



MON	TUES		THURS	FRI
		X	2 Shrimp Gyoza エビ餃子 10:30 Move On Class	3 Miso Pork 味噌生姜焼き
6 Chilled Udon w/ Pork Shabu Shabu 冷やしうどん と豚しゃぶしゃぶ 11:30am Chair Yoga 12:30pm Mahjong	7 Japanese Hamburg Steak ハンバーグ Knife Sharpening 11am Blood Pressure 12:45pm Sing-along	X	9 Sweet & Sour Sautéed Fish 魚の甘酢あんかけ 10:30am Ukelele 11am Blood Pressure 11:30am Aikido Stress Relief	10 Korean Fried Chicken Yangnyeom Chicken 韓国唐揚げ 10-11:30am Shigin 12:30pm Bingo
13 Chicken & Egg Rice Bowl Oyakodon 親子丼 12:30pm Mahjong	14 Stir-Fried Beef w/ Green Pepper 青椒肉絲 12:45pm Sing-along	X	16 Tuna Burger まぐろバーガー 10:30am Move On Class 1:30pm Field Trip JAMO	17 Sukiyaki Donburi Beef Rice Bowl すき焼き丼
20 Fried Shrimp Ebi Fry エビフライ 12:30pm Mahjong	21 Bang Bang Chicken 棒棒鸡 11am Blood Pressure 11:30am Aikido Stress Relief 12:45pm Sing-along	X	23 Cod Fishballs Cod Dango タラ団子 10:30am Ukelele 11am Blood Pressure 11:30am Taichi	24 Thai Chicken & Rice Khao Man Gai カオマンガイ 10-11:30am Shigin
27 CLOSED	28 Birthday Sushi お誕生日寿司 *Reservations required 12:45pm Sing-along	X	30 * Cold Noodle Salad w/ Shrimp Hiyashi Chuka 冷やし中華 Reiki	31 Shio Koji Chicken 塩麴チキン

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**