



MON	TUES		THURS	FRI
3 Happosai Combination Stir Fry 八宝菜 11:30am Chair Yoga 12:30pm Mahjong	4 Grilled Chicken 焼き鳥 12:45pm Sing-along	X	6 * Ganmodoki Tofu Fritters 自家製がんもどき	7 Hawaiian Beef Stew ハワイ風 ビーフシチュー 10-11:30am Shigin
10 Pan Seared Pork Chops 鍋焼き ポークチャップ [INK Veterans Day] 12:30pm Mahjong	11 Butter Chicken バターチキン 12:45pm Sing-along	X	13 * Beef Chili チリコンカン 11am Blood Pressure 11am Haiku 10:30am Ukulele	14 Teriyaki Pork 豚肉の照り焼き 10-11:30am Shigin 12:30pm Bingo
17 Hamburg w/ Mushroom Sauce ハンバーグの きのご飯掛け 12:30pm Mahjong	18 Chicken Katsu Curry チキンカツカレー 11am Blood Pressure 12:45pm Sing-along	X	20 * Shrimp Egg Fu Young 広東風エビ玉 11am Blood Pressure	21 Crispy Garlic Chicken カリカリ ガーリックチキン 10-11:30am Shigin
24 Miso Ramen 味噌ラーメン 12:30pm Mahjong	25 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 12:45pm Sing-along	X	27 CLOSED	28 CLOSED

Chefs: Naomi Molstrom- M Kyoko Adcock / Raaga Mandala- Tu Justin Sato- Th/F

Suggested Lunch Donation: \$9 for seniors 65+ / \$12 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**