## Free Meal & Food Services in Parramatta CBD (Updated May 2023)

Monday	Tuesday	Wedesday	Thursday	Friday	Saturday	Sunday
Dignity Food Relief	Dignity Food Relief	Dignity Food Relief	Dignity Food Relief	Dignity Food Relief	Dignity Food Relief	Dignity Food Relief
Meals	Meals	Meals	Meals	Meals	Meals	Meals
5am – 9 pm	6am – 9 pm	6am – 9 pm	6am – 9 pm	6am – 9 pm	6am – 9 pm	6am – 9 pm
PCYC Parramatta	PCYC Parramatta	PCYC Parramatta	PCYC Parramatta	PCYC Parramatta	PCYC Parramatta	PCYC Parramatta
107 George St	107 George St	107 George St	107 George St	107 George St	107 George St	107 George St
Parramatta Mission	Parramatta Mission	Parramatta Mission	Parramatta Mission	Parramatta Mission		Community Assistance
Meal Plus	Meal Plus	Meal Plus	Meal Plus	Meal Plus		Team
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
3 – 9am	8 – 9am	8 – 9am	8 – 9am	8 – 9am		7:30-8:30am
119 Macquarie St	119 Macquarie St	119 Macquarie St	119 Macquarie St	119 Macquarie St		George Khattar Lane /
Parramatta	Parramatta	Parramatta	Parramatta	Parramatta		Wilde Ave Bridge,
						Parramatta
The Salvation Army		The Salvation Army		The Salvation Army		Immortality Research
Connect Site & Café		Connect Site & Café		Connect Site & Café		Meal
ree Café Style Snacks		Free Café Style Snacks &		Free Café Style Snacks		9.00 to 11.00 AM
& Coffee		Coffee		& Coffee		Prince Alfred Square
9:30am-1pm,		9:30am-1pm, Parramatta		9:30am-1pm		Church St/Victoria Rd
Parramatta		426 Church St		426 Church St,		
126 Church St				Parramatta		
Parramatta Mission	Parramatta Mission	Parramatta Mission	Parramatta Mission	Parramatta Mission		Pathways Community
Meal Plus	Meal Plus	Meal Plus	Meal Plus	Meal Plus		Care
unch	Lunch	Lunch	Lunch	Lunch		Food
.1:30 am – 1 pm	11:30 am – 1 pm	11:30 am – 1 pm	11:30 am – 1 pm	11:30 am – 1 pm		12:30pm -1:30 pm
119 Macquarie St,	119 Macquarie St,	119 Macquarie St,	119 Macquarie St,	119 Macquarie St,		Prince Alfred Square
Parramatta	Parramatta	Parramatta	Parramatta	Parramatta		Church St/Victoria Rd

Monday	Tuesday	Wedesday	Thursday	Friday	Saturday	Sunday
					Shrimad Rajchandra Mission Dharampur Food 4:00 pm –7:00 pm Prince Alfred Square Church St/Victoria Rd	
Sathya Sai Centre Food 5:30 pm to 6:15 pm Prince Alfred Square Church St/Victoria Rd	Coptic Orthodox Community Outreach Service (COCOS) 7:30 pm to 8:30 pm Prince Alfred Square Church St/Victoria Rd	Pathways Community Care Food 6-7 pm Prince Alfred Square Church St/Victoria Rd	StreetMed Food & Health Check 6-9pm Prince Alfred Square Church St/Victoria Rd		St Ioannis Greek Orthodox Church Food 5:30-7:30pm Monthly Prince Alfred Church St/Victoria Rd	Maronites on Mission Food 5 pm to 6 pm Prince Alfred Square Church St/Victoria Rd
			Sathya Sai Centre Food 7:15-8pm Prince Alfred Square Church St/Victoria Rd		StreetMed Food & Health Check 6pm-9pm Prince Alfred Square Church St/Victoria Rd	
Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & Drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd