



MON	TUES		THURS	FRI
	1 Chicken w/ Mushroom Sauce 鶏のきのこあんかけ 12:45pm Sing-along	X	3 Mentaiko Spaghetti 明太スパゲティ	4 Meat Jun Marinated Pan Fried Beef ハワイの韓国風 豚バラ炒め 10-11:30am Shigin
7 Agedashi Tofu and Eggplant なす&揚げ出し豆腐 11:30am Chair Yoga 12:30pm Mahjong	8 Pork Katsu Curry 豚カツカレー 11am Blood Pressure 12:45pm Sing-along	X	10 * Vegetable Ten Zaru Soba Tempura Cold Soba 野菜天ざる Reiki 10:30am Ukulele 11am Blood Pressure	11 Kimchi Pork 豚キムチ 10-11:30am Shigin 12:30pm Bingo
14 Sweet and Sour Chicken 甘酢チキン 12:30pm Mahjong	15 Shrimp Fried Rice エビ炒飯 11:30am Tai Chi 12:45pm Sing-along	X	17 Kaki Furai Fried Oysters 牡蠣フライ 11am Haiku	18 Beef Noodle Soup 牛肉麺 10-11:30am Shigin
21 Seafood Yakisoba 海鮮焼きそば 12:30pm Mahjong	22 Beef Chap Chae 豚チャプチェ 11am Blood Pressure 12:45pm Sing-along	X	24 * Ganmodoki Tofu Fritters がんもどき 11am Haiku 11am Blood Pressure 10:30am Ukulele	25 Cold Ginger Chicken 冷やし生姜チキン 10-11:30am Shigin
28 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 12:30pm Mahjong	29 Panko Fried Cod 鱈フライ 12:45pm Sing-along			

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