



MON	TUES		THURS	FRI
		X		<b>1 Teriyaki Meatball</b> 肉団子の照り焼き  10-11:30am Shigin
<b>4 Lemon Shiokoji Chicken</b> レモン塩麴チキン 11:30am Soroban 12:30pm Mahjong	<b>5 Children's Day Meal</b> 子供の日ランチ 12:45pm Sing-along	X	<b>7 Eggplant Katsu</b> 茄子カツ 11am Haiku 10:30am Ukulele	<b>8 Salt &amp; Pepper Fish</b> 白身魚の塩胡椒焼き 10-11:30am Shigin 10:40am Reiki 12:30pm Bingo
<b>11 Kakiage Donburi</b> Shrimp and Veggie Tempura Rice Bowl かき揚げ丼 11:30am Chair Yoga 12:30pm Mahjong	<b>12 Mapo Tofu</b> 麻婆豆腐 11am Blood Pressure 11:30am Aikido Stress Relief 12:45pm Sing a Long	X	<b>14 Seafood Chowmein</b> 海鮮炒麵 11am Blood Pressure 11:30am Tai Chi	<b>15 Yakitori</b> 焼き鳥 10-11:30am Shigin
<b>18 Tonkatsu</b> とんかつ 11:30am Soroban 12:30pm Mahjong	<b>19 Keema Curry</b> Minced Meat Curry キーマカレー 12:45pm Sing-along	X	<b>21 Cold Ginger Chicken</b> 冷やしジンジャーチキン 11am Haiku 10:30am Ukulele	<b>22 Hawaiian Plate</b> ハワイの郷土料理プレートランチ 10-11:30am Shigin
<b>25 CLOSED</b>	<b>26 Birthday Sushi</b> お誕生日寿司 *Reservations required (suggested donation \$12) 11am Blood Pressure 12:45pm Sing-along	X	<b>28 Tofu &amp; Mushroom Hot Pot</b> きのこ湯豆腐 11am Blood Pressure 11:30am Tai Chi	<b>29 Stuffed Cabbage</b> ロールキャベツ 10-11:30am Shigin

**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**