**Minggu 4** – Hari Ahad

|  |  |  |  |
| --- | --- | --- | --- |
| **Makanan** | **Saiz Hidangan** | **Berat** | **Kalori(Kcal)** |
| **Sarapan** |  |  |  |
| Roti Putih | 2 Keping | 60 | 160 |
| + Telur | 1 biji | 50 | 80 |
| + Serbuk Lada |  |  |  |
| Telur Separuh Masak | 1 biji | 50 | 80 |
| Kismis | 10 biji | 10 | 30 |
| Madu | 1 paket | 10 | 30 |
| Kopi/Teh O | 1 cawan | 200 | 20 |
|  |  |  | **400** |
|  |  |  |  |
| **Minum Pagi** |  |  |  |
| Cucur Badak | 2 biji | 60 | 160 |
| Tepung Bungkus | 2 biji | 80 | 220 |
| Kopi/Teh O | 1 cawan | 200 | 20 |
|  |  |  | **400** |
|  |  |  |  |
| **Makan Tengah Hari** |  |  |  |
| Nasi Putih | 3 senduk | 230 | 300 |
| Tomyam Ayam | 1 mangkuk | 150 | 80 |
| Kerabu Mangga | 1 senduk | 50 | 80 |
| Kailan Goreng | 1 senduk | 60 | 80 |
| Air Suam | 1 gelas | 250 | 40 |
| Limau Manis | 1 biji | 140 | 70 |
|  |  |  | **570** |
|  |  |  |  |
| **Makan Malam** |  |  |  |
| Nasi Putih | 3 senduk | 230 | 300 |
| Ikan Keli Goreng Berlada | 1 ekor | 90 | 190 |
| Petola Tumis Air | 1 senduk | 60 | 50 |
| + Suhun Dan Fucuk |  |  |  |
| + Udang Kering |  |  |  |
| Tempe Goreng | 1 keping | 40 | 70 |
| Pisang Mas | 2 biji | 100 | 80 |
| Air Suam | 1 gelas | 250 | 0 |
|  |  |  | **690** |
|  |  |  |  |
| **Minum Malam** |  |  |  |
| Roti Kacang | 2 biji | 60 | 190 |
| Minuman Bermalta | 2 sudu makan | 20 | 80 |
| + Susu Tepung Rendah Lemak | 2 sudu makan | 20 | 70 |
|  |  |  | **340** |
|  |  |  |  |
|  |  | Jumlah Kalori | **2400** |