



MON	TUES		THURS	FRI
2 Grilled Chicken w/ Mushroom Sauce きのこダレ焼き鳥 11:30am Chair Yoga 12:30pm Mahjong	3 Sweet & Sour Pork 酢豚 11am Blood Pressure 12:45pm Sing-along	4	5 Loco Moco ロコモコ 11am Blood Pressure 10:30am Ukulele	6 *Kakiage Udon かき揚げ丼 11:30am Taichi
9 Ebi Fry Panko Fried Shrimp 海老フライ 12:30pm Mahjong	10 Nikujiyaga Beef & Potato Stew 肉じゃが 11:30 Taichi 12:45pm Sing-along	11 X	12 Okonomiyaki Savory Pancake お好み焼き 10:30am Ukulele	13 Crispy Krab Fry 蟹フライ 10-11:30am Shigin 12:30pm Bingo
16 Holiday Meal <i>*Reservations Required</i> ホリデー食事 12:30pm Mahjong	17 Clam Chowder クラムチャウダー Reiki 11am Blood Pressure 12:45pm Sing-along	18 X	19 Birthday Sushi お誕生日寿司 (suggested donation \$12) <i>*Reservations required</i> 11am Blood Pressure	20 Fried Saimin & Gyoza 細麺と餃子
23 CLOSED	24 CLOSED	25 X	26 CLOSED	27 CLOSED
30 CLOSED	31 CLOSED	X	2 CLOSED	3 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**