



MON	TUES		THURS	FRI
3 Tonkatsu <i>Knife Sharpening</i> <i>12:30pm Mahjong</i>	4 Chicken w/ Mushroom Sauce <i>12:45pm Sing a Long</i>	X	6 Croquette <i>10:45am Move On Class</i> <i>12:45 pm Needle Crafts</i>	7 Seafood Chowmein
10 Yakiniku <i>12:30pm Mahjong</i>	11 Mapo Tofu <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	13 Happosai <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i>	14 Teriyaki Chicken <i>Bingo</i>
17 Oyakodon <i>11:15am Chair Yoga</i> <i>12:30pm Mahjong</i>	18 Pork Meatballs w/ Sweet & Sour Sauce <i>12:45pm Sing a Long</i>	X	20 Grilled Eggplant & Tonjiru <i>10:45am Move On Class</i> <i>12:45 pm Needle Crafts</i>	21 Korean Fried Chicken <i>Ohana Lunch</i>
24 Birthday Sushi <i>12:30pm Mahjong</i>	25 Orange Chicken <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	27 Salmon Miso Soup <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i>	28 Niku Maki

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**