



MON	TUES		THURS	FRI
<b>1</b> <b>Kenchin Udon</b> *Vegetarian  <i>11:15am Chair Yoga</i> <i>12:30pm Mahjong</i>	<b>2</b> <b>Chicken Tikka Masala</b> <i>Knife Sharpening</i> <i>12:45pm Sing a Long</i>	X	<b>4</b> <b>Sweet &amp; Sour Pork</b>  <i>10:45am Move On Class</i>	<b>5</b> <b>Thai Chicken &amp; Rice</b>
<b>8</b> <b>Omurice</b> Chicken & Rice Omelette <i>12:30pm Mahjong</i>	<b>9</b> <b>Panko Shrimp Bao Buns</b> <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	<b>11</b> <b>Grilled Miso Cod</b>  <i>11am Blood Pressure</i>	<b>12</b> <b>Basil Pork</b>  <i>Bingo</i>
<b>15</b> <b>Grilled Saba</b>  <i>12:30pm Mahjong</i>	<b>16</b> <b>Beef Chap Chae</b>  <i>12:45pm Sing a Long</i>	X	<b>18</b> <b>Fried Spring Rolls</b>  <i>10:45am Move On Class</i>	<b>19</b> <b>Chicken Nanban</b>  <i>Ohana Lunch</i>
<b>22</b> <b>Chicken Karaage</b>  <i>12:30pm Mahjong</i>	<b>23</b> <b>Miso Ginger Pork</b> <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	<b>25</b> <b>Birthday Sushi</b>  <i>11am Blood Pressure</i>	<b>26</b> <b>Honey Walnut Shrimp</b>
<b>29</b> <b>CLOSED</b> for Memorial Day Holiday	<b>30</b> <b>Fresh Salad Rolls</b>  <i>12:45pm Sing a Long</i>	X		

**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**