



September 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1 Veggie Wild Rice	2 Veggie Sirloin
3 	4 CLOSED Labor Day	5 Potato Bacon	6 Chicken Dumpling	7 Creamy Chicken Wild Rice	8 Creamy Tomato Parsley	9 Veggie Beef & Barley
10	11 Chicken Noodle	12 Homeopathy Webinar Potato Bacon	13 Creamy Turkey Wild Rice	14 Chicken, Veggie & Quinoa	15 Potato Leek	16 White Chicken Chili
17 	18 Chicken, Kale & Quinoa	19 Veggie Sirloin	20 Chicken Gumbo	21 Chicken Noodle	22 Cheesy Broccoli	23 Hormoes & Essential Oils Class 10am Creamy Chicken Wild Rice
24	25 Potato Bacon	26 Minestrone	27 Chicken Dumpling	28 Creamy Turkey Wild Rice	29 Creamy Tomato Parsley	30 Chicken Gumbo

THE OUTPOST MERCANTILE

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Email: store@theoutpostmercantile.com

Hours: Mon. - Fri. 9am-6pm

Saturday 9am -3pm

Hormones & Essential Oils Class – Saturday September 23rd 10:00 am – 11:30 am

Hormones help us function normal in our day to day life but when those hormones are not keeping thing above the wellness line we notice it. Join us to learn ways we can support our hormones naturally. Class given by Amanda Filla, cost \$5.00. Make & Take available

Homeopathy Online Live Webinar – Tuesday September 12th 7:00pm - Join Sue's Online Homeopathy Study Program.

First class in series. Join for one class or continue with the study! Visit www.homeopathyformommies.com for more info and to register.

