



MON	TUES		THURS	FRI
	1 Pan-fried Shrimp エビの炒め物 11am Blood Pressure 12:45pm Sing-along	X	3 * Hawaiian Chili and Mac Salad ハワイ風チリ & マカロニサラダ 11am Blood Pressure 11:30am Japanese Conv.	4 Kabayaki Cod Soy-glazed Cod タラの蒲焼き 11:30am Tai Chi
7 Chicken Katsu Curry チキンカツカレー 11:30am Chair Yoga 12:30pm Mahjong	8 Shumai 焼売 12:45pm Sing-along	X	10 Agedashi Tofu and Makizushi 揚げ出し豆腐&巻き寿司 9:30 Beginner Ukulele 10:30am Ukulele/ Chair Hula 11:30am Aikido Stress Relief	11 Hawaiian Plate ハワイアンプレート 12:30pm Bingo
14 * Takikomigohan Mixed Rice 炊き込みご飯 12:30pm Mahjong	15 Mapo Tofu 麻婆豆腐 10:45am Move On 11am Blood Pressure 12:45pm Sing-along	X	17 Poké Bowl ポキ丼 10:00 am Medicare Seminar 11am Blood Pressure 11:30am Japanese Conv.	18 Kakuni Braised Pork Belly 豚の角煮
21 Fried Rockfish w/Tartar sauce 赤魚のフライ タルタルソース付き 12:30pm Mahjong	22 Chicken w/ Mushroom Sauce 鶏のきのこ餡かけ 11:30am Aikido Stress Relief 12:45pm Sing-along	X	24 Furikake Salmon 鮭のふりかけ焼き 10:30am Ukulele/ Chair Hula 11:30am Japanese Conv.	25 Ginger Chicken 鶏の生姜焼き
28 Miso Ramen 味噌ラーメン 12:30pm Mahjong	29 Birthday Sushi お誕生日寿司 (suggested donation \$12) *Reservations required 11 am Blood Pressure	X	31 Omurice オムライス 11 am Blood Pressure	

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato -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**