



MON	TUES		THURS	FRI
<b>2</b> <b>CLOSED</b>	<b>3</b> <b>Chicken w/ Black Bean Sauce</b> 鶏の豆鼓醬炒め  <i>12:45pm Sing-along</i>	X	<b>5</b> <b>*Yakisoba</b> 焼きそば  <i>11:30am Japanese Conv.</i>	<b>6</b> <b>Saba Shioyaki</b> 鯖の塩焼き  <i>11:30am Tai Chi</i>
<b>9</b> <b>Fried Chicken</b> w/ Green Onion Sauce ねぎダレ唐揚げ  <i>11:30am Chair Yoga</i> <i>12:30pm Mahjong</i>	<b>10</b> <b>Age Dashi Tofu</b> 揚げ出し豆腐  <i>11am Blood Pressure</i> <i>12:45pm Sing-along</i>	X	<b>12</b> <b>Pork &amp; Shrimp Lettuce Wrap</b> 海老と豚のレタス巻き <i>9:30 Beginner Ukulele</i> <i>10:30am Ukulele/ Chair Hula</i> <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i>	<b>13</b> <b>Pork Adobo</b> 豚肉のアドボ  <i>10-11:30am Shigin</i> <i>12:30pm Bingo</i>
<b>16</b> <b>Chicken Tofu Meatloaf</b> 鶏挽肉と豆腐の ミートローフ  <i>12:30pm Mahjong</i>	<b>17</b> <b>Lu Rou Han</b> Taiwanese Braised Pork 魯肉飯  <i>12:45pm Sing-along</i>	X	<b>19</b> <b>Ebi Fry</b> 海老フライ  <i>10:45am Move On</i> <i>11:30am Japanese Conv.</i>	<b>20</b> <b>Loco Moco</b> ロコモコ
<b>23</b> <b>Shiokoji Salmon</b> 塩麹サーモン  <i>12:30pm Mahjong</i>	<b>24</b> <b>Stuffed Eggplant</b> なすの挟み揚げ  <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i> <i>12:45pm Sing-along</i>	X	<b>26</b> <b>* Orange Chicken</b> オレンジチキン <i>9:30 Beginner Ukulele</i> <i>10:30am Ukulele/ Chair Hula</i> <i>11am Blood Pressure</i> <i>11:30am Japanese Conv.</i>	<b>27</b> <b>Gyudon</b> 牛丼  <i>10-11:30am Shigin</i>
<b>30</b> <b>Birthday Sushi</b> お誕生日寿司 (suggested donation \$12) *Reservations required <i>12:30pm Mahjong</i>		X		

**Chefs:**

**Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato/ Andrea Hoyt/ Lola Milholland -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**