



MON	TUES		THURS	FRI
				1 Miso Katsu Pork Cutlet with Miso
4 Salmon with Miso Butter 11:15am Chair Yoga 12:30pm Mahjong	5 Chicken with Black Bean Sauce 12:30pm Sing a Long	X	7 French Style Cod 11:15am Aikido Stress Reduction	8 Khao Man Gai Thai Chicken and Rice
11 Mapo Tofu 12:30pm Mahjong	12 Tempura 11am Blood Pressure 12:30pm Sing a Long	X	14 Okonomiyaki 11am Blood Pressure	15 Subuta Sweet and Sour Pork Ohana Lunch Bunch
18 Chicken Katsu 12:30pm Mahjong	19 Pork Meatballs 12:30pm Sing a Long	X	21 Bibimbap Korean Beef Bowl 11:15am Aikido Stress Reduction	22 Shrimp and Egg Omelette in Chili Sauce
25 Birthday Sushi 12:30pm Mahjong	26 Gyoza 11am Blood Pressure 12:30pm Sing a Long	X	28 Happosai Stir Fry 10am Calligraphy 11am Blood Pressure	29 Pork Cutlet

Cooks: Naomi Molstrom-M Kyoko Adcock-Tu Rieko Shimada-Th/F

New Lunch Prices: \$8 for seniors 65+ / \$9 for under 65 / \$ 5 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

**** vaccination card and signed COVID waiver will be required in order to dine indoors**