



MON	TUES		THURS	FRI
3 Kakiage Don w/ Shrimp エビかき揚げ丼 11:30am Chair Yoga 12:30pm Mahjong	4 * Chicken w/ Ume Sauce 梅ダレ焼き鳥 12:45pm Sing-along	X	6 * Vegetable Korokke Vegetable Croquette 野菜コロッケ 11:30am Taichi	7 Poke Bowl ポキ丼
10 Oden Fish Cake Stew おでん 12:30pm Mahjong	11 Stuffed Lotus Root 蓮根のはさみ揚げ 11am Blood Pressure 12:45pm Sing-along	X	13 Steamed Salmon w/ Mushrooms 鮭ときのこの蒸し煮 10:30am Ukulele 11am Blood Pressure	14 Tonkatsu とんかつ 【 Iko no Kai's 46th Anniversary! 】 10-11:30am Shigin 12:30pm Bingo
17 Chinjao Rosu Beef and Pepper Stir Fry 青椒肉絲 12:30pm Mahjong	18 Curry Udon w/ Pork 豚カレーうどん 12:45pm Sing-along	X	20 Agedashi Dofu w/ Vegetable Tempura 揚げ出し豆腐と野菜天ぷら 11:30am Taichi	21 Hawaiian Fried Rice Omelette ハワイ風オムライス
24 Menchi Katsu Minced Meat Cutlet メンチカツ 12:30pm Mahjong	25 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 11am Blood Pressure 12:45pm Sing-along	X	27 Rafuté Okinawan Braised Pork Belly ラフテー 沖縄風豚の角煮 11am Blood Pressure 10:30am Ukulele	28 Miso Garlic Crispy Chicken にんにく味噌のカリカリチキン 10-11:30am Shigin

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