



MON	TUES		THURS	FRI
		X	<b>2 Tofu and Lobster Sauce</b> お豆腐の ロブスター餡かけ 11am Haiku 11am Blood Pressure	<b>3 Sweet &amp; Sour Spare Ribs</b> 甘酢スペアリブ 10-11:30am Shigin
<b>6 Pepper Beef Yakisoba</b> 牛肉の黒胡椒 焼きそば 12:30pm Mahjong	<b>7 Shrimp Fried Rice</b> エビ炒飯 10:40am Reiki 12:45pm Sing-along	X	<b>9 Gyoza</b> 餃子 10:30am Ukulele	<b>10 Furikake Salmon</b> ふりかけサーモン 10-11:30am Shigin 12:30pm Bingo
<b>13 Tonjiru Udon</b> 豚汁うどん 11:30am Chair Yoga 12:30pm Mahjong	<b>14 Chicken w/ Mushroom Sauce</b> 鶏肉のきのこダレ 11am Blood Pressure 11:30am Aikido Stress Relief 12:45pm Sing a Long	X	<b>16 Panko Fish</b> 白身魚の パン粉揚げ 11am Haiku 11am Blood Pressure	<b>17 Meat Jun</b> ハワイの韓国風 豚バラ炒め 10-11:30am Shigin
<b>20 Chicken Katsu Curry</b> チキンカツカレー 12:30pm Mahjong	<b>21 Cod w/ Miso Sauce</b> タラの味噌ダレ 12:45pm Sing-along	X	<b>23 Egg Foo Young</b> 広東風カニ玉 10:30am Ukulele	<b>24 Miso Pot Roast</b> 味噌ポットロースト 10-11:30am Shigin
<b>27 Birthday Sushi</b> お誕生日寿司 *Reservations required (suggested donation \$12) 12:30pm Mahjong	<b>28 Sweet &amp; Sour Pork</b> 酢豚 11am Blood Pressure 12:45pm Sing-along	X	<b>30 * Lemongrass Chicken</b> 鶏肉のベトナム風 レモングラス炒め 11am Blood Pressure	

**Chefs:**

**Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato, Jeff Higa and 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**