



MON	TUES		THURS	FRI
			2 <b>Shrimp Shumai</b>	3 <b>Vegetable Lasagna</b> w/ Meat Sauce Gratin
6 <b>Grilled Chicken</b> w/ Green Onion Sauce  12:30pm Mahjong	7 <b>Bibimbap</b>  12:30pm Sing a Long	X	9 <b>Cabbage Rolls</b>  11:15am Aikido Stress Reduction	10 <b>Oyakodon</b> Chicken & Egg w/ Rice
13 <b>Tempura w/ Cold Udon</b> 11:15am Chair Yoga 12:30pm Mahjong	14 <b>Sweet &amp; Sour Pork</b>  12:30pm Sing a Long	X	16 <b>Miso Cod</b>	17 <b>Karaage</b> Japanese Fried Chicken  Ohana Lunch Bunch
20 <b>Shrimp &amp; Tofu w/Black Bean Sauce</b> 12:30pm Mahjong	21 <b>Ramen Salad</b>  12:30pm Sing a Long	X	23 <b>Honey Walnut Shrimp</b> 11:15am Aikido Stress Reduction	24 <b>Gyudon</b> Japanese Beef Bowl
27 <b>Tonkatsu</b>  12:30pm Mahjong	28 <b>Birthday Sushi</b>  12:30pm Sing a Long		30 <b>Omurice</b> Japanese Omelet w/ demi-glace sauce	

**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**