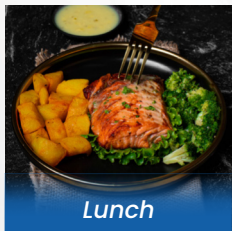


MENU GERD & MAAAG

Rabu, 29 Juli 2026

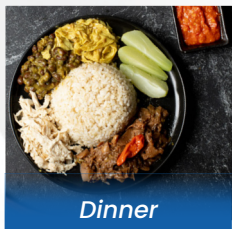


Lunch

Salmon Meuniere

Fish Salmon ala Meuniere, Roasted Vegetable, Roasted Baby Potatoes, Sauce Meuniere

382,2 Kcal • Protein 27,8 g
Fat 20,3 g • Carbs 25,3 g



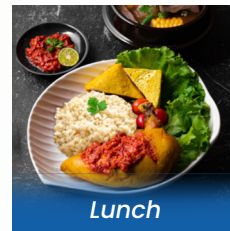
Dinner

Nasi Gudeg

Gudeg Nangka No Santan, Brown Rice, Ayam Suwir, Fibre Crème, Kembang Tahu, Kacang Tolo, Labusiam Mini Kukus

448,7 Kcal • Protein 34,5 g
Fat 11,4 g • Carbs 60,0 g

Kamis, 30 Juli 2026

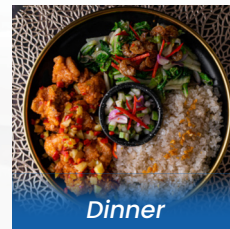


Lunch

Nasi Liwet Pasundan

Brown Rice, Ayam Ungkep Kuning, Tahu Kuning, Tumisan Sayuran

443,3 Kcal • Protein 37,7 g
Fat 18,1 g • Carbs 37,4 g



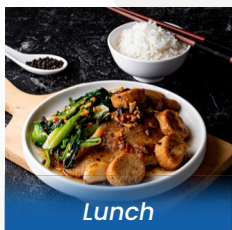
Dinner

Pan Fry Chicken

Pan Fry Chicken, Chinese Fried Rice, Cah Sawi Putih Ebi, Acar Low Timun Bawang No Cuka

433,8 Kcal • Protein 40,7 g
Fat 12,8 g • Carbs 40,5 g

Jumat, 31 Juli 2026

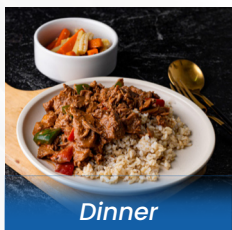


Lunch

Fish with Tausi Sauce

Steamed Fish of the Day, Soy Sauce, Tahu Tausi, Nasi Putih, Tumis Sayuran Putih Telur

392,2 Kcal • Protein 31,7 g
Fat 12,8 g • Carbs 39,6 g



Dinner

Beef Stroganoff

Beef Stroganoff, Brown Rice, Baby Corn + Carrot, Anggur Hitam

441,1 Kcal • Protein 29,0 g
Fat 12,8 g • Carbs 51,2 g

Sabtu, 1 Agustus 2026

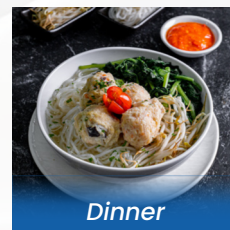


Lunch

Nasi Teri Bakar Ayam Kalasan

Nasi Teri Bakar, Ayam Panggang Kalasan, Cah Sayuran, Perkedel Tempe

437,3 Kcal • Protein 41,6 g
Fat 11,5 g • Carbs 47,6 g



Dinner

Bakso Lohua

Vermicelli Noodles, Bakso Lohua, Kuah Bakso, Sayur Chaisim, Tauge

254,4 Kcal • Protein 21,1 g
Fat 13,2 g • Carbs 13,5 g

Senin, 3 Agustus 2026

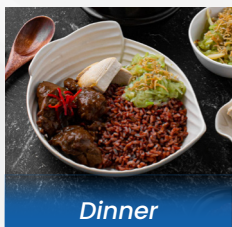


Lunch

Nasi Rames Telur Udang

Udang Bakar Bumbu Kuning, Putih Telur, Terong Teri, Nasi Putih Quinoa, Orek Tempe

434,9 Kcal • Protein 35,4 g
Fat 14,0 g • Carbs 46,8 g



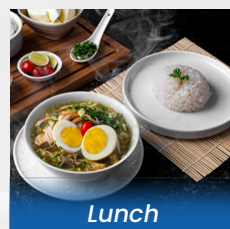
Dinner

Nasi Ayam Semur

Nasi Merah, Ayam Semur Fillet, Kuah Semur, Tahu Putih Air Fry, Tumis Labu Siam Teri

359,2 Kcal • Protein 45,0 g
Fat 6,9 g • Carbs 32,1 g

Selasa, 4 Agustus 2026



Lunch

Soto Ayam

Soto Ayam, Soun Rebus, Wortel Rebus, Tauge Rebus, Nasi Putih, Kuah Soto

429,7 Kcal • Protein 36,0 g
Fat 5,8 g • Carbs 60,0 g



Dinner

Sate Maranggi Daging

Sate Maranggi, Nasi Merah Daun Jeruk, Bayam Rebus, Bumbu Kecap Manis Bawang Merah (Cup Thinwall)

408,2 Kcal • Protein 28,2 g
Fat 20,1 g • Carbs 29,9 g

Rabu, 5 Agustus 2026



Mie Ayam

Marinated Shirataki Noodles, Ayam Bakmi, Toge + Caisim Rebus, Telur Ayam Rebus Half
260,3 Kcal • Protein 39,4 g
Fat 7,4 g • Carbs 12,2 g

Lunch



Ikan Panggang Gulai

Ikan Bakar Bumbu Gulai No Santan, Sayur Labu Siam Wortel Bumbu Kuning, Tahu Putih Air Fry, Nasi Putih Mix Jagung
447,8 Kcal • Protein 47,8 g
Fat 12,7 g • Carbs 42,1 g

Dinner

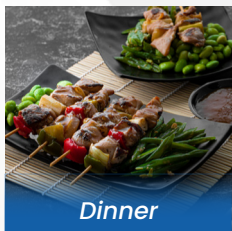
Jumat, 7 Agustus 2026



Rames Lodeh No Santan

Grilled Fish of the Day (Dorry), Sayur Lodeh, Kuah Lodeh Kuning, Nasi Merah Putih, Tempe Lodeh
326,7 Kcal • Protein 36,3 g
Fat 16,0 g • Carbs 45,4 g

Lunch

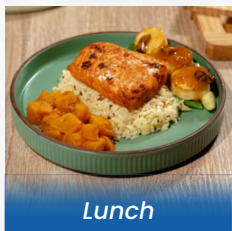


Chicken Yakitori

Chicken Yakitori, Gomae Bean, Steamed Rice with Chia Seed, Edamame, Yakitori Sauce
431,2 Kcal • Protein 41,1 g
Fat 10,2 g • Carbs 48,4 g

Dinner

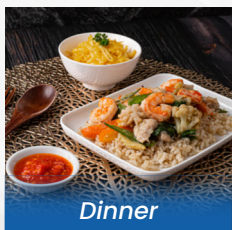
Senin, 10 Agustus 2026



Seared Fish

Pan Seared Fish, Baked Tofu with Oyster Mushroom Sauce, Roasted Mexican Veggie, Butter Rice with Quinoa
427,8 Kcal • Protein 29,7 g
Fat 17,4 g • Carbs 40,7 g

Lunch



Cah Capcay

Brown Rice, Capcay Cah Mix Seafood, Telur Iris
384,7 Kcal • Protein 30,4 g
Fat 13,1 g • Carbs 36,9 g

Dinner

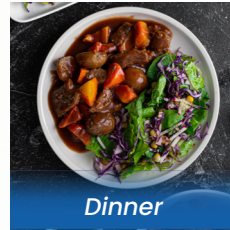
Kamis, 6 Agustus 2026



Chicken Yakiniku

Chicken Yakiniku, Vegetable Teppanyaki, Steamed Rice, Yakiniku Sauce
437,7 Kcal • Protein 42,2 g
Fat 8,3 g • Carbs 49,5 g

Lunch

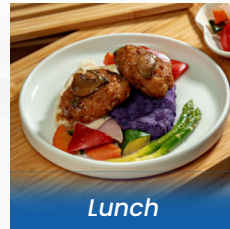


Irish Beef Stew

Irish Beef Stew, Roasted Baby Potatoes, Espagnole Sauce, Marinated Boiled Vegetable
419,0 Kcal • Protein 31,4 g
Fat 12,7 g • Carbs 40,5 g

Dinner

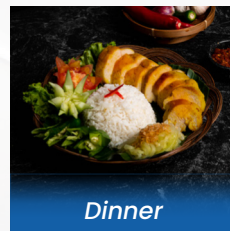
Sabtu, 8 Agustus 2026



Beef Pattys

Beef, Potato Wedges, Highland Butter Vegetable, Creamy Buttered Sauce
439,5 Kcal • Protein 26,8 g
Fat 21,1 g • Carbs 36,9 g

Lunch

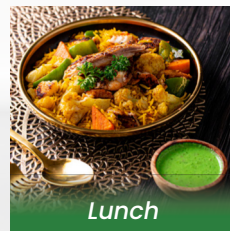


Ayam Panggang Cincane

Ayam Bakar Cincane, Tumis Labu Siam Ebi, Nasi Harum Pandan, Tahu Airfry
400,7 Kcal • Protein 35,3 g
Fat 11,1 g • Carbs 45,3 g

Dinner

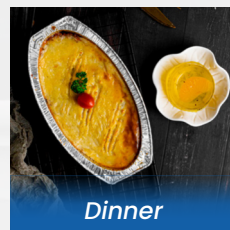
Selasa, 11 Agustus 2026



Rice Briyani

Nasi Briyani, Grilled Fish, Curry Vegetable, Sauted Edamame
421,3 Kcal • Protein 36,8 g
Fat 19,3 g • Carbs 27,4 g

Lunch

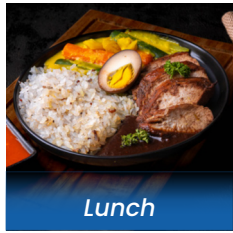


Pastel Tutup Ayam

Ayam, Telur, Green Peas + Wortel, Mashed Potato, Jelly Mix Fruit
363,2 Kcal • Protein 38,0 g
Fat 6,5 g • Carbs 36,2 g

Dinner

Rabu, 12 Agustus 2026

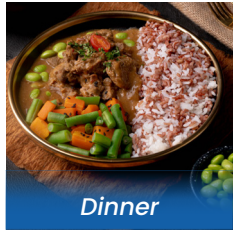


Ayam Panggang Ngohiong 🐔🥚

Ayam Panggang Ngohiong, Kaldus Ayam, Fried Brown Rice Quinoa, Tumis Wortel Timun, Telur Pindang

363,6 Kcal • Protein 44,4 g
Fat 9,5 g • Carbs 25,7 g

Lunch



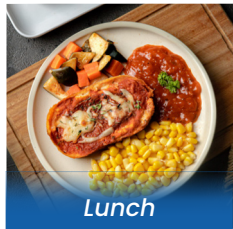
Golden Fish Curry 🐟

Japanese Fish Curry, Saus Curry, Nasi Merah Putih, Sautéed Garlic Carrot & Buncis, Edamame

394,4 Kcal • Protein 38,2 g
Fat 18,6 g • Carbs 60,7 g

Dinner

Jumat, 14 Agustus 2026

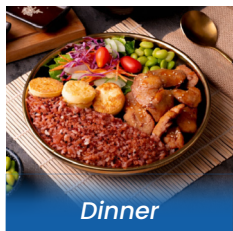


Eggplant Moussaka 🍆

Eggplant Moussaka Beef, Jagung Kukus, Roasted Mediterranean Vegetable, Mushroom Sauce

443,6 Kcal • Protein 36,8 g
Fat 18,5 g • Carbs 37,2 g

Lunch



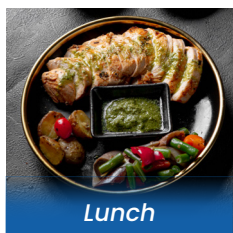
Chicken Aburi 🐔

Chicken Aburi, Sautéed Vegetable Carrot with Sesame Oil, Nasi Gurih Merah, Grilled Tofu

366,5 Kcal • Protein 42,6 g
Fat 6,1 g • Carbs 34,7 g

Dinner

Selasa, 18 Agustus 2026

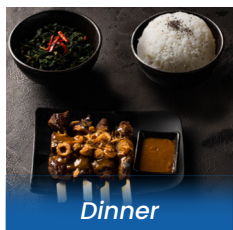


Sicilia Grilled Chicken 🐔

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

381,7 Kcal • Protein 35,9 g
Fat 16,3 g • Carbs 24,2 g

Lunch



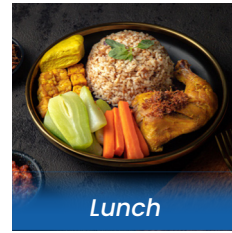
Ikan Kalio 🐟

Kalio Ikan, Fibre Cream, Putih Telur Bumbu Kuning, Nasi Putih, Wortel Kukus

357,3 Kcal • Protein 33,8 g
Fat 10,1 g • Carbs 32,9 g

Dinner

Kamis, 13 Agustus 2026

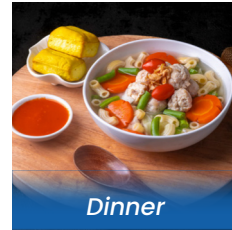


Nasi Tutug Oncom 🐔🥚

Ayam Ungkep Kuning, Brown Rice Tutug Oncom, Labu Siam Kukus, Wortel Kukus, Tempe Air Fry

456,4 Kcal • Protein 58,2 g
Fat 13,0 g • Carbs 27,8 g

Lunch



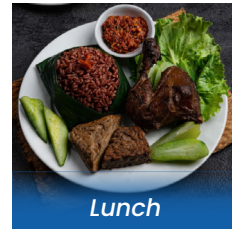
Macaroni Chicken Soup 🐔

Chicken Ball Sautéed, Baked Tahu Kuning, Sayuran Rebus, Macaroni Pasta, Kuah Kaldus Ayam

352,5 Kcal • Protein 35,5 g
Fat 10,0 g • Carbs 30,5 g

Dinner

Sabtu, 15 Agustus 2026

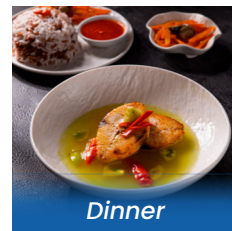


Ayam Bakar Solo 🐔

Ayam Bakar Kalasan, Nasi Merah Gurih Pandan, Tahu Bacem, Tempe Bacem, Lalapan Labu Siam dan Kyuri

443,4 Kcal • Protein 40,6 g
Fat 14,0 g • Carbs 45,0 g

Lunch



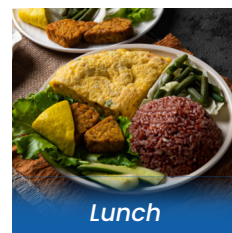
Pindang Serani 🐟

Salmon Pindang Serani, Kuah Pindang Serani, Nasi Merah Putih, Cah Wortel Jamur

358,3 Kcal • Protein 29,0 g
Fat 16,4 g • Carbs 25,6 g

Dinner

Rabu, 19 Agustus 2026

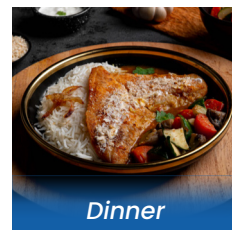


Nasi Telur Sayuran 🥚🐔

Telur Dadar Ayam Cincang, Tumis Buncis, Tahu Tempe, Nasi Merah

439,3 Kcal • Protein 35,1 g
Fat 19,2 g • Carbs 34,9 g

Lunch



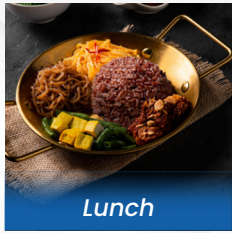
Fish Ala Mediteranean 🐟

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

350,2 Kcal • Protein 34,4 g
Fat 23,9 g • Carbs 40,0 g

Dinner

Kamis, 20 Agustus 2026

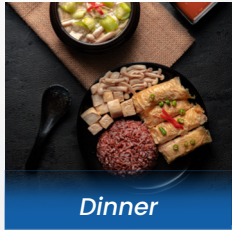


Nasi Campur Surabaya

Daging Manis, Telur Dadar Iris, Tumis Kacang Panjang Tahu, Nasi Merah, Vermicelli Noodle Bumbu Kecap

450,4 Kcal • Protein 35,6 g
Fat 16,4 g • Carbs 40,3 g

Lunch



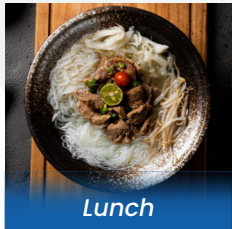
Sup Oyong Lumpia Kulit Tahu

Lumpia Ayam Kulit Tahu, Oyong Rebus, Tahu Airfry, Kuah Soup Oyong, Jagung Manis Pipil, Kecap Asin

446,2 Kcal • Protein 44,8 g
Fat 18,8 g • Carbs 28,6 g

Dinner

Sabtu, 22 Agustus 2026

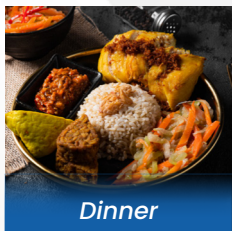


Soto Daging

Daging Soto, Soun Rebus, Wortel Rebus, Tauge Rebus, Nasi Putih, Kuah Soto Daging

448,9 Kcal • Protein 25,5 g
Fat 22,2 g • Carbs 36,3 g

Lunch



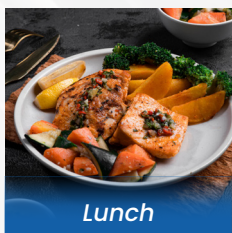
Nasi Timbel

Ayam Ungkep Kuning, Fried Brown Rice, Tumis Labu Siam Wortel, Tempe & Tahu Bumbu Kuning

347,7 Kcal • Protein 45,2 g
Fat 7,7 g • Carbs 27,0 g

Dinner

Rabu, 26 Agustus 2026

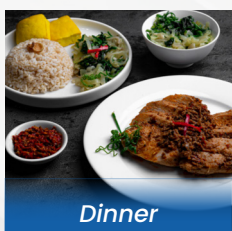


Surf & Turf

Grilled Chicken Breast, Grilled Salmon Cube, Demiglace Sauce, Rosemary Potato Wedges, Sauteed Carrot

433,0 Kcal • Protein 41,4 g
Fat 10,1 g • Carbs 44,0 g

Lunch



Ayam Masak Kecap

Ayam Masak Kecap, Tumis Labu dan Pucuk Labu, Steamed Brown Rice, Tahu Kuning Airfry

406,5 Kcal • Protein 44,1 g
Fat 8,5 g • Carbs 43,3 g

Dinner

Jumat, 21 Agustus 2026

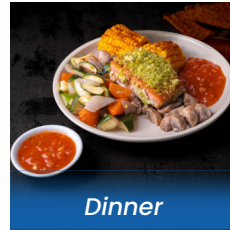


Nasi Rames Lodeh No Santan

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

323,9 Kcal • Protein 33,3 g
Fat 9,1 g • Carbs 31,3 g

Lunch



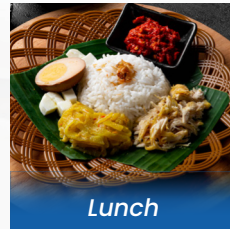
Salmon Green Crushed

Pan Seared Salmon with Green Crushed, Vealjus Sauce, Seasoned Grilled Veggie, Grilled BBQ Corn, Sauteed Edamame with Garlic and Parsley

445,4 Kcal • Protein 34,0 g
Fat 19,6 g • Carbs 38,3 g

Dinner

Senin, 24 Agustus 2026

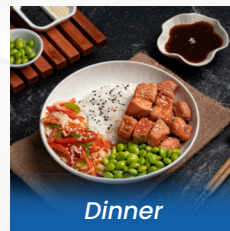


Nasi Liwet Solo

Nasi Liwet, Ayam Suwir Ungkep, Kuah Kuning, Areh Putih Telur No Santan, Sayur Jipang (Labu Siam), Telur Keprak, Tahu Kukus

447,4 Kcal • Protein 51,8 g
Fat 10,2 g • Carbs 37,6 g

Lunch



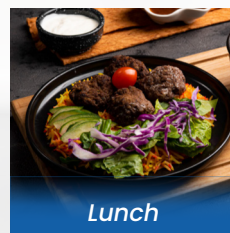
Beef Gyudon

Nasi Putih, Beef Gyudon Less Fat, Mix Vegetables Season Oil, Steam Edamame

417,3 Kcal • Protein 36,9 g
Fat 14,3 g • Carbs 36,4 g

Dinner

Kamis, 27 Agustus 2026

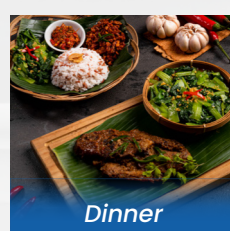


Turkish Chicken Ball

Turkish Beef Ball, Mixed Salad, Greek Yoghurt, Dressing Salad, Yellow Basmati Rice, Tomato Espagnole Sauce

428,6 Kcal • Protein 33,3 g
Fat 14,9 g • Carbs 37,6 g

Lunch



Ikan Bakar Parape

Ikan Bakar dengan Bumbu Parape, Nasi Merah Putih, Kacang Panjang Wortel, Tempe Orek

344,2 Kcal • Protein 39,9 g
Fat 18,3 g • Carbs 42,3 g

Dinner