



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