



| MON   | TUES   |   | THURS   | FRI   |
|---|--|---|---|---|
| <b>3</b><br><b>*Bibimbap</b><br>ビビンバ<br>11:30am Taichi<br>12:30pm Mahjong         | <b>4 *Vegetable Tempura</b><br>Kakiage Don<br>野菜かき揚げ丼<br>11am Blood Pressure<br>12:45pm Sing-along | X | <b>6 Tamagoyaki Musubi Bento</b><br>玉子おむすび弁当<br>11am Blood Pressure<br>10:30 Move On Class            | <b>7 Chicken Adobo</b><br>アドボチキン                                      |
| <b>10 Panko Fried Rock Fish</b><br>赤魚フライ<br>11:30am Chair Yoga<br>12:30pm Mahjong | <b>11 Pork Ramen</b><br>チャーシューラーメン<br>12:45pm Sing-along   | X | <b>13 *Salad Rolls</b><br>生春巻き<br>10:30am Ukulele/ Chair Hula<br>11:30am Aikido Stress Relief         | <b>14 Salmon</b><br>鮭<br>10-11:30am Shigin<br>12:30pm Bingo           |
| <b>17 Chicken Katsu Curry</b><br>チキンカツカレー<br>12:30pm Mahjong                      | <b>18 Shumai</b><br>ポーク焼売<br>11am Blood Pressure<br>12:45pm Sing-along                             | X | <b>20 Mackerel</b><br>Saba Shioyaki<br>鯖の塩焼き<br>10:30am Move On Class<br>11am Blood Pressure<br>Reiki | <b>21 Mapo Tofu</b><br>麻婆豆腐   |
| <b>24 Birthday Sushi</b><br>お誕生日寿司<br>*Reservations required<br>12:30pm Mahjong   | <b>25 Chicken w/ Ume Sauce</b><br>鶏の梅だれ焼き<br>11:30am Aikido Stress Relief<br>12:45pm Sing-along    | X | <b>27 Crab Omelette</b><br>Kanitama Don<br>かに玉丼<br>10:30am Ukulele/ Chair Hula                        | <b>28 Hawaiian Plate</b><br>Kalua Pork<br>カルアポーク<br>10-11:30am Shigin |

**Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato/ Naomi Molstrom-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**