

Weekly Meals List - Free or Low Cost Meals

EAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. John the Compassionate 155 Broadview Ave 416-466-1357	closed	B 5:30-8:30 am *Breakfast program Nov - Mar	B 5:30-8:30 am	B 5:30-8:30 am D 4:30-6:30 pm	B 5:30-8:30 am L noon	B 5:30-8:30 am L noon	closed
Second Base Youth Shelter Drop-In 702 Kennedy Rd 416-261-2733 (youth 16-21)	closed	L noon	L noon	L noon	L noon	L noon	closed
Warden Woods CC Teesdale Drop-In Centre 40 Teesdale Pl 416-694-1138	closed	closed	closed	L noon	L noon (bag lunch) D 1 pm (take-out every 2 nd Thurs)	closed	closed
WoodGreen Community Services Drop-In 650 Queen St E 416-645-6000	closed	B 9 am L 1 pm	B 9 am	B 9 am L 1 pm	B 9 am L 1 pm	B 9 am L 1 pm	closed
WEST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Church of Nazarene The Sharing Place 624 Annette St 416-762-3322	closed	closed	closed	closed	B 10 am D 7 pm	closed	closed
Christie-Ossington Neighbourhood Ctr 789 Dovercourt Rd 416-531-8031 x11	L 1-2 pm	L noon-1 pm	L noon-1 pm	L noon-1 pm	L noon-1 pm	closed	D 4-8 pm

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Davenport-Perth Neighbourhood Centre 1900 Davenport Rd 416-656-8025	closed	D 5-6 pm	closed	D 5-6 pm	closed	L noon	closed
Emmanuel Howard Park United Church 214 Wright Ave 416-536-1755	L 2-4 pm D 5:30-6 pm	closed	closed	closed	closed	closed	closed
Houselink Drop In Centre 805 Bloor St 416-539-0690	D 5 pm \$1	B 11 am 50¢	D 4:30 pm \$1	closed	L 12:30 pm \$1	closed	closed
LAMP Community Health Centre 185 Fifth St 416-252-6471	closed	B 8-9:30 am L 11:45 am-12:45 pm (Sept-June)	closed	B 8-9:30 am L 11:45 am-12:45 pm (Sept-June)	closed	closed	closed
Life Community Church 46 Denison Rd E 416-243-9502	closed	closed	closed	B 9-10:30 am	B 9-10:30 am L noon-1 pm	closed	closed
Martin Luther Evangelical Church 2379 Lakeshore Blvd W 416-251-5811	closed	closed	closed	closed	closed	closed	L noon-1 pm
Parkdale Activity Recreation Centre 1499 Queen St W 416-537-2591	L 1 pm	B 9 am L 11:30 am	B 9 am L 11:30 am	B 9 am L 11:30 am	B 9 am L 11:30 am	L 1 pm	L 1 pm
Salvation Army 789 Dovercourt Rd 416-532-4511	closed	closed	closed	closed	closed	closed	D 4-8 pm

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Sistering, A Women's Place (women only) 962 Bloor St W 416-926-9762	B 9:30-10:30 am L noon-2:45 pm	L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm
Sistering Parkdale (women only) 220 Cowan Ave 416-588-3939	closed	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	closed
St. Francis Table 1322 Queen St W 416-532-4172	L noon-1 pm ALL MEALS \$1	D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm	closed
Syme-Wooler Neighbourhood & Family Centre 2468 Eglinton Ave W 416-766-4634	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm D 5:30-6:30 pm	B 9-10 am L noon-1 pm	closed	B 9-10 am L noon-1 pm
The Branch Church 69 Long Branch Avenue 416-640-2005	closed	closed	closed	closed	closed	closed	D 4:30-5:30 pm 4th Sat of every month
The Stop Community Food Centre 1884 Davenport Rd 416-652-7867	closed	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	closed	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	closed
West Neighbourhood House, Parkdale Meeting Place 1499 Queen St W 416-891-3396	closed	closed	closed	D 6 pm	D 6 pm	closed	closed
Wychwood Open Door 729 St Clair Ave W 416-652-0857	closed	B 9-11 am L 12:30-2 pm	closed	B 9-11 am L 12:30-2 pm	closed	B 9-11 am L 12:30-2 pm	closed

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Good Neighbours Club (men 50+) 170 Jarvis St 416-366-5377	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm * All meals \$1	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm
Good Shepherd Drop-In 412 Queen St E 416-869-3619	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm
Margaret's Toronto East Drop-in 323 Dundas St E 647-367-2100	B 7-9 am L 10:30 am-noon	closed	B 7-9 am L 10:30 am-noon	B 7-9 am L 10:30 am-noon	B 7-9 am L 10:30 am-noon	closed	B 7-9 am L 10:30 am-noon
Metropolitan United Church 56 Queen St E 416-363-0331 x41	closed	L 11 am	closed	L 11 am	closed	L 11 am	closed
Native Canadian Centre 16 Spadina Rd 416-964-9087	closed	B 8-9 am (Jan-Mar 31) L 11:30 am-12:30 pm * Lunch \$2 unemployed/ \$3 employed	B 8-9 am (Jan-Mar 31) L 11:30 am-12:30 pm	B 8-9 am (Jan-Mar 31) L 11:30 am-12:30 pm	B 8-9 am (Jan-Mar 31) L 11:30 am-12:30 pm	B 8-9 am (Jan-Mar 31) L 11:30 am-12:30 pm	closed
Native Child & Family Services of Toronto - Youth Drop-in 655 Bloor St W 416-969-8510 (Native, Métis and Inuit youth 16-24)	closed	B 8:30-9:30 am L noon-1 pm D 5-6 pm	B 8:30-9:30 am L noon-1 pm D 5-6 pm	B 8:30-9:30 am L noon-1 pm D 5-6 pm	B 8:30-9:30 am L noon-1 pm D 5-6 pm	B 8:30-9:30 am L noon-1 pm D 5-6 pm	closed
Osgoode Hall 130 Queen St W 416-947-3439	B 9-10 am	closed	closed	D 5-6 pm	B 6:45-7:30 am	D 5-6 pm	closed
Our Place Community of Hope Centre 1183 Davenport Rd 416-598-2919	closed	closed	D 5 pm (\$1)	D 5 pm (\$1)	closed	D 5 pm (\$1)	closed

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Red Cross Downtown A 41 Earl St 647-883-7133	closed	B 8:30-10 am	closed	D 5:30-7 pm	closed	closed	closed
Red Cross Downtown B 54 Hayden St 647-883-7133	closed	closed	closed	closed	closed	closed	L 12:30-2:30 pm (Nov - Apr)
Saint Luke's United Church 353 Sherbourne St 416-924-9619	closed	closed	D 5:30 pm (Community Dinner)	closed	closed	closed	closed
Salvation Army Gateway Drop-In 107 Jarvis St 416-368-0324	D 4:30-5:30 pm (Tickets given out at 1 pm)	D 4:30-5:30 pm (Tickets given out at 1 pm)	closed	D 4:30-5:30 pm (Tickets given out at 1 pm)	D 4:30-5:30 pm (Tickets given out at 1 pm)	closed	D 4:30-5:30 pm (Tickets given out at 1 pm)
Salvation Army Street Van & Street Youth Van call for location 416-627-5284	closed	B van 5-8 am	B van 5-8 am	B van 5-8 am	B van 5-8 am	B van 5-8 am	closed
Sanctuary 25 Charles St E 416-922-0628	closed	closed	closed	L noon	D 6 pm	closed	closed
Scott Mission 502 Spadina Ave 416-923-8872	B 8:45 am (bag lunch)	L 10:30 am + 11:30 am Bag Lunch 4 pm	L 10:30 am + 11:30 am Bag Lunch 4 pm	L 10:30 am + 11:30 am Bag Lunch 4 pm	L 10:30 am + 11:30 am Bag Lunch 4 pm	L 10:30 am + 11:30 am Bag Lunch 4 pm	L 10:30 am + 11:30 am Bag Lunch 4 pm
St. Andrew's Church 73 Simcoe St 416-593-5600	closed	D 6-8 pm (Nov-Apr)	B 7:30-9 am	closed	closed	closed	closed

