

## **EVERY WEEK-DAY**

**7:30am-8:30am** Breakfast **City Uniting Church** (69 Northbourne Ave).

**12 Noon- Lunch** **Qbyn Uniting Church** Mon, Tues, Wed and alternate Fridays, **Lunch** (19 Farren Pl, Qbyn, Showgrounds).

## **Under 25 years Only**

**Civic: Tues.** 1pm - 6pm, **Wed.** 2pm—6:30pm, **Thurs** 2pm - 6pm, **Cheese sandwiches, coffee tea** **Youth in the City** cnr Cooyong St & Petrie St Civic. & **Dinner** 1pm-9pm **every second Friday** (June 9th and so on.) .

**Tuggeranong Youth Centre:** 7pm Mon, Tue, Thur, Frid  
**Free hot meal** cnr Pitman & Howell St Tuggeranong across from Bowling Alley & Southern Cross Club.

## **SATURDAY**

**5pm Food for Life** Meeting Rm 1, **Griffin Centre** Genge St Canberra City

## **SUNDAY**

**12 noon** Bread & soup **St Benedicts Community Day Centre** (1 Thorpe St, Queanbeyan)

**12pm - 3pm,** Hot Meal **Blue Door Drop-in Centre**(Ainslie Village, Quick Street, Campbell)

**5pm-6pm,**Masonic Lodge (Rm 1, **Griffin Centre**, Genge St Canberra City

### **Citizens Advice Bureau ACT**

Rm G02,Griffin Centre,Genge St, Canberra

Postal address: GPO Box 669

Canberra ACT 2601

# FREE MEAL GUIDE



**Citizens Advice Bureau ACT**

[www.citizensadvice.org.au](http://www.citizensadvice.org.au)

Phone: 02 6248 7988

Fax: 02 6257 7383



## **FREE MEAL GUIDE**

Mar 2008

## MONDAY

**7:30am - 8:30am**, Breakfast , Early Morning Centre ,Canberra City Uniting Church, ( 69 Northbourne Ave) For people experiencing ,or at risk, of homelessness

**9am - 2.30pm**, Soup and Sandwiches **Blue Door Drop-in Centre**, Ainslie Village (Quick Street, Campbell)

**12:30**, lunch **St Benedicts Community Day Centre**(I Thorpe St, Queanbeyan)

**12:30pm - 4pm**, **Northbourne Community Centre** (Block 5, Forbes St Turner)

**4.30pm - 5:30pm** serving food Meeting Rm I, **Griffin Centre** Australian Red Cross (Genge St, Civic)

## TUESDAY

**7:30am-8:30am** Breakfast, St Peters church hall, Parkinson St, Weston.

**7:30am- 8:30am**, Breakfast , Early Morning Centre ,Canberra City Uniting Church, ( 69 Northbourne Ave) For people experiencing ,or at risk, of homelessness

**9am - 2.30pm**, 12pm Pie Day **Blue Door Drop-in Centre**, Ainslie Village (Quick Street, Campbell)

**4.30pm - 5:30pm** MeetingRm I, **Griffin Centre** Australian Red Cross(Genge St, Civic)

**5.00 pm** Dinner - Under 25 years **Belconnen Youth Centre** (Cnr Chandler St and Swanson Crt, Belconnen)

## WEDNESDAY

**7:30am-8:30am**, Breakfast, Early Morn. Centre, City Uniting Church (69 N'thbourne Ave)

**9am - 2.30pm**, Soup and Sandwiches **Blue Door Drop-in Centre**, Ainslie Village (Quick Street, Campbell)

**12.30pm**, lunch , **St Benedicts Community Day Centre** (I Thorpe St, Queanbeyan)

**2pm** Hot lunch under 25 years **Youth in the City, Cooyong St Civic.**

**5pm - 6pm**, **Food for Life** - all ages Meeting Rm I Griffin Centre (Genge St, Civic).

**6pm-7pm**, Dinner, **Lifestream Christian Fellowship**, Cnr LangdonAve & Sternberg Cres Wanniasa.

## THURSDAY

**7:30am-8:30am**, Breakfast, Early Morning Centre, City Uniting Church (**69 Northbourne Ave**)

**9am - 2.30pm**, 12pm, Pie Day **Blue Door Drop-in Centre**, Ainslie Village (Quick Street, Campbell) -

**12:30-1:30** **Tuggerranong Community Lunches**, Tuggeranong Baptist Church Jenke Cct Kambah ( off Drakeford Drive between Athllon Drive & Summerland Cct

**4.30pm - 5:30pm** Meeting Rm I **Griffin Centre** Australian Red Cross ( Genge St, Civic)

**5.00 pm** Dinner - under 25 years **Belconnen Youth Centre** (Cnr Chandler St and Swanson Crt, Belconnen)

## FRIDAY

**7:30am-8:30am** Breakfast, Early Morning Centre, City Uniting Church (**69 Northbourne Ave**)

**9am - 2.30pm**, Soup and Sandwich **Blue Door Drop-in Centre**, Ainslie Village (Quick St, Campbell) -

**12:30**, lunch **St Benedicts Community Day Centre** (I Thorpe St, Queanbeyan)

**12:00—2:00pm** Lunch 1st Friday of every month **St John's Hall**, 43 Constitution Ave Reid

**12:30** Lunch **St Benedicts day centre** I Thorpe St Queanbeyan

**5pm - 9pm**, **Soup Kitchen** (Garema Place, Civic)

## Under 25 Only

**1pm - 9pm**, Dinner every 2nd Friday starting March 3rd 06 **Youth in the City** Big Pig Café, cnr Cooyong & Petrie St Civic

**5.00 pm** Dinner - **Belconnen Youth Centre** (Chandler St Belc

**5.30pm** - Dinner **Woden Youth Centre** Callum Street, opposite bus interchange)

**6pm** - Dinner **YWCA-Mura** Lanyon Youth Centre (Sidney Nolan St Condor)