



MON	TUES	THURS	FRI
		1 X	2 CLOSED
			3 CLOSED
6 <b>Ozoni</b> New Year's Mochi Soup お雑煮 11:30am Chair Yoga 12:30pm Mahjong	7 <b>Pork Katsu Curry</b> カツカレー 11:30am Taichi 12:45pm Sing-along	X	9 <b>Cod Kabayaki</b> Marinated Glazed Cod タラの蒲焼き 10:30am Ukulele 11am Blood Pressure
			10 <b>Tonkotsu Ramen</b> 豚骨ラーメン 10-11:30am Shigin 12:30pm Bingo
13 <b>Grilled Saba</b> Grilled Mackerel 鯖の塩焼き 12:30pm Mahjong	14 <b>Wonton Soup</b> ワンタンスープ 11am Blood Pressure 12:45pm Sing a Long	X	16 <b>Bibimbap</b> ビビンバ 11am Blood Pressure
			17 <b>Ebi Fry</b> Panko Fried Shrimp エビフライ
20 <b>Chicken Chanko Nabe</b> Chicken Hot Pot 鶏のちゃんこ鍋 11:30am Taichi 12:30pm Mahjong	21 <b>Teriyaki Miso Chicken</b> チキン照り焼き 12:45pm Sing-along	X	23 <b>Osechi New Year's Meal</b> お節 *Reservations required seniors \$12 / Adults \$15 10:30am Ukulele
			24 <b>Teriyaki Nikudango</b> Teriyaki Meatballs 肉団子 10-11:30am Shigin
27 <b>Birthday Sushi</b> お誕生日寿司 *Reservations required (suggested donation \$12) 12:30pm Mahjong	28 <b>Ganmodoki</b> Tofu Fritters がんもどき 11am Blood Pressure 12:45pm Sing-along		30 <b>Minced Meat Curry</b> キーマカレー 11am Blood Pressure
			31 <b>Chinese BBQ Pork</b> チャーシュー

**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**