

The Saheeh International Quran Translation

وَوَضَّأْنَا عَلَيْكُمُ الْغَمَامَ وَأَنْزَلْنَا عَلَيْكُمُ الْمَنَّاءَ وَالسَّلَوىَ كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَمَا
ظَلَمُونَا وَلَكِن كَانُوا أَنْفُسَهُمْ يَظْلِمُونَ

And We shaded you with clouds and sent down to you manna and
quails, [saying], "Eat from the good things with which We have provided
you." And they wronged Us not - but they were [only] wronging
themselves.