

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

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

