

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

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

