



MON	TUES		THURS	FRI
1 Omurice Rice Omelet オムライス 12:30pm Mahjong	2 Lemon Basil Chicken 鶏のレモンバジル焼き Knife Sharpening 11am Blood Pressure 12:45pm Sing-along	X	4 CLOSED	5 CLOSED
8 Eggplant and Pork w/ Miso Sauce なすと豚肉の味噌炒め 11:30am Chair Yoga 12:30pm Mahjong	9 Somen Noodle Salad 素麺サラダ 12:45pm Sing-along	X	11 Teriyaki Salmon 鮭の照り焼き 10:30am Ukulele/ Chair Hula 11:30am Aikido Stress Relief	12 Yakiniku Grilled Meat 焼肉 10-11:30am Shigin 12:30pm Bingo
15 Croquette コロツケ 11:30am Taichi 12:30pm Mahjong	16 Japchae Korean Noodles チャプチェ 11am Blood Pressure 12:45pm Sing-along	X	18 Ganmodoki Tofu Fritters がんもどき 11am Blood Pressure Reiki	19 Menchi Katsu Minced Cutlet メンチカツ
22 Chilled Udon w/ Vegetable Tempura 冷やし天ぷらうどん 12:30pm Mahjong	Shrimp w/ Sweet & Sour Sauce 海老の甘酢餡 11:30am Aikido Stress Relief 12:45pm Sing-along	X	25 Cod Nanban タラの南蛮漬け 10:30am Ukulele/ Chair Hula	26 Karaage Fried Chicken 唐揚げ 10-11:30am Shigin
29 Gyudon Beef Rice Bowl 牛丼 12:30pm Mahjong	30 Birthday Sushi お誕生日寿司 *Reservations required 11am Blood Pressure 12:45pm Sing-along	X		

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato/ Naomi Molstrom-Th/F

Suggested Lunch Donation: \$9 for seniors 65+ / \$11 for adults under 65 / \$ 6 kids

Reservations preferred / Indoor Dining Limited

For reservations please call and leave a message or email:

(ph) 503-238-0775 (email) ikoinokai7@gmail.com

Seating at 11:30 am with lunch served promptly at noon

*** vegetarian option available on that day - please reserve two days in advance**