



MON	TUES		THURS	FRI
3 <i>Japanese</i> Grilled Shio-Koji Chicken 12:30pm Mahjong	4 <i>Japanese</i> Tonkatsu Deep Fried Pork Cutlet 12:45pm Sing a Long	X	6 Shioga Yaki Ginger Pork 10:30am Move On Class 12:30pm Bridge/ Hanafuda	7 Meat Loaf 1pm Artist Talk w/ Tom Nakashima
10 <i>Japanese</i> Fried Mackerel w/ Green Onion Sauce 11:15am Chair Yoga 12:30pm Mahjong	11 <i>Indian</i> Chicken Tikka Masala 11am Blood Pressure 12:45pm Sing a Long	X	13 Sukiyaki Beef & Vegetables 11am Blood Pressure 11:15am Aikido Stress 12:30pm Bridge/ Hanafuda	14 Pork Chop Bingo
17 <i>Japanese</i> Agedashi Tofu w/ Mushroom Sauce 12:30pm Mahjong	18 Panko Shrimp Bao Buns 12:45pm Sing a Long	X	20 <i>Japanese</i> Miso Cod 10:30am Move On Class 11am Blood Pressure 12:30pm Bridge/ Hanafuda	21 Oyakodon Chicken & Egg Rice Bowl Ohana Lunch
24 <i>Hawaiian</i> Loco Moco Hamburger on Rice 12:30pm Mahjong	25 <i>Japanese</i> Birthday Sushi 11am Blood Pressure 12:45pm Sing a Long	X	27 Croquette 11am Blood Pressure 11:15am Aikido Stress Reduction with Dwight 12:30pm Bridge/ Hanafuda	28 Ebi Chili Shrimp in Chili Sauce
31 Oatmeal Shumai 12:30pm Mahjong				

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

New Lunch Prices: \$8 for seniors 65+ / \$10 for adults 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