



MON	TUES		THURS	FRI
1 Chow Mein Ankake Yakisoba あんかけ焼きそば 11:30am Chair Yoga 12:30pm Mahjong	2 Wonton Soup ワンタンスープ Knife Sharpening 12:45pm Sing-a-long	X	4 Potato-Coated Fried Shrimp Ebi Fry Croquette 海老フライコロツケ 10:30 Move On Class	5 Roast Pork Rice Bowl Buta Donburi 豚丼ぶり
8 Beef Rice Bowl Gyudon 牛丼 12:30pm Mahjong	9 Miso Ginger Pork 味噌生姜焼き 11am Blood Pressure 12:45pm Sing-a-long	X	11 Salmon Teriyaki 鮭の照り焼き 10:30am Ukelele 11am Blood Pressure 11:30am Aikido Stress Relief	12 Chicken Meatballs Tori Tsukune 鶏つくね 10-11:30am Shigin 12:30pm Bingo
15 Grilled Mackerel Saba Shioyaki 鯖の塩焼き 12:30pm Mahjong	16 * Singapore Noodles w/ Shrimp シンガポール風 海老の焼きビーフン 12:45pm Sing-a-long	X	18 Beef & Potato Stew Nikujyaga 肉じゃが 10:30 Move On Class	19 Soy-Braised Chicken Tori Nimono 鶏の煮物
22 Minced Meat Cutlet Menchi Katsu メンチカツ 12:30pm Mahjong	23 Orange Chicken オレンジチキン 11am Blood Pressure 12:45pm Sing-a-long	X	25 Seafood Bibimbap 海鮮ビビンバ 10:30am Ukelele 11am Blood Pressure 11:30am Aikido Stress Relief	26 Dry Curry ドライカレー 10-11:30am Shigin
29 Birthday Sushi お誕生日寿司 *Reservations required 12:30pm Mahjong	30 Pork Kimchi Rice Bowl 豚キムチ丼 11am Blood Pressure 12:45pm Sing-a-long	X		

Chefs: 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

*** vegetarian option available on that day - please reserve two days in advance**