



| MON | TUES | | THURS | FRI |
|--|---|----------|--|---|
| | | | | 1 Ganmodoki Fried Tofu Fritters |
| 4 CLOSED | 5 Shrimp Salad Rolls <i>Kinfe Sharpening</i> 12:45pm Sing a Long | X | 7 Sudori Sweet & Sour Chicken | 8 Gyudon Beef Rice Bowl <i>Bingo</i> |
| 11 Grilled Saikyo Zuke Salmon Miso Cured Salmon 11:30am Chair Yoga 12:30pm Mahjong | 12 Chicken w/ Sesame Sauce 11am Blood Pressure 12:45pm Sing a Long | X | 14 Tonjiru Takikomi Gohan <i>*vegetarian option available</i> 11am Blood Pressure 11:30am Aikido Stress Relief | 15 Chowmein <i>Ohana Lunch</i> |
| 18 Hiyashi Chuka Ramen Cold Ramen Salad 12:30pm Mahjong | 19 Pork w/ Black Bean Sauce 12:45pm Sing a Long | X | 21 Tuna Tofu Burger 10:45 Move On Class | 22 Tonkatsu |
| 25 Grilled Chicken w/ Tomato Sauce 12:30pm Mahjong | 26 Birthday Sushi <i>*Reservations required</i> 11am Blood Pressure 12:45pm Sing a Long | X | 28 Miso Salmon 11am Blood Pressure 11:30am Aikido Stress Relief | 29 Shrimp Gyoza |

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**