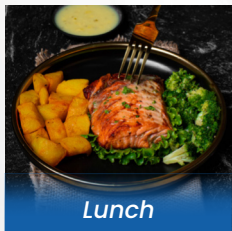


MENU GINJAL

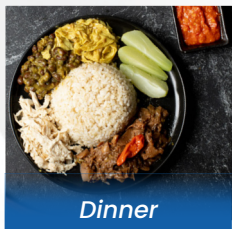
Rabu, 29 Juli 2026



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

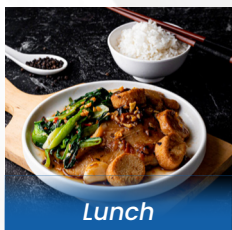


Dinner

Nasi Gudeg

Gudeg Nangka, Brown Rice, Ayam
Kalasan Suwir, Labusiam Kukus, Sambal
577,3 Kcal • Protein 26,0 g
Fat 17,6 g • Carbs 85,0 g

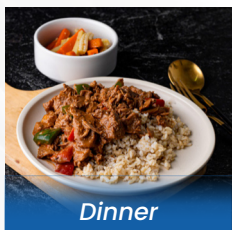
Jumat, 31 Juli 2026



Lunch

Fish Ginger Sauce

Steamed Fish of the Day, Nasi Putih,
Cah Pakcoy Garlic, Tumis Terong
Cabai Ijo, Soy Ginger Sauce
571,6 Kcal • Protein 25,9 g
Fat 28,5 g • Carbs 55,1 g



Dinner

Beef Stroganoff

Beef Stroganoff, Brown Rice, Sautéed
Veggie, Anggur
699,5 Kcal • Protein 66,5 g
Fat 25,8 g • Carbs 49,7 g

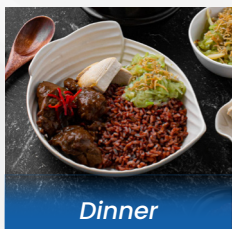
Senin, 3 Agustus 2026



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

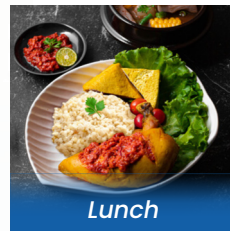


Dinner

Nasi Ayam Semur

Nasi Merah, Ayam Semur, Tumis
Labu Siam Teri, Sambal Terasi,
Pudding Home Made
554,5 Kcal • Protein 26,7 g
Fat 22,4 g • Carbs 64,9 g

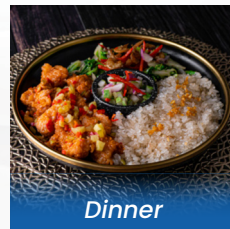
Kamis, 30 Juli 2026



Lunch

Nasi Liwet Pasundan

Brown Rice, Ayam Ungkep Kuning,
Sayur Asem, Tumis Putih Telur,
Sambal Terasi
559,4 Kcal • Protein 26,8 g
Fat 20,4 g • Carbs 73,1 g

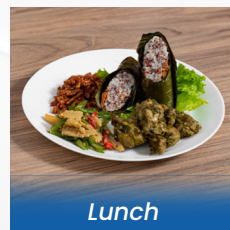


Dinner

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

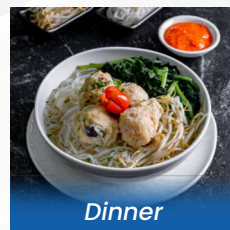
Sabtu, 1 Agustus 2026



Lunch

Nasi Teri Bakar Ayam Lado Ijo

Nasi Teri Bakar, Ayam Lado Ijo,
Cah Sayuran, Telur Rebus Half
557,2 Kcal • Protein 26,6 g
Fat 22,3 g • Carbs 66,0 g

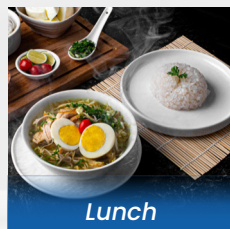


Dinner

Bakso Lohua

Glass Noodle, Bakso Lohua,
Kuah Bakso, Pak Choy Rebus,
Sambal
842,6 Kcal • Protein 55,4 g
Fat 19,4 g • Carbs 112,8 g

Selasa, 4 Agustus 2026



Lunch

Tom Yum Noodles Chicken

Kwetiaw Noodle, Pakcoy & Wortel,
Ayam Fillet Sautéed, Putih Telur, Kuah
Tom Yum, Jeruk Nipis & Wangsui
559,3 Kcal • Protein 26,8 g
Fat 31,9 g • Carbs 44,8 g



Dinner

Sate Maranggi Daging

Sate Maranggi Bumbu Kecap,
Nasi Putih 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

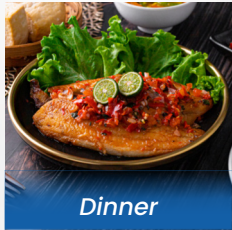


Mie Ayam Bumbu Rica

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

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

Lunch



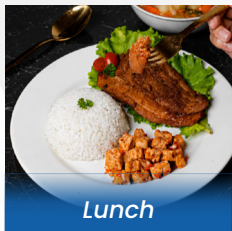
Ikan Panggang Colo-Colo

Grilled Fish of the Day, Sayur Acar Kuning, Telur Pindang Half, Nasi Putih Mix Jagung, Sambal Colo-Colo

573,1 Kcal • Protein 26,9 g
Fat 17,6 g • Carbs 79,8 g

Dinner

Jumat, 7 Agustus 2026

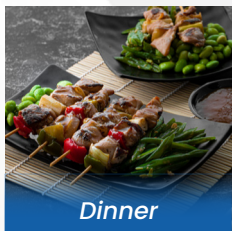


Lodeh Merah

Grilled Fish of the Day, Sayur Lodeh Merah, Nasi Putih, Sambal Kecap

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

Lunch



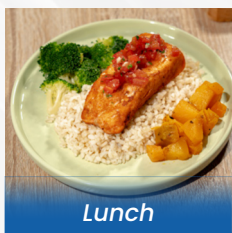
Chicken Yakitori

Chicken Yakitori, Gomae Wortel, Fried Brown Rice, Putih Telur, Yakitori Sauce

574,8 Kcal • Protein 25,8 g
Fat 28,0 g • Carbs 55,5 g

Dinner

Senin, 10 Agustus 2026

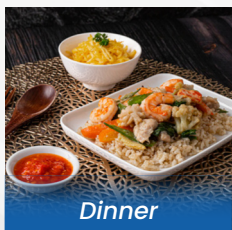


Seared Fish

Pan Seared Fish, Roasted Mexican Veggie, Fried Brown Rice, Tomato Salsa

589,6 Kcal • Protein 26,1 g
Fat 27,4 g • Carbs 64,8 g

Lunch



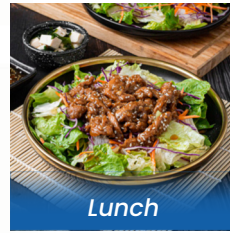
Nasi Capcay Cah

Brown Rice, Capcay Cah Mix Seafood, Telur Iris

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

Dinner

Kamis, 6 Agustus 2026

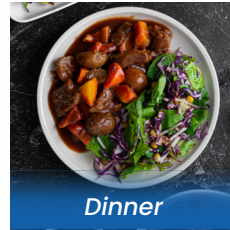


Chicken Yakiniku

Chicken Yakiniku, Vegetable Teppanyaki, Steamed Rice, Yakiniku Sauce

578,8 Kcal • Protein 25,7 g
Fat 28,0 g • Carbs 57,1 g

Lunch



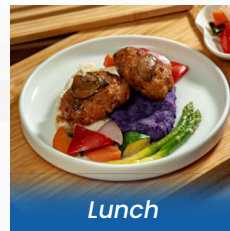
Irish Beef Stew

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

571,8 Kcal • Protein 25,6 g
Fat 18,3 g • Carbs 72,6 g

Dinner

Sabtu, 8 Agustus 2026

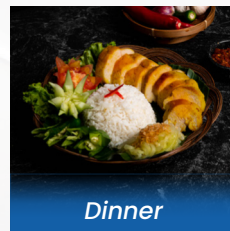


Beef Pattys

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

651,6 Kcal • Protein 22,0 g
Fat 45,9 g • Carbs 41,4 g

Lunch



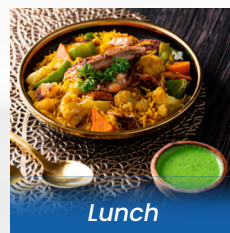
Ayam Panggang Cincane

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

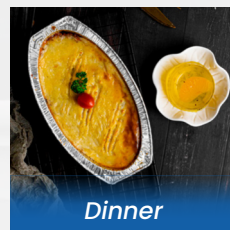


Rice Briyani

Nasi Briyani, Grilled Fish, Curry Vegetable, Tomato Cutney

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

Lunch



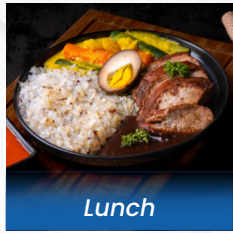
Pastel Tutup Ayam

Ayam, Putih Telur, Buncis, 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

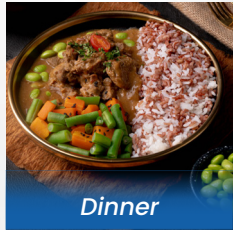


Ayam Panggang Ngohiong

Ayam Panggang Ngohiong, Kaldy Ayam, Fried Brown Rice, Tumis Sayuran Nanas Bumbu Kuning, Telur Pindang Half, Sambal Merah Jahe

571,8 Kcal • Protein 26,0 g
Fat 29,0 g • Carbs 57,3 g

Lunch



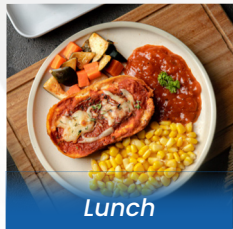
Golden Beef Curry

Beef Curry, Saus Curry, Telur Dadar Iris, Nasi Merah Putih, Sauted Garlic Carrot & Labu Siam

676,8 Kcal • Protein 25,6 g
Fat 31,3 g • Carbs 79,0 g

Dinner

Jumat, 14 Agustus 2026

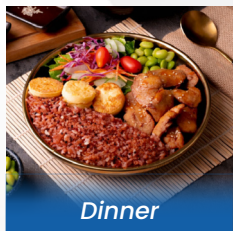


Eggplant Moussaka

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

555,2 Kcal • Protein 26,7 g
Fat 35,0 g • Carbs 39,7 g

Lunch



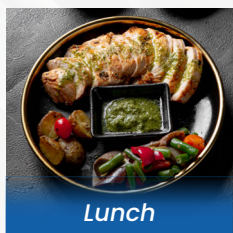
Fish Aburi

Fish Aburi, Sauted Vegetable Carrot with Sesame Oil, Egg Tamago, Fried Brown Rice Quinoa

682,5 Kcal • Protein 25,5 g
Fat 45,9 g • Carbs 43,7 g

Dinner

Selasa, 18 Agustus 2026

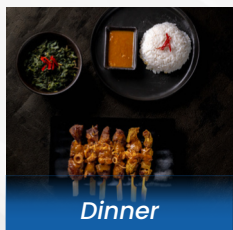


Sicilia Grilled Chicken

Sicilia Style Grilled Chicken, Basil Pesto Primavera (No Cream), Mediterranean Roasted Vegetable, Sauted Herbs Potatoes

580,3 Kcal • Protein 23,7 g
Fat 39,4 g • Carbs 36,5 g

Lunch



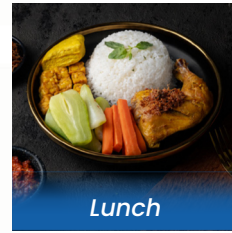
Kalio Daging Sapi

Kalio Daging Sapi, Putih Telur Balado, Nasi Putih, Tumis Kol Bawang Bombay, Bumbu Kalio, Bawang Goreng

557,3 Kcal • Protein 26,7 g
Fat 26,8 g • Carbs 52,4 g

Dinner

Kamis, 13 Agustus 2026

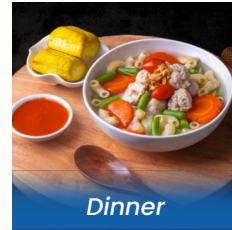


Nasi Ayam Pasundan

Ayam Ungkep Kuning, Nasi Putih, Labu Siam Kukus, Wortel Kukus, Balado Putih Telur, Sambal Terasi

579,6 Kcal • Protein 26,0 g
Fat 28,8 g • Carbs 58,5 g

Lunch



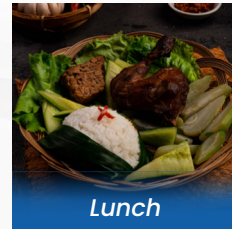
Macaroni Chicken Soup

Chicken Ball Sauted, Sayuran Rebus (Kol, Wortel, Labu Siam), Macaroni Pasta, Kuah Kaldy Ayam, Sambal Merah Jahe

586,8 Kcal • Protein 25,6 g
Fat 31,2 g • Carbs 53,8 g

Dinner

Sabtu, 15 Agustus 2026

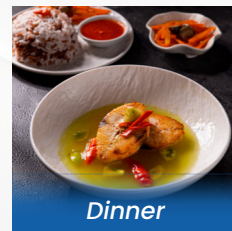


Ayam Bakar Solo

Ayam Bakar Kalasan, Nasi Gurih Pandan, Tumis Labu Siam Wortel, Sambal Terasi

567,4 Kcal • Protein 25,1 g
Fat 26,2 g • Carbs 60,0 g

Lunch



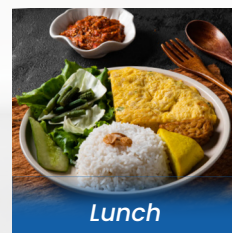
Pindang Serani

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

569,4 Kcal • Protein 25,9 g
Fat 24,0 g • Carbs 64,9 g

Dinner

Rabu, 19 Agustus 2026

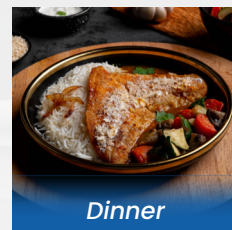


Nasi Telur Sambal Terong

Telur Dadar Ayam Cincang, Sambal Terong, Nasi Putih, Tumis Wortel Kembang Kol

554,2 Kcal • Protein 26,1 g
Fat 24,5 g • Carbs 60,6 g

Lunch



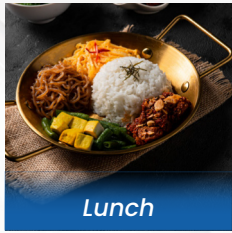
Fish Mediterranean

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

615,6 Kcal • Protein 21,6 g
Fat 26,8 g • Carbs 88,2 g

Dinner

Kamis, 20 Agustus 2026

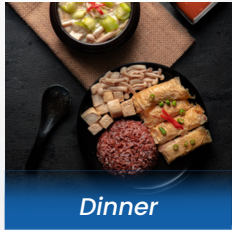


Nasi Campur Surabaya

Daging Pedas Manis, Telur Dadar Iris, Tumis Wortel, Nasi Putih, Vermicelli Noodle Bumbu Kecap, Sambal Terasi

577,7 Kcal • Protein 26,4 g
Fat 27,7 g • Carbs 54,9 g

Lunch



Sup Oyong Bola-Bola Ikan

Bola-Bola Ikan, Saus Pedas Manis, Oyong Rebus, Tumis Wortel, Kuah Soup Oyong, Nasi Merah, Sambal Kecap Asin Cabe Rawit

561,4 Kcal • Protein 26,4 g
Fat 33,4 g • Carbs 57,0 g

Dinner

Sabtu, 22 Agustus 2026

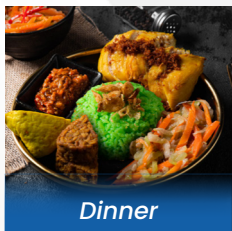


Soto Daging

Daging Soto, Soun Rebus, Wortel Rebus, Kol Putih Rebus, Nasi Putih, Kuah Soto Daging, Sambal Merah

629,6 Kcal • Protein 25,7 g
Fat 21,8 g • Carbs 81,1 g

Lunch



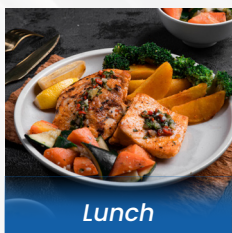
Nasi Timbel

Ayam Ungkep Kuning, Nasi Gurih Harum Pandan, Tumis Labu Siam Wortel, Sambal Terasi

587,5 Kcal • Protein 25,9 g
Fat 30,6 g • Carbs 53,9 g

Dinner

Rabu, 26 Agustus 2026



Surf & Turf

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

557,5 Kcal • Protein 26,4 g
Fat 35,8 g • Carbs 36,7 g

Lunch



Ayam Napinadar

Ayam Napinadar, Sambal Andaliman, Tumis Labu dan Pucuk Labu, Steamed Brown Rice, Cah Timun

580,0 Kcal • Protein 26,8 g
Fat 34,4 g • Carbs 47,0 g

Dinner

Jumat, 21 Agustus 2026

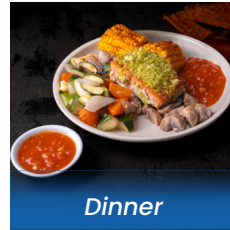


Nasi Rames Lodeh

Ayam Kalasan Suwir, Nasi Goreng Kunyit, Tumis Lodeh Mixed Terong Wortel, Sambal Terasi Medan, Kuah Lodeh Putih

551,5 Kcal • Protein 24,7 g
Fat 22,9 g • Carbs 63,9 g

Lunch



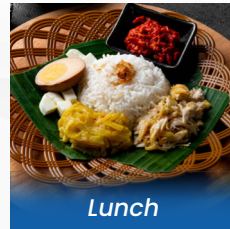
Fish Green Crushed

Pan Seared Fish with Green Crushed, Salsa Verde, Seasoned Grilled Veggie, Grilled BBQ Corn, Sauted Cauliflower

551,6 Kcal • Protein 26,0 g
Fat 32,5 g • Carbs 46,4 g

Dinner

Senin, 24 Agustus 2026

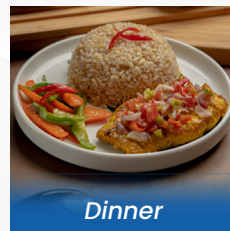


Nasi Liwet Solo

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

592,6 Kcal • Protein 25,7 g
Fat 29,4 g • Carbs 60,3 g

Lunch



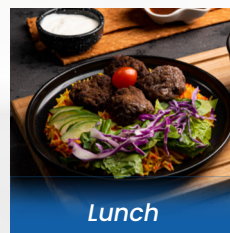
Ikan Bakar Dabu-Dabu

Ikan Bakar Bumbu Kunyit, Brown Rice Fried Garlic, Sayur Wortel Paprika Merah, Sambal Dabu-Dabu

638,0 Kcal • Protein 17,9 g
Fat 47,6 g • Carbs 57,3 g

Dinner

Kamis, 27 Agustus 2026

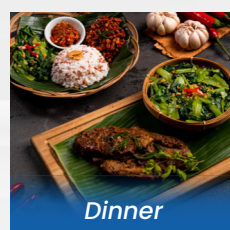


Turkish Meat Ball

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

650,6 Kcal • Protein 22,6 g
Fat 23,4 g • Carbs 84,5 g

Lunch



Ikan Bakar Parape

Ikan Bakar Parape, Nasi Merah Putih, Kembang Kol Garlic, Sambal Terasi

569,4 Kcal • Protein 19,1 g
Fat 36,6 g • Carbs 59,5 g

Dinner