



| MON   | TUES  |   | THURS   | FRI   |
|---|---|---|---|---|
| <b>2</b><br><b>* Harumaki Spring Roll</b><br>Fried Spring Rolls<br>春巻き<br>11:30am Chair Yoga<br>12:30pm Mahjong | <b>3</b><br><b>Hearty Pork &amp; Vegetable Soup</b><br>けんちん汁<br>11am Blood Pressure<br>12:45pm Sing-along                 | X | <b>5</b><br><b>* Ginger Scallion Mushroom Tofu</b><br>お豆腐ときのこの<br>ネギ生姜炒め<br>11am Haiku<br>11am Blood Pressure | <b>6</b><br><b>Pork Curry</b><br>ポークカレー<br>11:30am Tai Chi<br>10-11:30am Shigin   |
| <b>9</b><br><b>Japanese Stuffed Cabbage Rolls</b><br>ロールキャベツ<br>12:30pm Mahjong                                 | <b>10</b><br><b>Mapo Tofu</b><br>麻婆豆腐<br>12:45pm Sing-along   | X | <b>12</b><br><b>Kanikama Donburi</b><br>Krab Rice Bowl<br>カニカマ丼<br>10:30am Ukulele                            | <b>13</b><br><b>* Ten-Zaru Soba</b><br>Tempura w/ Noodles<br>天ざる蕎麦<br><b>[INK 47th Anniversary]</b><br>10-11:30am Shigin<br>12:30pm Bingo |
| <b>16</b><br><b>Beef Croquette</b><br>牛肉コロッケ<br><b>[INK Family Day]</b><br>11:30am Tai Chi<br>12:30pm Mahjong   | <b>17</b><br><b>Creamy Lemon Chicken</b><br>レモンチキンの<br>クリーム煮<br>11am Blood Pressure<br>12:45pm Sing a Long                | X | <b>19</b><br><b>Saba Mackerel</b><br>鯖<br>11am Haiku<br>11am Blood Pressure                                   | <b>20</b><br><b>Nikujaga</b><br>Meat & Potato Stew<br>肉じゃが<br>10-11:30am Shigin   |
| <b>23</b><br><b>Fried Chicken w/ Green Onion Sauce</b><br>唐揚げのネギだれ<br>12:30pm Mahjong                           | <b>24</b><br><b>Birthday Sushi</b><br>お誕生日寿司<br>*Reservations required<br>(suggested donation \$12)<br>12:45pm Sing-along | X | <b>26</b><br><b>Panko-fried Fish</b><br>白身魚の<br>パン粉揚げ<br>10:30am Ukulele                                      | <b>27</b><br><b>Hambaagu</b><br>ハンバーグ<br>10-11:30am Shigin  |

**Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato / Andrea Hoyt-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**