



# Iko no Kai - MARCH 2023

1333 SE 28th Ave / 503-238-0775

MON	TUES		THURS	FRI
			<b>2</b>	<b>3</b> Hinamatsuri / Girls' Day <b>Temari Sushi &amp; Spring Oden</b> <i>reservations required</i>
		<b>X</b>	<b>Miso Katsu</b> <i>11am Blood Pressure</i> <i>10:45am Move On Class</i> <i>12:45 pm Needle Crafts</i>	
<b>6</b> <b>Nasu Hasamiage</b> Eggplant w/ Ground Beef <i>Knife Sharpening</i> <i>11:15am Chair Yoga</i> <i>12:30pm Mahjong</i>	<b>7</b> <b>Shumai</b>  <i>12:45pm Sing a Long</i>		<b>9</b>	<b>10</b> <b>Dry Curry</b>  <i>Bingo</i>
		<b>X</b>	<b>Pork and Tofu Burger</b> <i>11:15am Aikido Stress Relief</i>	
<b>13</b> <b>Chicken Rice Omelette</b>  <i>12:30pm Mahjong</i>	<b>14</b> <b>Croquette</b>  <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>		<b>16</b> <b>Sweet &amp; Sour Chicken</b> <i>11am Blood Pressure</i> <i>10:45am Move On Class</i> <i>12:45 pm Needle Crafts</i>	<b>17</b> <b>Gyu-Don Beef Rice Bowl</b>  <i>Ohana Lunch</i>
		<b>X</b>		
<b>20</b> <b>Ankake Tofu</b> w/ Mushrooms and Ground Pork <i>12:30pm Mahjong</i>	<b>21</b> <b>Tonjiru Udon</b>  <i>12:45pm Sing a Long</i>		<b>23</b> <b>Seafood Korean Pancake</b> <i>w/ Japchae</i> <i>11:15am Aikido Stress Relief</i>	<b>24</b> <b>Ground Meat Katsu</b>
		<b>X</b>		
<b>27</b> <b>Chicken Shio Ramen</b>  <i>12:30pm Mahjong</i>	<b>28</b> <b>Birthday Sushi</b>  <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>		<b>30</b> <b>Yakiniku</b> Grilled Meat  <i>* vegetarian option available</i> <i>11am Blood Pressure</i>	<b>31</b> <b>Shrimp Gyoza</b>

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

**Suggested Lunch Donation: \$9 for seniors 65+ / \$11 for adults under 65 / \$ 6 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**