

Overview of Non Diet Menu Planning at RSPAU Dr. S. Hardjolukito Yogyakarta

Maharani Cheyene Utopia Ramon¹, Lastmi Wayansari², Setyowati³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email: Cheyenne.utopia@gmail.com

ABSTRACT

Background: Menu planning is an important component of hospital food service management to ensure that patients receive nutritionally adequate meals while supporting nutrition services.

Objective: This study aimed to describe the non-diet menu planning process at the Nutrition Installation of RSPAU dr. S. Hardjolukito Yogyakarta.

Result: The non-diet menu planning team consisted of two nutritionists and the Head of the Nutrition Installation. The menu planning process was carried out in accordance with the nine stages outlined in the Hospital Nutrition Service Guidelines (PGRS), including team formation, determination of menu types, establishment of a 15+1-day menu cycle, menu pattern development, portion size determination, selection of menu items, menu format design, menu evaluation and revision, and menu trials. Factors considered in menu planning included hospital food regulations, patients' nutritional adequacy, food availability, budget, food characteristics, food habits and food preferences, facilities and equipment, and the number of staff. The composition of the menu planning team did not fully comply with the 2013 Hospital Nutrition Service Guidelines (PGRS). The team consisted only of nutritionists and the Head of the Nutrition Installation.

Conclusion: The non-diet menu planning process at the Nutrition Installation of RSPAU dr. S. Hardjolukito Yogyakarta was generally in accordance with the 2013 Hospital Nutrition Service Guidelines, although the composition of the menu planning team had not fully met the recommended standard.

Keywords: hospital food service; menu planning; non-diet menu; nutrition installation

GAMBARAN PERENCANAAN MENU NON DIET DI RSPAU Dr. S. HARDJOLUKITO YOGYAKARTA

Maharani Cheyene Utopia Ramon¹, Lastmi Wayansari², Setyowati³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: Cheyenne.utopia@gmail.com

ABSTRAK

Latar Belakang: Perencanaan menu merupakan salah satu tahapan penting dalam penyelenggaraan makanan di rumah sakit untuk memenuhi kebutuhan gizi pasien serta mendukung mutu pelayanan gizi.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran perencanaan menu non diet di Instalasi Gizi RSPAU dr. S. Hardjolukito Yogyakarta.

Hasil: Tim perencanaan menu non diet terdiri atas dua orang ahli gizi dan Kepala Instalasi Gizi. Langkah-langkah perencanaan menu telah dilaksanakan sesuai sembilan tahapan dalam Pedoman Pelayanan Gizi Rumah Sakit (PGRS), meliputi pembentukan tim, penetapan macam menu, siklus menu 15+1 hari, pola menu, besar porsi, macam hidangan, format menu, penilaian dan revisi menu, serta uji coba menu. Faktor-faktor yang dipertimbangkan dalam perencanaan menu meliputi peraturan pemberian makanan rumah sakit, kecukupan gizi, ketersediaan bahan makanan, anggaran, karakteristik bahan makanan, food habit dan preferences, fasilitas dan peralatan, serta jumlah tenaga kerja. Komposisi tim perencanaan menu belum sepenuhnya sesuai dengan Pedoman Pelayanan Gizi Rumah Sakit (PGRS) Tahun 2013. Tim perencanaan hanya terdiri atas nutrisionis dan Kepala Instalasi Gizi

Kesimpulan: Perencanaan menu non diet di Instalasi Gizi RSPAU dr. S. Hardjolukito Yogyakarta secara umum telah sesuai dengan Pedoman Pelayanan Gizi Rumah Sakit (PGRS) Tahun 2013, meskipun komposisi tim perencanaan menu belum sepenuhnya memenuhi standar yang direkomendasikan

Kata Kunci: instalasi gizi; menu non diet; perencanaan menu; penyelenggaraan makanan; rumah sakit.