

## **EVERY WEEK-DAY**

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

**12 Noon- Lunch Queanbeyan Uniting Church** Mon, Tue, Wed and alternate Fri, **19 Farren Pl, Qbyn showgrounds.**

## **Under 25 years Only**

**Civic: Cheese sandwiches, coffee, tea /Youth in the City**

**Tue** 1pm - 6pm, **Wed** 2pm—6:30pm, **Thu** 2pm - 6pm, **Dinner** 1pm-9pm every second Friday cnr Cooyong St & Petrie St Civic.

**7pm Free hot meal Tuggeranong Youth Centre** Mon, Tue, Thu, Fri Cnr Pitman & Howell St Tuggeranong across from Bowling Alley & Southern Cross Club.

## **SATURDAY**

**5pm Griffin Centre Food for Life Meeting** Rm I Genge St Canberra City.

## **SUNDAY**

**12 noon Bread & soup St Benedicts Community Day Centre** 284 Crawford St Queanbeyan.

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

**2pm-5pm Lunch Garema Place City/The Network of Jesus** Love.

**5pm-6pm Rm I Griffin Centre** Genge St Canberra City (Masonic Lodge—provider)

### **Citizens Advice Bureau ACT**

Rm G02, Griffin Centre, Genge St, Canberra

Postal address: GPO Box 669

Canberra ACT 2601



**Citizens Advice Bureau ACT**

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

Phone: 02 6248 7988

Fax: 02 6257 7383



FREE MEAL GUIDE

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MEAL GUIDE**

## 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** 284 Crawford St Queanbeyan

**12:30pm-4pm Northbourne community centre** Block 5 Forbes St Turner

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

## TUESDAY

**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 Pie Day (Pies start 12pm) Blue Door Drop-in Centre** Ainslie Village Quick Street, Campbell

**12:30 Lunch St Benedicts** 284 Crawford St Queanbeyan +food parcels avail.

**4.30pm - 5:30pm Griffin Centre** Meeting RmI Genge St Civic (Australian Red Cross - the provider)

**5.00 pm Dinner** Under 25 years **Belconnen Youth Centre** Cnr Chandler St and Swanson Court Belconnen

## WEDNESDAY

**7:30am-8:30am, Breakfast, Early Morn. Centre**, Canberra City Uniting Church 69 Northbourne Ave

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

**12:30-1:30 Weston Creek community lunch** St Peters church hall Parkinson St Weston.

**12.30pm Lunch St Benedicts Community Day Centre** 284 Crawford 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 Pie Day (Pies start at 12pm) 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 Athlon Drive & Summerland Cct)

**4.30pm - 5:30pm** Meeting Rm I **Griffin Centre** Genge St City/provider Australian Red Cross

**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

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

**12:30 Lunch St Benedicts day centre** 284 Crawford St Queanbeyan

**5pm - 9pm Stasia's Soup Kitchen** Garema Place Civic

### Under 25 Only

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

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

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

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