



MON	TUES		THURS	FRI
2 Agedashi Tofu Takikomi Gohan 揚げ出し豆腐と炊き込みご飯 11:30am Chair Yoga 12:30pm Mahjong	3 Hinamatsuri Lunch Girls' Day Lunch お雛祭りランチ 11am Blood Pressure 12:45pm Sing-along	X	5 Mapo Tofu 麻婆豆腐 11am Haiku 11am Blood Pressure	6 Char Siu Chinese BBQ Pork チャーシュー 11:30am Tai Chi 10-11:30am Shigin
9 Gyudon w/ Soft Boiled Egg 牛丼 (ゆで卵付き) 11am Naomi Hirahara 12:30pm Mahjong	10 Pork Curry Udon 豚カレーうどん 11:30am Aikido Stress Relief 12:45pm Sing-along	X	12 Shirasu Donburi しらす丼 10:30am Ukulele	13 Crispy Garlic Chicken 鶏肉のカリカリにんにく炒め 10-11:30am Shigin 12:30pm Bingo
16 Pork Chop ポークチャップ 11:30am Soroban 12:30pm Mahjong	17 Singapore Noodles w/Shrimp シンガポール風エビ麺 11am Blood Pressure 12:45pm Sing a Long	X	19 * Chicken & Tofu Hekka 鶏とお豆腐のハワイ風すき焼き 11am Haiku 11am Blood Pressure	20 Teriyaki Pork 豚肉の照り焼き 10-11:30am Shigin
23 Grilled Saba 鯖の塩焼き 12:30pm Mahjong	24 Ganmodoki Tofu/Shrimp Fritter がんもどき 12:45pm Sing-along	X	26 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 10:30am Ukulele	27 Sichuan Boiled Fish 四川風水煮魚 10-11:30am Shigin
30 Chicken Karaage 唐揚げ 11:30am Soroban 12:30pm Mahjong	31 Tenshin Don Crab Omelet Rice Bowl 天津丼 12:45pm Sing-along			

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**