



QUÈ SOPEM?

SI HEM DINAT...

PODREM SOPAR...



CEREALS (ARRÒS O PASTA),
FÈCULES (PATATA - MONIATO)
O LLEGUMS



VERDURES



CARN



PEIX



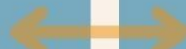
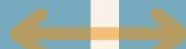
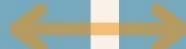
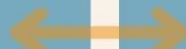
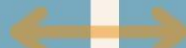
OU



FRUITA



LACTI



VERDURES CUINADES O
HORTALISSES CRUDES



CEREALS (ARRÒS O PASTA)
O FÈCULES



OU O PEIX



OU O CARN



PEIX O CARN



LACTI O FRUITA



FRUITA

