



Ikoi no Kai - September 2026

1333 SE 28th Ave / 503-238-0775

ikoinokai.org

MON	TUES		THURS	FRI
	1 Chicken Salad チキンサラダ 11am Blood Pressure 12:45pm Sing-along	X	3 Taiwanese Pork Chop 排骨 (パイクー) 台湾式豚カツ 11am Blood Pressure	4 Miso Simmered Mackerel さばの味噌漬け 11:30am Tai Chi 10-11:30am Shigin
7 CLOSED	8 Ginger Pork 生姜焼き 11:30am Chair Yoga 12:45pm Sing-along	X	10 Salt & Pepper Shrimp エビの塩胡椒炒め 10:00am Ukulele	11 Tsukune w/ Chicken & Tofu Chicken Meatballs 豆腐入り鶏つくね 10-11:30am Shigin 12:30pm Bingo
14 Tempura & Takikomi-gohan Tempura & Mixed Rice 天ぷらと 炊き込みご飯 11:30am Soroban 12:30pm Mahjong	15 Cod w/Sweet and Sour Sauce タラの甘酢餡かけ 11am Blood Pressure 11:30am Tai Chi 12:45pm Sing-along	X	17 * Lemongrass Tofu レモングラス豆腐 11am Blood Pressure	18 Hamburger Steak ハンバーグ 10-11:30am Shigin
21 Taiwanese Braised Pork 魯肉飯 (ルーローハン) 天ぷらと 炊き込みご飯 12:30pm Mahjong	22 Chicken & Eggplant w/ Miso Sauce 鶏とナスの味噌ダレ 12:45pm Sing-along	X	24 Shrimp Curry 海老カレー 10:00am Ukulele	25 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 10-11:30am Shigin
28 Grilled Chicken w/ Tomato Sauce 焼き鳥の トマトソース煮込み 11:30am Soroban 12:30pm Mahjong	29 Shumai シュウマイ 11am Blood Pressure 12:45pm Sing-along	X		

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu

Justin Sato, Andrea Hoyt, and Keika Ruttan 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**