



MANNA Sample 7 Day Menu



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast Burrito on Whole Wheat Wrap Potato Wedges	Apple Cinnamon Hot Cereal Fruit	Scrambled Eggs Whole Wheat Toast Turkey Bacon	French Toast Squares Turkey Sausage Links	Cheerios Cereal 2% Milk Fruit	Egg White Omelet with Cheese and Vegetables English Muffin	Whole Grain Pancakes Veggie Sausage Fruit
Lunch	Mushroom Barley Soup Roll Fruit	Black Bean Chipotle Burger Carrot and Beet Side Salad	Mushroom Barley Soup Roll Fruit	Beef and Rice Soup Roll Fruit	Turkey Tacos Brown Rice Baby Carrots	Beef and Rice Soup Roll Fruit	Chicken Salad Sandwich Carrot and Beet Side Salad
Dinner	Chicken Parmesan with Whole Wheat Pasta Broccoli	Salmon Cakes with Dill Remoulade Brown Rice Green Beans	Oven Fried Pork Chop Black Eyed Peas Collard Greens	Chicken Piccata Creamy Kale Risotto California Vegetable Blend	Roasted Sirloin Steak Rosemary Potatoes Snow Peas	Vegetable Lasagna Stewed Tomatoes Baby Carrots	Turkey Meatloaf with Gravy Mashed Potatoes Sautéed Zucchini
Snack	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler	Peach Cobbler

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