



MON	TUES		THURS	FRI
<b>1</b> <b>Tonkatsu</b> とんかつ  <i>11:30am Chair Yoga</i> <i>12:30pm Mahjong</i>	<b>2</b> <b>Clam Chowder</b> クラムチャウダー  <i>11am Blood Pressure</i> <i>12:45pm Sing-along</i>	X	<b>4</b> <b>* Stuffed Cabbage Roll</b> ロールキャベツ  <i>11am Blood Pressure</i>	<b>5</b> <b>Chicken Chow Mein</b> Minute-Chicken Cake Noodle 鶏のかた焼きそば <i>10-11:30am Shigin</i>
<b>8</b> <b>Teriyaki Chicken</b> 照り焼きチキン  <i>12:30pm Mahjong</i>	<b>9</b> <b>Pork Kimchi Donburi</b> 豚キムチ丼  <i>12:45pm Sing-along</i>	X	<b>11 Meat Jun</b> Korean/Hawaiian Marinated Beef ハワイの韓国風 豚バラ炒め  <i>10:30am Ukulele</i>	<b>12</b> <b>* Dan Dan Mien</b> 担々麺  <i>10-11:30am Shigin</i>
<b>15</b> <b>Holiday Meal</b> Turkey Dinner ホリデーディナー 七面鳥の丸焼き *Reservations required (suggested donation \$12) <i>12:30pm Mahjong</i>	<b>16</b> <b>Croquettes</b> コロッケ  <i>11am Blood Pressure</i> <i>12:45pm Sing-along</i>	X	<b>18</b> <b>Birthday Sushi</b> お誕生日寿司 *Reservations required (suggested donation \$12)  <i>11am Haiku</i> <i>11am Blood Pressure</i>	<b>19</b> <b>Salt &amp; Pepper Pork Chop</b> w/ Fried Rice 椒塩猪排  <i>11:30am Tai Chi</i> <i>10-11:30am Shigin</i>
<b>22</b> <b>CLOSED</b>	<b>23</b> <b>CLOSED</b>	X	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>CLOSED</b>
<b>29</b> <b>CLOSED</b>	<b>30</b> <b>CLOSED</b>	X		

Chefs: Naomi Molstrom- M Kyoko Adcock - 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**