



MON	TUES		THURS	FRI
	1 Bang Bang Chicken Salad <i>Knife Sharpening</i> <i>10:45 am Dementia Prevention Presentation</i>	X	3 Seafood Pad Thai	4 Dry Curry
7 Yaki Udon <i>*vegetarian option</i> <i>11:30am Chair Yoga</i> <i>12:30pm Mahjong</i>	8 Cold Ramen w/ Miso Pork <i>12:45pm Sing a Long</i>	X	10 Niku Miso Don <i>Pork Belly</i> <i>Rice Bowl</i> <i>11:30am Aikido Stress Relief</i>	11 Grilled Saba <i>Bingo</i>
14 Pork Gyoza <i>12:30pm Mahjong</i>	15 Shiso Chicken Tempura <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	17 Korean Karaage <i>11am Blood Pressure</i>	18 Yaki Niku <i>Ohana Lunch</i>
21 Loco Moco <i>12:30pm Mahjong</i>	22 Panko Fried Fish Tacos <i>12:45pm Sing a Long</i>	X	24 Okonomiyaki <i>11:30am Aikido Stress Relief</i>	25 Katsu Roll
28 Ebi Fry <i>Panko Fried Shrimp</i> <i>12:30pm Mahjong</i>	29 Lemon Basil Chicken <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	31 Birthday Sushi <i>*Reservations required</i> <i>11am Blood Pressure</i>	

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**