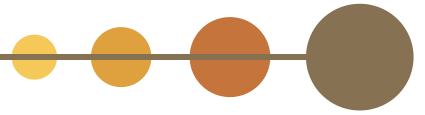


Herman's

Bar & Grill

Monday - Saturday 11:30 - 6:30

Sunday 2:30 - 6:30 PM



Daily Specials

Sunday, January 16th

Mashed Potato Bowl 7.00
Mashed potatoes topped w/
corn, scallions cheddar, gravy &
crispy chicken

Soup-Italian Wedding

Monday, January 17th

Ham & Swiss Melt
Sliced ham, swiss cheese &
pickles in sour dough bread
served w/ honey mustard
dipping sauce

**Lunch Soup- Sodium
Reduced mushroom &
Barley**

**Dinner Soup- Carrot &
Ginger**

**Weekly Soup-Sodium
Reduced Chicken Orzo**

Tuesday, January 18th

Sloppy Joe
Seasoned ground beef on a
toasted bun

Lunch Soup- Minestrone

Dinner Soup- Five Onion

**Weekly Soup- Sodium
Reduced Chicken Orzo**

Wednesday, January 19th

Meatball Sub
Meatballs, marinara &
mozzarella cheese on a sub roll

Lunch Soup - Pepper Pot

Dinner Soup - Navy Bean

**Weekly Soup -Sodium
Reduced Chicken Orzo**

Thursday, January 20th

Fried Fish Sandwich
Fried fish w/ tartar sauce on a
toasted bun

Lunch Soup- Chili

Dinner Soup- Chili

**Weekly Soup-Sodium
Reduced Chicken Orzo**

Friday, January 21st

Pulled Pork sandwich
BBQ shredded pork w/ onions &
cheddar cheese on a toasted bun

Lunch Soup- Vegetable

**Dinner Soup- Sodium
Reduced New England Clam
Chowder**

**Weekly Soup- Sodium
Reduced Chicken Orzo**

Saturday, January 22nd

Fried Chicken Sandwich
Fried chicken breast w/ lettuce,
tomato, onions & mayo

**Lunch Soup- Sodium
Reduced Lentil & Spinach**

**Dinner Soup- Sodium
Reduced Sweet & Sour**

**Weekly Soup- Sodium
Reduced Chicken Orzo**

MAKE IT A FIT MEAL!

Substitute the side of any
entrée with a small garden
salad or hand fruit