



ausolan

Completa con un menú adecuado de Cena

Complete with an adequate dinner menu

menú Cena



SI HEMOS COMIDO
IF YOU HAVE EATEN



PODEMOS CENAR
WE CAN HAVE DINNER



cereales, legumbres
cereals, legumes

hortalizas crudas, legumbres cocidas
raw vegetables, cooked legumes



verduras - vegetables

cereales cereals



carne - meat

pescaado o huevo fish or egg



pescaado - fish

carne o huevo meat or egg



huevo - egg

pescaado o carne magra fish or lean meat



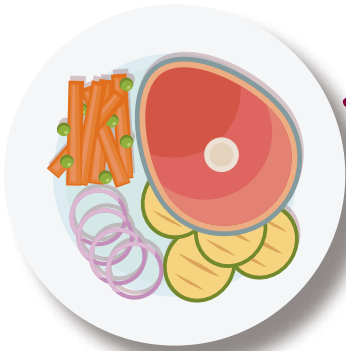
fruta - fruit

lacteo o fruta dairy or fruit



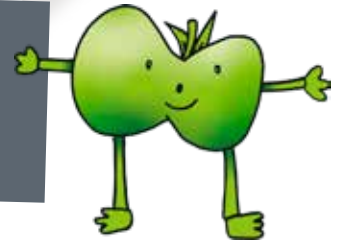
lacteo - dairy

fruta fruit



equilibra tu plato

balances your dish



Verduras, ensaladas y
fruta fresca de temporada

Vegetables, salads
and fresh season fruit

Patatas Potatoes,
pasta y arroz pasta and rice

50%

Legumbres, pescaado,
carne y huevos
Legumes, fish,
meat and eggs

25%

25%

