



MON	TUES		THURS	FRI
		X		1 Dan Dan Mien 坦々麺 10-11:30am Shigin
4 Tonkatsu とんかつ 12:30pm Mahjong	5 *Hiyashi Tanuki Udon Cold Udon Salad 冷やし たぬきうどん 12:45pm Sing-along	X	7 *Chow Fun Chinese Flat Rice Noodles 広東風ビーフン 11am Haiku 10:30am Ukulele	8 Kabayaki Fish Soy-glazed Fish 白身魚の蒲焼き 10-11:30am Shigin 12:30pm Portland Taiko
11 Hambaagu w/ Mushroom Sauce 和風きのこソース ハンバーグ 11:30am Chair Yoga 12:30pm Mahjong	12 Salmon 鮭 11am Reiki 11am Blood Pressure 12:45pm Sing-along	X	14 Tofu in Lobster Sauce お豆腐の ロブスター餡かけ 11:30am Tai Chi 11am Blood Pressure	15 Teriyaki Meatball 肉団子照り焼き 10-11:30am Shigin 12:30pm Bingo
18 Mapo Tofu 麻婆豆腐 11:30am Tai Chi 12:30pm Mahjong	19 Singapore Shrimp Noodles シンガポール風 海老ビーフン 12:45pm Sing-along	X	21 Pan-fried Razor Clams マテ貝炒め 11am Haiku	22 Cold Ginger Chicken 冷やし 生姜チキン 10-11:30am Shigin
25 Shiso Chicken しそチキン 12:30pm Mahjong	26 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 11am Blood Pressure 12:45pm Sing-along	X	28 *Summer Veggie Curry 夏野菜カレー 10:30am Ukulele 11am Blood Pressure	29 Tangsuyuk Korean Sweet & Sour Pork 韓国風酢豚 10-11:30am Shigin

Chefs: Naomi Molstrom - M Kyoko Adcock- Tu Justin Sato/ Andrea Hoyt- Th/F

Suggested Lunch Donation: \$9 for seniors 65+ / \$12 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**