



| MON                                                                                                                             | TUES                                                                                                     |   | THURS                                                                                                         | FRI                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|                                                                                                                                 |                                                                                                          |   | 1<br><b>Chicken Chowmein</b><br>チキン炒麵<br><br>11am Blood Pressure                                              | 2<br><b>Beef Tomato</b><br>牛肉のトマト煮込み<br><br>10-11:30am Shigin                                    |
| 5<br><b>Nikujaga</b><br>Beef Stew<br>肉じゃが<br><br>11:30am Chair Yoga<br>12:30pm Mahjong                                          | 6<br><b>Chicken w/ Mushroom Sauce</b><br>鶏肉のきのこ餡かけ<br><br>12:45pm Sing-along                             | X | 8<br><b>Crab Curry</b><br>蟹カレー<br><br>10:00am Ukulele                                                         | 9<br><b>Sweet &amp; Sour Pork</b><br>酢豚<br>11:30am Tai Chi<br>10-11:30am Shigin<br>12:30pm Bingo |
| 12<br><b>Ginger Pork</b><br>生姜焼き<br><br>12:30pm Mahjong                                                                         | 13<br><b>Grilled Shio Koji Garlic Chicken</b><br>鶏のにんにく塩麴焼き<br>11am Blood Pressure<br>12:45pm Sing-along | X | 15<br><b>Fall Vegetable Tempura</b><br>秋野菜天ぷら<br><br>11am Blood Pressure                                      | 16<br><b>Bibimbap</b><br>ビビンバ<br><br>10-11:30am Shigin                                           |
| 19<br><b>Fried Tofu w/ Mushroom Sauce &amp; Takikomi Gohan</b><br>揚げ豆腐のきのこ餡かけ<br>& 炊き込みご飯<br>11:30am Soroban<br>12:30pm Mahjong | 20<br><b>Saikyo Miso Salmon</b><br>鮭の西京焼き<br>10:30am-2pm Reiki<br>12:45pm Sing-along                     | X | 22<br><b>Mapo Tofu</b><br>麻婆豆腐<br><br>10:00am Ukulele                                                         | 23<br><b>Crispy Ginger Chicken</b><br>生姜のカリカリ唐揚げ<br><br>11:30am Tai Chi<br>10-11:30am Shigin     |
| 26<br><b>Birthday Sushi</b><br>お誕生日寿司<br>*Reservations required<br>(suggested donation \$12)<br><br>12:30pm Mahjong             | 27<br><b>Kabocha Soup and Meatloaf</b><br>南瓜スープ & ミートローフ<br>11am Blood Pressure<br>12:45pm Sing-along    | X | 29<br><b>Chicken Hekka</b><br>Chicken Stew<br>ハワイ式<br>鶏すき焼き<br>10am-1:30pm Card Making<br>11am Blood Pressure | 30<br><b>Halloween Omurice</b><br>Rice Omelet<br>ちよっとハロウィンなオムライス<br>10-11:30am Shigin            |

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) [reserve@ikoinokai.org](mailto:reserve@ikoinokai.org)**

**Seating at 11:30 am with lunch served promptly at noon**

**\* vegetarian option available on that day - please reserve two days in advance**