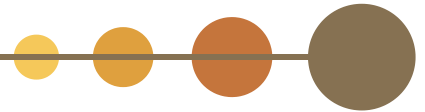


# Herman's

Bar & Grill

Monday - Saturday 11:30 - 6:30

Sunday 2:30 - 6:30 PM



## Daily Specials

**Sunday, October 10th**

### **Open Face Turkey Meatloaf**

**Sandwich 7.00**

Toasted white bread, turkey meatloaf, mashed potatoes & gravy.

### **Soup-Beef Vegetable**

**Monday, October 11th**

### **Honey Chipotle Turkey**

**Burger**

Turkey burger w/ honey chipotle spread, lettuce, tomato & onion.

### **Lunch Soup- Pepper Pot**

### **Dinner Soup- Sodium**

### **Reduced Cream of Broccoli**

### **Weekly Soup- Turkey Noodle**

**Tuesday, October 12th**

### **Trio Salad**

Tuna, egg & chicken salad on a bed of lettuce

### **Lunch Soup- Cream of Chicken**

### **Dinner Soup- Sodium**

### **Reduced Black Bean**

### **Weekly Souo- Turkey Noodle**

**Wednesday, October 13th**

### **Beef & Blue Wrap**

Roast beef, blue cheese, red onion, lettuce & ranch in a flour tortilla

### **Lunch Soup - Tomato Bisque**

### **Dinner Soup - Cream of Spinach**

### **Weekly Soup - Turkey Noodle**

**Thursday, October 14th**

### **Chili Cheese Dog**

Hot dog topped w/ chili, shredded cheese & diced onions

### **Lunch Soup- Chili**

### **Dinner Soup- Chili**

### **Weekly Soup- Turkey Noodle**

**Friday, October 15th**

### **Fried Fish Sandwich**

Fried fish patty on a bun w/ tartar sauce & lettuce

### **Lunch Soup- Sodium**

### **Reduced Navy Bean**

### **Dinner Soup- Split Pea**

### **Weekly Soup- Turkey Noodle**

**Saturday, October 16th**

### **Lunch Soup- Sodium**

### **Reduced Lentil & Spinach**

### **Dinner Soup- Sodium**

### **Reduced Fire Roasted Corn**

### **Weekly Soup- Turkey Noodle**

**MAKE IT A FIT MEAL!**

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