



MON	TUES		THURS	FRI
X	X		X	1 Mapo Tofu 麻婆豆腐
4 Kabocha Soup & Hamburg Steak かぼちゃスープ とハンバーグ 11:30am Chair Yoga 12:30pm Mahjong	5 Mar Far Chicken 麻花チキン 11am Blood Pressure 12:45pm Sing-along	X	7 Bibimbap ビビンバ 9:30 Beginner Ukulele 10:30am Ukulele/ Chair Hula 11:30am Aikido Stress Relief 1:30pm Field Trip P.A.M.	8 Braised Beef Shortribs 牛肉ショートリブ 煮込み 10-11:30am Shigin 12:30pm Bingo
11 Tonjiru Udon 豚汁うどん Veterans Day Lunch *Reservations Required 12:30pm Mahjong	12 Pork w/ Ginger Miso Sauce 味噌生姜焼き 12:45pm Sing-along	X	14 Mategai Furai 馬刀貝フライ Fried Razor Clams *Reservations Required 10:30am Ukulele	15 Chicken and Fall Veg Curry チキンカレー 10:30 am Medicare Seminar
18 Croquette w/ Meat and Potato コロツケ 12:30pm Mahjong	19 Tenshin Don Crab Omelette 天津丼 11:30am Aikido Stress Relief 12:45pm Sing-along	X	21 Yosenabe Japanese Hot Pot 寄せ鍋 11:30am Japanese Conv.	22 Birthday Sushi お誕生日寿司 (suggested donation \$12) *Reservations required 10-11:30am Shigin
25 Seafood Cream Stew 海鮮クリーム シチュー 12:30pm Mahjong	26 Spam Musubi スパムむすび 11am Blood Pressure 12:45pm Sing-along	X	28 CLOSED	29 CLOSED

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**