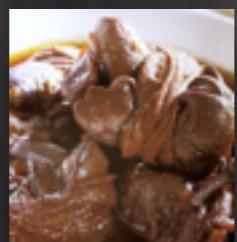


SAMBEL EMBI

Menu



KOLAK UBI



SEMUR ATI AMPELA



TUMIS KANGKUNG



SAMBAL BLACAN

Menu



BUBUR SUMSUM



RAWON DAGING



OSENG TAHU
TELUR PUYNH



KAKAP GORENG



SAMBAL GORENG TEMPE

Menu



BUBUR CANDIL



LIDAH SAPI PUTIH



SUP KIMLO



TAHU GORENG



KRUPUK UDANG

Menu



KOLAK PISANG



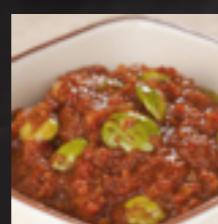
LIDAH SAPI PUTIH



PERKEDEL JAGUNG



TAHU MASAK TAUCHO



SAMBAL PETE

Menu



ES CINGCAU



KALIO AYAM



TUMIS BAYAM



SAMBAL GORENG
KENTANG DAN UDANG

Menu



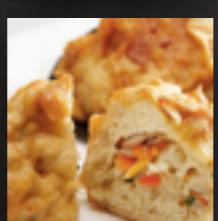
BUBUR CANDIL



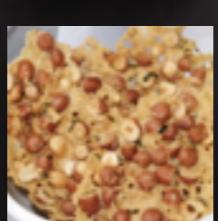
RICA-RICA IKAN



TUMIS BUNCIS

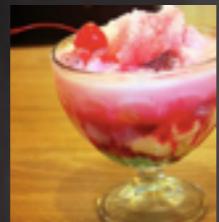


TAHU ISI



REMPEYEK

Menu



BUBUR CANDIL



SUP KOMBINASI



DAGING BUMBU BALI



PERKEDEL JAGUNG

Menu



PISANG GORENG KEJU



SAYUR ASEM JAKARTA



AYAM BAKAR

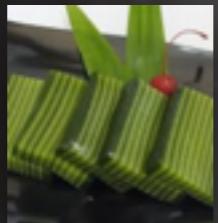


SAMBAL MANGGA



LALAPAN

Menu



KUE LAPIS



SAYUR ASEM JAKARTA



SUP PANGSIT



BALADO KENTANG



TUMIS TEMPE



Selamat
Menikmati





KLIK DI SINI UNTUK UNDUH VIA GOOGLE DRIVE

DONASI

Bingkisan Ramadhan dan Idul Fitri untuk Guru PAUD

kitabisa.com/donasigurupaud



ATAU VIA REKENING
BRI CABANG BOGOR
(KODE BANK : 002)

0012-01-009199-53-6

a.n PAUD Insan Mandiri

SMS KONFIRMASI

0811-1102-923

Ketik:
DONASI GURU PAUD
Nama Donatur
Email Donatur
Besar Donasi

Update penyaluran donasi lihat di kitabisa.com/donasigurupaud