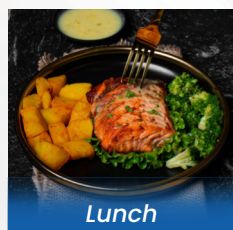


MENU CANCER

Rabu, 29 Juli 2026

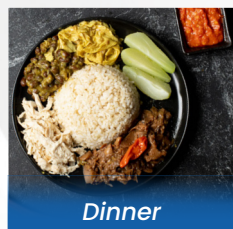


Lunch

Salmon Meuniere

Salmon Meuniere, Roasted Vegetable,
Roasted Potato, Lemon Butter Sauce

652,1 Kcal • Protein 56,9 g
Fat 30,3 g • Carbs 41,1 g



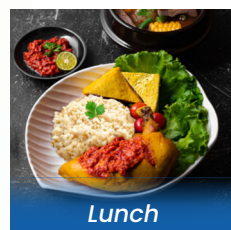
Dinner

Nasi Gudeg

Gudeg Nangka, Brown Rice, Ayam
Kalasan Suwir, Kembang Tahu,
Kacang Tolo, Labusiam Kukus, Sambal

673,8 Kcal • Protein 55,0 g
Fat 16,5 g • Carbs 86,9 g

Kamis, 30 Juli 2026

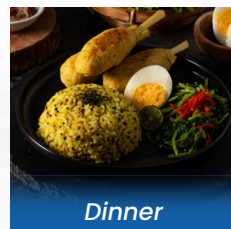


Lunch

Nasi Liwet Pasundan

Brown Rice, Ayam Ungkep Kuning,
Sayur Asem, Tahu Kuning,
Sambal Terasi

644,1 Kcal • Protein 66,3 g
Fat 16,7 g • Carbs 71,6 g



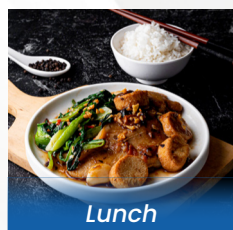
Dinner

Pan Fry Chicken Pineapple

Chicken Pineapple, Garlic Fried Rice,
Cah Sayuran Ebi, Acar Timun Bawang

581,4 Kcal • Protein 57,1 g
Fat 10,5 g • Carbs 66,2 g

Jumat, 31 Juli 2026

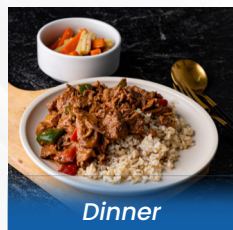


Lunch

Fish Tahu Tausi

Steamed Fish of the Day, Nasi Putih,
Cah Pakcoy Garlic, Tahu Tausi, Soy
Ginger Sauce

618,2 Kcal • Protein 64,8 g
Fat 15,7 g • Carbs 56,1 g



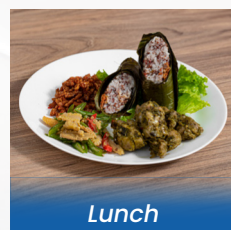
Dinner

Beef Stroganoff

Beef Stroganoff, Brown Rice,
Sauteed Veggie, Anggur

699,5 Kcal • Protein 66,5 g
Fat 25,8 g • Carbs 49,7 g

Sabtu, 1 Agustus 2026

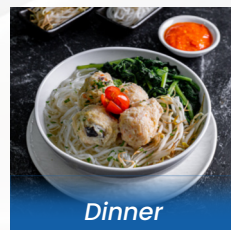


Lunch

Nasi Teri Bakar Ayam Lado Ijo

Nasi Teri Bakar, Ayam Lado Ijo,
Cah Sayuran, Orek Tempe

567,6 Kcal • Protein 66,4 g
Fat 14,7 g • Carbs 50,1 g



Dinner

Bakso Lohua

Glass Noodle (Bihun Jagung),
Bakso Lohua, Kuah Bakso,
Sayur Caisim, Tauge, Sambal

842,6 Kcal • Protein 55,4 g
Fat 19,4 g • Carbs 112,8 g

Senin, 3 Agustus 2026

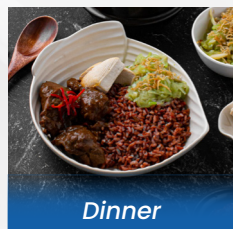


Lunch

Nasi Rames Telur Udang

Telur & Udang Balado with Pete,
Terong Teri, Nasi Merah Jagung,
Sambal Limau Kecap

727,5 Kcal • Protein 55,2 g
Fat 22,6 g • Carbs 76,5 g



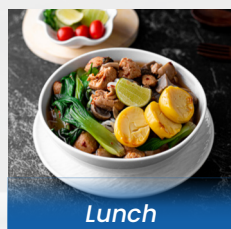
Dinner

Nasi Ayam Semur

Nasi Merah, Ayam Semur, Tahu
Putih Air Fry, Tumis Labu Siam Teri,
Sambal Terasi

557,6 Kcal • Protein 58,7 g
Fat 10,4 g • Carbs 56,4 g

Selasa, 4 Agustus 2026



Lunch

Tom Yum Noodles Chicken

Kwetiau Noodle, Pakcoy & Jamur
Kancing, Ayam Fillet Sauteed, Baked
Tahu Sutera, Kuah Tom Yum, Jeruk
Nipis & Wangsui

570,0 Kcal • Protein 64,2 g
Fat 15,5 g • Carbs 47,1 g



Dinner

Sate Maranggi Daging

Sate Maranggi Bumbu Kecap,
Nasi Merah Daun Jeruk,
Bayam Rebus, Sambal Merah

682,1 Kcal • Protein 41,8 g
Fat 31,2 g • Carbs 59,7 g

Rabu, 5 Agustus 2026

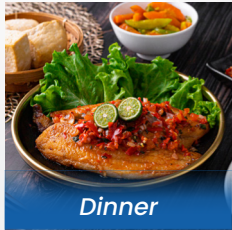


Mie Ayam Bumbu Rica

Marinated Noodle, Ayam Cincang, Toge dan Caisim Rebus, Sambal, Jeruk Kunci

552,6 Kcal • Protein 59,8 g
Fat 7,8 g • Carbs 63,3 g

Lunch



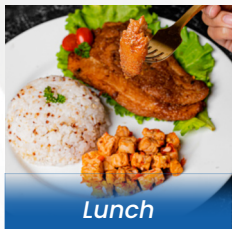
Ikan Panggang Colo-Colo

Grilled Fish of the Day, Sayur Acar Kuning, Tahu Putih Air Fry, Nasi Putih Mix Jagung, Sambal Colo-Colo

689,1 Kcal • Protein 67,4 g
Fat 13,8 g • Carbs 78,2 g

Dinner

Jumat, 7 Agustus 2026

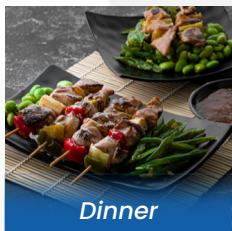


Lodeh Merah

Grilled Fish of the Day, Sayur Lodeh Merah, Nasi Putih Campur Quinoa, Orek Tempe, Sambal Kecap

614,4 Kcal • Protein 55,4 g
Fat 15,3 g • Carbs 71,2 g

Lunch



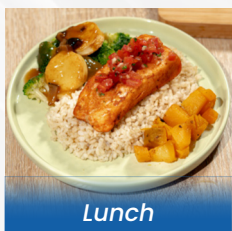
Chicken Yakitori

Chicken Yakitori, Gomae Bean, Fried Brown Rice, Edamame, Yakitori Sauce

745,7 Kcal • Protein 50,3 g
Fat 38,2 g • Carbs 53,3 g

Dinner

Senin, 10 Agustus 2026

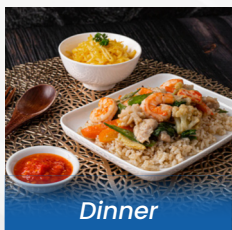


Seared Fish

Pan Seared Fish, Baked Tofu with Oyster Mushroom Sauce, Roasted Mexican Veggie, Fried Brown Rice Quinoa, Tomato Salsa

683,8 Kcal • Protein 51,2 g
Fat 26,5 g • Carbs 66,9 g

Lunch



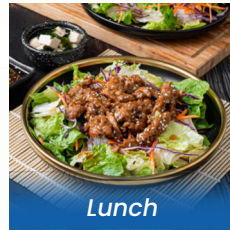
Nasi Capcay Cah

Brown Rice, Capcay Cah Mix Seafood, Telur Iris, Sambal

602,4 Kcal • Protein 55,2 g
Fat 21,3 g • Carbs 48,8 g

Dinner

Kamis, 6 Agustus 2026

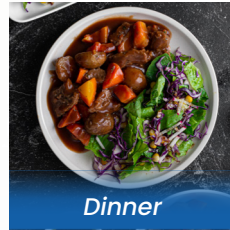


Chicken Yakiniku

Chicken Yakiniku, Vegetable Teppanyaki, Steamed Rice, Yakiniku Sauce

556,3 Kcal • Protein 51,9 g
Fat 10,2 g • Carbs 63,0 g

Lunch



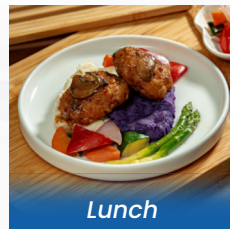
Irish Beef Stew

Irish Beef Stew, Roasted Baby Potatoes, Espagnole Sauce, Boiled Veggie

739,9 Kcal • Protein 62,9 g
Fat 19,1 g • Carbs 73,2 g

Dinner

Sabtu, 8 Agustus 2026

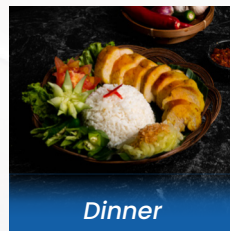


Beef Pattys

Beef, Potato Wedges, Highland Butter Vegetable, Creamy Buttered Sauce

743,9 Kcal • Protein 50,6 g
Fat 31,7 g • Carbs 68,6 g

Lunch



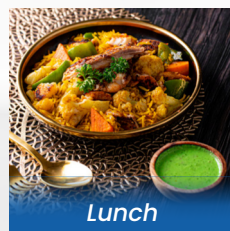
Ayam Panggang Cincane

Ayam Bakar Cincane, Tumis Labu Siam Ebi, Nasi Harum Pandan, Sambal Terasi

594,7 Kcal • Protein 63,2 g
Fat 8,2 g • Carbs 72,5 g

Dinner

Selasa, 11 Agustus 2026

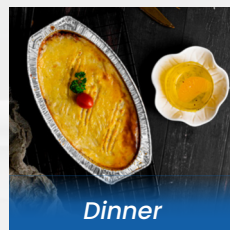


Rice Briyani

Nasi Briyani, Grilled Fish, Curry Vegetable, Tomato Cutney

610,0 Kcal • Protein 55,4 g
Fat 23,3 g • Carbs 97,3 g

Lunch



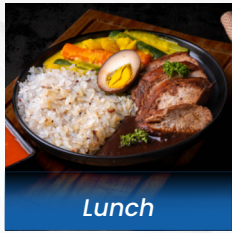
Pastel Tutup Ayam

Ayam, Putih Telur, Green Peas, Wortel, Mashed Potato, Jelly Mix Fruit

626,4 Kcal • Protein 57,4 g
Fat 16,5 g • Carbs 65,4 g

Dinner

Rabu, 12 Agustus 2026

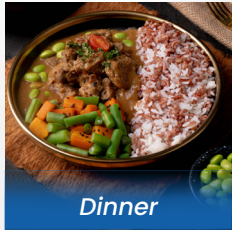


Ayam Panggang Ngohiong 🐔🥚

Ayam Panggang Ngohiong, Kaldu Ayam, Nasi Hainan, Acar Sayuran Nanas, Telur Pindang, Sambal Merah Jahe

566 Kcal • Protein 52,9 g
Fat 12,2 g • Carbs 58,6 g

Lunch



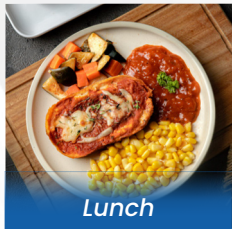
Golden Fish Curry 🐟

Fish Curry, Saus Curry, Sauted Tomato Cherry, Nasi Merah Putih, Sauted Garlic Carrot & Buncis, Edamame

568,8 Kcal • Protein 50,2 g
Fat 22,9 g • Carbs 89,6 g

Dinner

Jumat, 14 Agustus 2026

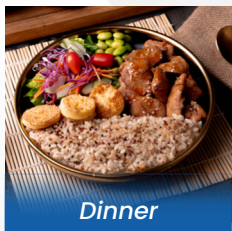


Eggplant Moussaka 🍆

Eggplant Moussaka Beef, Jagung Kukus, Roasted Mediteranian Vegetable, Tomato Concasse Sauce

590,6 Kcal • Protein 51,6 g
Fat 24,2 g • Carbs 48,2 g

Lunch



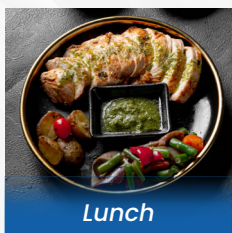
Chicken Aburi 🐔

Chicken Aburi, Aburi Sauce, Sauted Vegetable Carrot with Sesame Oil, Fried Brown Rice Quinoa, Grilled Tofu

561,4 Kcal • Protein 54,9 g
Fat 23,9 g • Carbs 31,4 g

Dinner

Selasa, 18 Agustus 2026

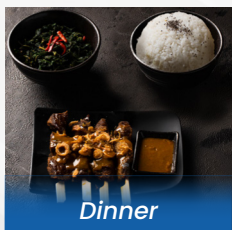


Sicilia Grilled Chicken 🐔

Sicilia Style Grilled Chicken, Cream Pesto Almond, Mediterranean Roasted Vegetable, Sauted Herbs Potatoes

641,9 Kcal • Protein 51,5 g
Fat 21,5 g • Carbs 70,6 g

Lunch



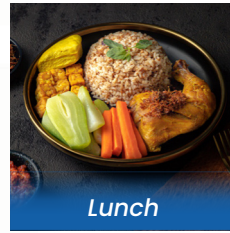
Sate Padang 🍢

Sate Padang, Putih Telur Balado, Nasi Putih, Tumis Daun Singkong, Bumbu Kalio, Bawang Goreng

559,1 Kcal • Protein 51,8 g
Fat 12,2 g • Carbs 45,5 g

Dinner

Kamis, 13 Agustus 2026

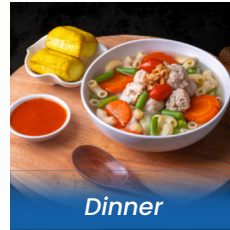


Nasi Tutug Oncom 🐔🥚

Ayam Ungkep Kuning, Nasi Tutug Oncom, Labu Siam Kukus, Wortel Kukus, Tempe Air Fry, Sambal Terasi

556,7 Kcal • Protein 54,3 g
Fat 16,1 g • Carbs 53,3 g

Lunch



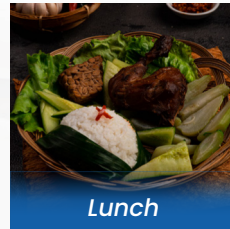
Macaroni Chicken Soup 🐔

Chicken Ball Sauted, Baked Tahu Kuning, Sayuran Rebus, Macaroni Pasta, Kuah Kaldu Ayam, Sambal Merah Jahe

572,9 Kcal • Protein 50,3 g
Fat 13,1 g • Carbs 63,1 g

Dinner

Sabtu, 15 Agustus 2026

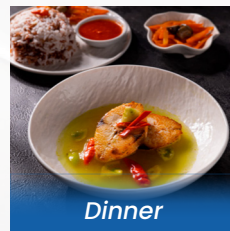


Ayam Bakar Solo 🐔

Ayam Bakar Kalasan, Nasi Putih Pandan, Tahu Bacem, Tempe Bacem, Tumis Labu Siam Wortel, Sambal Terasi

637,6 Kcal • Protein 49,8 g
Fat 17,5 g • Carbs 76,2 g

Lunch



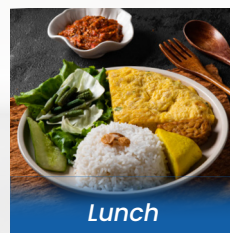
Pindang Serani 🐟

Fish of the Day, Kuah Pindang Serani, Nasi Merah Putih, Sambal Merah, Cah Wortel Jamur

576,6 Kcal • Protein 50 g
Fat 18,4 g • Carbs 55,1 g

Dinner

Rabu, 19 Agustus 2026

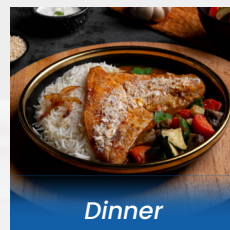


Nasi Telur Sambal Terong 🥚🐔

Telur Dadar Ayam Cincang, Sambal Terong, Tahu Tempe Air Fry, Nasi Putih, Tumis Wortel Kembang Kol

649,5 Kcal • Protein 50,6 g
Fat 22,2 g • Carbs 67,2 g

Lunch



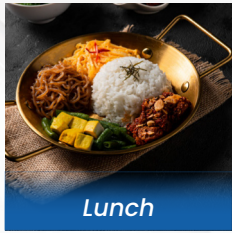
Fish Ala Mediteranean 🐟

Grilled Fish of the Day ala Mediterranean, Infused Basmati Rice, Grilled Mixed Veggie, Greek Yoghurt, Butter Golden Curry

700,6 Kcal • Protein 50,2 g
Fat 26,9 g • Carbs 69,1 g

Dinner

Kamis, 20 Agustus 2026

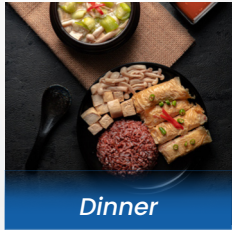


Nasi Campur Surabaya

Daging Pedas Manis, Telur Dadar Iris, Tumis Kacang Panjang Tahu, Nasi Putih, Mie Soun Bumbu Kecap, Sambal Terasi

667,6 Kcal • Protein 50,2 g
Fat 23,7 g • Carbs 65 g

Lunch



Sup Oyong Lumpia Kulit Tahu

Lumpia Ayam Kulit Tahu, Saus Pedas Manis, Oyong Rebus, Tumis Jamur Shimeji Putih, Tahu Airfry, Kuah Soup Oyong, Nasi Merah, Sambal Kecap Asin Cabe Rawit

569,8 Kcal • Protein 51,2 g
Fat 16,4 g • Carbs 58 g

Dinner

Sabtu, 22 Agustus 2026

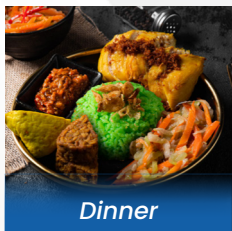


Tauto Pekalongan

Ayam Tauto, Tauge Rebus, Bihun Rebus, Nasi Putih, Tahu Kuning Bandung, Kuah Tauto, Sambal Merah

580 Kcal • Protein 53,6 g
Fat 22,3 g • Carbs 49,6 g

Lunch



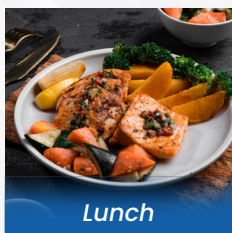
Nasi Timbel

Ayam Ungkep Kuning, Nasi Gurih Harum Pandan, Tumis Labu Siam Wortel, Sambal Terasi, Tempe & Tahu Bumbu Kuning

637,7 Kcal • Protein 50,3 g
Fat 29,9 g • Carbs 47,4 g

Dinner

Rabu, 26 Agustus 2026

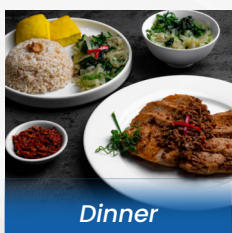


Surf & Turf

Grilled Chicken Breast, Grilled Salmon Cube, Grilled Lemon Wedges, Vealjus Sauce, Rosemary and Paprika Potato Wedges, Sauted Carrot and Zucchini

648,0 Kcal • Protein 50,3 g
Fat 17,2 g • Carbs 74,1 g

Lunch



Ayam Napinadar

Ayam Napinadar, Sambal Terasi, Tumis Labu dan Pucuk Labu, Steamed Brown Rice, Tahu Kuning Airfry

552,8 Kcal • Protein 51,5 g
Fat 13,9 g • Carbs 58,2 g

Dinner

Jumat, 21 Agustus 2026

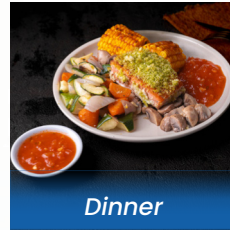


Nasi Rames Lodeh

Ayam Kalasan Suwir, Nasi Goreng Kunyit, Tumis Lodeh Mix Terong, Lodeh Tempe Tahu, Sambal Terasi Medan, Kuah Lodeh Putih

569,4 Kcal • Protein 50,6 g
Fat 19 g • Carbs 53,8 g

Lunch



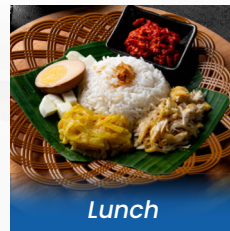
Salmon Green Crushed

Pan Seared Salmon with Green Crushed, Tomato Concasse Sauce, Seasoned Grilled Veggie, Grilled BBQ Corn, Sauted Mushroom with Garlic and Parsley

667,7 Kcal • Protein 50,5 g
Fat 22,6 g • Carbs 78,5 g

Dinner

Senin, 24 Agustus 2026

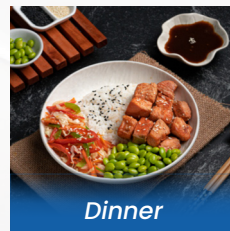


Nasi Liwet Solo

Nasi Liwet, Ayam Suwir Ungkep, Kuah Opor Putih, Sayur Jipang (Labu Siam), Telur Keprok, Tahu Kukus, Sambal Terasi

551 Kcal • Protein 50 g
Fat 14,6 g • Carbs 53,8 g

Lunch



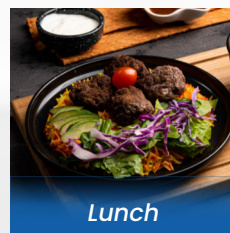
Fish Teppanyaki

Fish Teppanyaki, Fried Brown Rice Garlic, Mixed Vegetable Sesame Oil, Edamame

706,4 Kcal • Protein 51,9 g
Fat 20,0 g • Carbs 81,3 g

Dinner

Kamis, 27 Agustus 2026

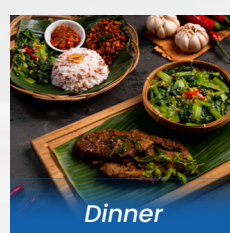


Turkish Meat Ball

Turkish Chicken Ball, Roasted Vegetable (Carrot, Zucchini, Paprika Merah), Yellow Basmati Rice, Tomato Espagnole Sauce

689,9 Kcal • Protein 51,0 g
Fat 23,0 g • Carbs 66,2 g

Lunch



Ikan Bakar Parape

Ikan Bakar Parape, Nasi Merah Putih, Pakchoy Garlic, Sambal Terasi, Kering Tempe

683,7 Kcal • Protein 51,4 g
Fat 25,9 g • Carbs 69,3 g

Dinner