

# August 2022 Weekly Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		 Union Station Clubhouse		
<b>8</b> Sausage Sweet Potatoes Greens	<b>9</b> French Bread Pizza	<b>10</b> Beef Taco Rice	<b>11</b> <u>Wellness Lunch</u> Chicken, Bacon, Ranch Salad	<b>12</b> Spaghetti Stir Fry

## Wellness Lunch Nutrition Facts

[Calories](#) 440

<a href="#">Total Fat</a>	25 g	38%
<a href="#">Saturated Fat</a>	8 g	40%
<a href="#">Trans Fat</a>	0 g	
<a href="#">Cholesterol</a>	140 mg	47%
Sodium	1540 mg	64%
<a href="#">Total Carbohydrate</a>	16 g	5%
<a href="#">Dietary Fiber</a>	3 g	12%
<a href="#">Sugars</a>	6 g	
<a href="#">Protein</a>	40 g	

