



Delivering Nourishment.
Improving Health.

SAMPLE WEEKLY MENU

PLEASE NOTE THAT MANNA RUNS ON A THREE WEEK MENU CYCLE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST BURRITO <small>ON A WHOLE WHEAT WRAP</small> POTATO WEDGES SPICED APPLES	APPLE CINNAMON HOT CEREAL YOGURT FRUIT CUP	EGG & CHEESE SANDWICH <small>ON ENGLISH MUFFIN</small> TURKEY SAUSAGE APPLESAUCE	FRENCH TOAST STICKS VEGGIE SAUSAGE FRUIT	CHEERIOS CEREAL <small>WITH 2% MILK</small> FRUIT CUP	WESTERN OMELET HOME FRIES FRUIT SALAD	WHOLE GRAIN PANCAKES TURKEY BACON APPLESAUCE
LUNCH	MUSHROOM BARLEY SOUP ROLL ORANGE	BEEF MAC & CHEESE GREEN BEANS APPLE	TURKEY BEAN CHILI ROLL FRUIT CUP	CORN CHOWDER ROLL ORANGE	TEMPEH SLOPPY JOES PASTA SALAD PEAR	SWEET POTATO & CRAB BISQUE ROLL FRUIT CUP	GRILLED CHICKEN SANDWICH PASTA SALAD APPLE
DINNER	VEGETARIAN STUFFED PEPPERS DINNER ROLL SAUTEED ZUCCHINI	CHICKEN & DUMPLINGS BABY CARROTS SAUTEED PEAS	PENNE & MEATBALLS GREEN BEANS	STUFFED FLOUNDER WITH LOBSTER SAUCE WHITE RICE CALIFORNIA VEGETABLE BLEND	SWEET & SOUR PORK WILD RICE BROCCOLI	OVEN FRIED CHICKEN WHIPPED SWEET POTATOES COLLARD GREENS	TURKEY MEATLOAF <small>WITH GRAVY</small> MASHED POTATOES SPINACH
DESSERT	APPLE COBBLER	CARROT CAKE	PEACH COBBLER	APPLE COBBLER	CARROT CAKE	PEACH COBBLER	APPLE COBBLER

