

**GAMBARAN VARIASI MENU DAN SISA MAKAN SIANG SISWA SMP
ULUL ALBAB *ISLAMIC BOARDING SCHOOL*
TAMAN SIDOARJO**

ABSTRAK

Pendahuluan: Dapat di ketahui dalam pelayanan makanan, penentu kesuksesan suatu penyelenggaraan makanan sering dihubungkan dengan adanya sisa makanan. Sisa makanan menunjukkan adanya pemberian makan kurang optimal.

Tujuan : Mengetahui hubungan variasi menu dengan sisa makanan pada siswa SMP Ulul Albab *Islamic Fullday School*. **Metode:** Penelitian ini bersifat deskriptif analitik yang melibatkan 52 siswa SMP Ulul Albab *Islamic Fullday School* untuk dijadikan responden penelitian. Data variasi menu didapat dari menu yang disajikan pada saat makan siang dan sisa makanan di dapat dari makan siang yang disajikan kepada responden dengan menggunakan pengamatan *comstock* selama 5 hari. **Hasil:** hasil penelitian selama 5 hari menunjukkan variasi bahan nakanan menu makan siang pada lauk nabati, lauk hewani dan sayur yang dihidangkan kurang bervariasi. Untuk teknik pengolahan menu makan siang pada lauk nabati dan sayuran kurang bervariasi, sedangkan untuk sisa makanan di SMP Ulul Albab *Islamic fullday school* adalah kurang baik (sisa >20% menurut PGRS, 2013) sebanyak 35 responden (67,3%) dan baik (sisa <20% menurut PGRS) sebanyak 17 responden (32,7%).

Kesimpulan : menu yang disajikan kurang bervariasi baik dari bahan maupun pengolahannya terutama pada lauk nabati dan sayuran. Untuk sisa makan masih cukup tinggi yaitu 35 responden mendapatkan >20%. **Saran:** Dapat menyusun siklus menu yang lebih bervariasi dari segi bahan makanan dan teknik pengolahannya agar lebih beragam.

Kata kunci : Variasi menu, Sisa makanan, Penyelenggaraan makanan, *Comstock*

**DESCRIPTION OF VARIATION MENU AND FOOD WASTE STUDENTS
OF SMP ULUL ALBAB ISLAMIC FULLDAY SCHOOL
TAMAN, SIDOARJO**

ABSTRACT

Introduction: It is known that in food service, the determinant of the success of a food service is often associated with the presence of food scraps. The rest of the food indicates the existence of suboptimal feeding. **Purpose:** To find out the relationship between menu variations and food waste among students of SMP Ulul Albab Islamic Fullday School. **Methods:** This research is descriptive analytic in nature involving 52 students of SMP Ulul Albab Islamic Fullday School to be research respondents. Menu variation data was obtained from the menu served at lunch and food leftovers were obtained from lunch served to respondents using comstock observations for 5 days. **Results:** the results of the 5-day study showed that the variations of the lunch menu ingredients in the vegetable side dishes, animal side dishes and vegetables served were less varied. The technique for processing the lunch menu on vegetable and vegetable side dishes is less varied, while for the leftovers at the Ulul Albab Islamic Middle School full day school it is not good (remainder > 20% according to PGRS, 2013) as many as 35 respondents (67.3%) and good (remaining < 20% according to PGRS) as many as 17 respondents (32.7%). **Conclusion:** the menu served is less varied both in terms of ingredients and processing, especially in vegetable and vegetable side dishes. For leftovers, it is still quite high, namely 35 respondents getting > 20%. **Suggestion:** You can arrange a menu cycle that is more varied in terms of ingredients and processing techniques to make it more diverse.

Keywords: Menu variety, Food waste, food preparation, Comstock