



October 2017



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 Chicken Noodle	3 Veggie Beef & Barley	4 Chicken, Kale & Quinoa	5 Harvest Ham	6 Cheesy Broccoli Soup	7 Chef's Choice
8 	9 Creamy Chicken Wild Rice	10 Chicken Noodle Soup	11 Vegetable Beef & Barley Soup	12 Potato Bacon	13 Veggie Wild Rice Soup	14 White Chicken Chili
15	16 Chicken Kale & Quinoa	17 Creamy Turkey Wild Rice	18 *Homeopathy for Colds & Flu Veggie Sirloin Soup	19 Chicken & Dumpling	20 Tomato Parsley	21 *Essential Oils for Colds & Flu Old Fashioned Chili
22 	23 White Chicken Chili	24 Potato Bacon	25 Old Fashioned Chili	26 *Intro to Homeopathy Chicken Noodle Soup	27 Creamy Shrimp Wild Rice	28 Veggie Sirloin
29	30 Vegetable Beef & Barley	31 Creamy Chicken Wild Rice				

THE OUTPOST MERCANTILE
 615 6th Street
 Sauk Centre, Minnesota 56378
 (320)-351-7678
 Email: store@theoutpostmercantile.com
 Hours: Mon. - Fri. 9am-6pm
 Saturday 9am-3pm

Homeopathy for Colds & Flu - Oct. 18th 6-8:30pm – Class held at *Caribou Coffee in St. Cloud* by Sue Meyer. Check out our Facebook Event Page for more information
Essential Oils for Colds & Flu Season- Oct. 21st 10am – Class held at *Outpost Mercantile* and given by Amanda Filla.
Intro to Homeopathy – Oct. 26th 6-8:30pm – Class held at *Caribou Coffee in St. Cloud* by Sue Meyer. Check out our Facebook Event Page for more information or to register.