



MON	TUES		THURS	FRI
1 Gyoza Dumplings 餃子 12:30pm Mahjong	2 Pork Kimchi Donburi 豚キムチ丼 12:45pm Sing-along	X	4 Kanikama Donburi Krab Rice Bowl カニカマ丼	5 Tang Su Yuk Sweet and Sour Pork 韓国風酢豚 10-11:30am Shigin
8 * Omurice Rice Omelet オムライス 11:30am Soroban 12:30pm Mahjong	9 * Chicken w/ Ume Sauce 鶏肉の梅ダレ 11:30am Aikido Stress Relief 11am Blood Pressure 12:45pm Sing-along	X	11 * Nasu Dengaku Misoyaki Miso-glazed Eggplant ナスの味噌田楽 9:30am / 10:30am Ukulele 11am Blood Pressure 11am Haiku	12 Char Siu Chinese BBQ Pork チャーシュー 10-11:30am Shigin 12:30pm Bingo
15 Teriyaki Salmon 鮭の照り焼き 11:30am Chair Yoga 12:30pm Mahjong	16 Hambaagu ハンバーグ 12:45pm Sing-along	X	18 * Yaki Udon Noodle Stir Fry	19 Beef Stew ビーフシチュー 10-11:30am Shigin
22 Negishio Chicken ねぎ塩チキン 12:30pm Mahjong	23 Croquette コロッケ 11am Blood Pressure 12:45pm Sing-along	X	25 * Thai Pineapple Curry タイ風 パイナップルカレー 9:30am / 10:30am Ukulele 11am Blood Pressure 11am Haiku	26 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 10-11:30am Shigin
29 Miso Ginger Pork & Eggplant 味噌生姜焼き ナス入り 11:30am Soroban 12:30pm Mahjong	30 Sweet Chili Shrimp & Tofu えびチリ豆腐 12:45pm Sing-along	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**