



MON	TUES		THURS	FRI
2 CLOSED	3 CLOSED		5 Sukiyaki <i>11am Blood Pressure 10:45am Move On Class 12:45 pm Needle Crafts</i>	6 Oden Japanese Dashi Based Stew
9 Tonkatsu Fried Pork Cutlet <i>Knife Sharpening 11:15am Chair Yoga 12:30pm Mahjong</i>	10 Mapo Tofu Pork <i>12:45pm Sing a Long</i>		12 Happosai Combination Stir Fry <i>11:15am Aikido Stress</i>	13 Korean Fried Chicken <i>Bingo</i>
16 Chicken Nabe Chicken Hot Pot <i>12:30pm Mahjong</i>	17 Kakiage Udon (Vegetarian) <i>11am Blood Pressure 12:45pm Sing a Long</i>		19 Honey Walnut Shrimp <i>11am Blood Pressure 10:45am Move On Class 12:45 pm Needle Crafts</i>	20 Unagi Donburi Glazed Eel Rice Bowl <i>Ohana Lunch</i>
23 Grilled Salmon w/ Miso Mayo & Mushroom <i>12:30pm Mahjong</i>	24 Nikujaga Beef and Potato Stew <i>12:45pm Sing a Long</i>		26 New Year's Osechi <i>reservations required (\$15)</i>	27 Oyakodon Chicken and Egg Rice Bowl
30 Birthday Sushi <i>12:30pm Mahjong</i>	31 Chicken w/ Black Bean Sauce <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**