

ABSTRAK

Sarah Khairunnisa. P032313411091. *Gambaran Kesesuaian Menu yang Disajikan Berdasarkan Standar Kemenkes RI di UPT Pelayanan Sosial Tresna Werdha Husnul Khotimah Dinas Sosial Provinsi Riau*. Dibimbing oleh Ibu Yolahumaroh, SKM, MPH dan Ibu Falinda Oktariani, M.Pd.

Kesesuaian menu yang ditetapkan dengan yang disajikan merupakan indikator mutu penting dalam penyelenggaraan makanan institusi, terutama bagi lanjut usia yang memiliki kebutuhan gizi khusus. Penelitian deskriptif observasional ini bertujuan mendeskripsikan kesesuaian siklus menu di UPT Pelayanan Sosial Tresna Werdha Husnul Khotimah Tahun 2026 melalui observasi langsung selama tujuh hari (9–15 April 2026) serta wawancara mendalam dengan pengelola dapur. Hasil penelitian menunjukkan kesesuaian menu secara keseluruhan sebesar 76,2% (16 dari 21 waktu makan), termasuk kategori baik, dengan kesesuaian tertinggi pada waktu makan siang (85,7%). Seluruh ketidaksesuaian berupa substitusi bahan makanan sejenis akibat ketidaktersediaan bahan di pasar. Selingan disajikan setiap hari di luar siklus menu resmi sebagai tambahan positif. Penilaian terhadap 12 aspek standar Kemenkes RI (2018) menunjukkan hanya 3 aspek terpenuhi sepenuhnya, 1 aspek terpenuhi sebagian, dan 8 aspek tidak terpenuhi, sehingga kesesuaian standar hanya mencapai 25–33,3% (kategori kurang), terutama karena ketidaktersediaan dokumen perencanaan menu. Disarankan agar pengelola panti melengkapi dokumen perencanaan menu, melibatkan tenaga gizi, menyusun daftar substitusi bahan resmi, dan membangun mekanisme pencatatan penyimpangan menu.

Kata kunci: *kesesuaian menu, siklus menu, penyelenggaraan makanan, panti sosial lansia, Kemenkes RI 2018*

ABSTRACT

Sarah Khairunnisa. P032313411091. *An Overview of the Conformity of Served Menus with the Indonesian Ministry of Health Standards at the Husnul Khotimah Social Service Center for the Elderly, Riau Provincial Social Service*. Supervised by Yolahumaroh, SKM, MPH and Falinda Oktariani, M.Pd.

Menu conformity is a key quality indicator in institutional food service management, particularly for the elderly as a vulnerable group with special nutritional needs. This descriptive observational study aimed to describe menu cycle conformity at UPT Pelayanan Sosial Tresna Werdha Husnul Khotimah in 2026, through seven consecutive days of direct observation (April 9–15, 2026) and in-depth interviews with kitchen managers. The results showed an overall menu conformity rate of 76.2% (16 of 21 mealtimes), categorized as good ($\geq 76\%$), with the highest conformity at lunch (85.7%). All five non-conformity events were food substitutions of the same food group (code M1) caused by ingredient unavailability at the market (code F1/A). Daily snacks were served outside the official menu cycle as a positive addition. Assessment against the 12 aspects of the Ministry of Health RI (2018) standards revealed that only 3 aspects were fully met, 1 partially met, and 8 not met, yielding an overall standard conformity rate of only 25–33.3% (poor category). The primary weakness lies in the absence of menu planning documents, such as a menu pattern, master menu, portion standards, recipe standards, seasoning standards, menu guide, and deviation recording procedures; the facility possesses only a 14-day menu cycle document. It is recommended that the facility management complete the menu planning documentation, involve a nutritionist in menu cycle development, establish an official food substitution list, and implement a structured menu deviation recording mechanism.

Keywords: *menu conformity, menu cycle, food service management, elderly social care home, Ministry of Health RI 2018*