

OVERVIEW OF VEGETABLE MENU VARIATIONS BASED ON FREQUENCY OF USE OF INGREDIENTS AND PROCESSING METHODS AT RSUP SURAKARTA

Ika Nur Hidayati¹, Waluyo², Esthy Rahman Asih³
^{1,2,3} Department of Nutrition Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : ika.nurhidayati24@gmail.com

ABSTRACT

Background: The provision of food in hospitals plays an important role in supporting patient recovery, where the variety of menus, especially the vegetable menu, greatly affects the patient's appetite and the amount of leftovers. The variety of vegetable menus can be seen from the type, frequency of use of ingredients, and processing techniques. Based on the results of a study conducted by Izzah, et al. (2022) at Anutapura General Hospital, Palu City, it shows that the patient's food waste for vegetable dishes is the highest. Then the results of previous observations of vegetable dishes in the form of ordinary food at Surakarta Hospital found that almost every day the vegetable dishes served had leftovers, both in small and large quantities.

Objective: To find out the description of the variety of vegetable menus based on type, frequency of use of ingredients, and processing techniques in the menu cycle at Surakarta Hospital.

Methods: This study used a descriptive observational approach with a cross-sectional design. Data was collected through observation and interviews at the Surakarta Hospital Nutrition Installation in January–February 2025, as well as an analysis of the 10-day + 1 menu cycle.

Results: There are 20 types of vegetable dishes in one menu cycle at Surakarta Hospital, with the use of 26 types of vegetables. As many as 30.8% of vegetables are classified as varied because they are used 3–4 times in one cycle, while the remaining 69.2% are not varied because they are used less than 3 times or more than 4 times. Carrots were the most commonly used ingredients (23.9%), while broccoli, cabbage, and snow mushrooms were only used once (1.1%). The processing techniques used include boiling, sauteing, and stewing, with boiling being the most common method. Although the processing techniques and forms of cooking are quite varied, there is still a repetition of ingredients and types of dishes in close proximity.

Conclusion: The variety of vegetable dishes at Surakarta Hospital is quite diverse, but there is a need to improve the equitable distribution of the frequency of use of vegetable ingredients and the development of processing techniques to reduce patient boredom.

Keywords: vegetable variation, frequency of ingredients, processing techniques, menu cycle, RSUP Surakarta

GAMBARAN VARIASI MENU SAYUR BERDASARKAN FREKUENSI PENGUNAAN BAHAN DAN CARA PENGOLAHAN DI RSUP SURAKARTA

Ika Nur Hidayati¹, Waluyo², Esthy Rahman Asih³
^{1,2,3} Jurusan Gizi Poltekkes Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : ika.nurhidayati24@gmail.com

ABSTRAK

Latar Belakang: Penyelenggaraan makanan di rumah sakit memiliki peran penting dalam mendukung pemulihan pasien, dimana variasi menu, khususnya menu sayur, sangat mempengaruhi selera makan pasien dan jumlah sisa makanan. Variasi menu sayur dapat dilihat dari jenis, frekuensi penggunaan bahan, dan teknik pengolahannya. Berdasarkan hasil penelitian yang dilakukan oleh Izzah, dkk (2022) di Rumah Sakit Umum Anutapura Kota Palu menunjukkan bahwa sisa makanan pasien untuk hidangan sayur paling tinggi. Kemudian hasil pengamatan yang sebelumnya terhadap hidangan sayur bentuk makanan biasa di RSUP Surakarta diketahui bahwa hampir setiap hari hidangan sayur yang disajikan terdapat sisa, baik dalam jumlah sedikit maupun banyak.

Tujuan: Mengetahui gambaran variasi menu sayur berdasarkan jenis, frekuensi penggunaan bahan, dan teknik pengolahan pada siklus menu di RSUP Surakarta.

Metode: Penelitian ini menggunakan pendekatan observasional deskriptif dengan desain cross-sectional. Data dikumpulkan melalui observasi dan wawancara di Instalasi Gizi RSUP Surakarta pada Januari–Februari 2025, serta analisis siklus menu 10 hari + 1.

Hasil: Terdapat 20 jenis hidangan sayur dalam satu siklus menu di RSUP Surakarta, dengan penggunaan 26 jenis sayuran. Sebanyak 30,8% sayuran tergolong bervariasi karena digunakan 3–4 kali dalam satu siklus, sedangkan 69,2% sisanya tidak bervariasi karena digunakan kurang dari 3 kali atau lebih dari 4 kali. Wortel menjadi bahan yang paling sering digunakan (23,9%), sedangkan brokoli, kubis, dan jamur salju hanya digunakan satu kali (1,1%). Teknik pengolahan yang digunakan mencakup boiling, sauteing, dan stewing, dengan boiling sebagai metode terbanyak. Meskipun teknik pengolahan dan bentuk masakan cukup bervariasi, masih ditemukan pengulangan bahan dan jenis hidangan dalam waktu yang berdekatan.

Kesimpulan: Variasi hidangan sayur di RSUP Surakarta cukup beragam, namun perlu peningkatan dalam pemerataan frekuensi penggunaan bahan sayur serta pengembangan teknik pengolahan untuk mengurangi kebosanan pasien.

Kata kunci: variasi sayur, frekuensi bahan, teknik pengolahan, siklus menu, RSUP Surakarta