



MON	TUES		THURS	FRI
	1 Grilled Shiokoji Chicken <i>12:45pm Sing a Long</i>	X	3 Seafood Curry <i>10:30am Move On Class 12:30pm Bridge/ Hanafuda</i>	4 Tori Soboro Ground Chicken Rice Bowl
7 Tonjiru Udon Pork Noodle Soup <i>Knife Sharpening 11:15am Chair Yoga 12:30pm Mahjong</i>	8 Miso Ginger Pork & Eggplant <i>11am Blood Pressure 12:45pm Sing a Long</i>	X	10 Seafood Pasta <i>11am Blood Pressure 11:15am Aikido Stress 12:30pm Bridge/ Hanafuda</i>	11 <i>Veteran's Day</i> Grilled Salmon <i>Bingo</i>
14 Sweet & Sour Pork <i>12:30pm Mahjong</i>	15 Oyakodon Chicken & Egg Rice Bowl <i>12:45pm Sing a Long</i>	X	17 Birthday Sushi <i>10:30am Move On Class 12:30pm Bridge/ Hanafuda</i>	18 Meatloaf <i>Ohana Lunch</i>
21 Chicken Katsu Curry <i>12:30pm Mahjong</i>	22 Chicken Pad Thai <i>11am Blood Pressure 12:45pm Sing a Long</i>	X	24 CLOSED	25 CLOSED
28 Vegetarian Oden <i>12:30pm Mahjong</i>	29 Pork Wonton Soup <i>12:45pm Sing a Long</i>			

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**