

Weekly Meals List - Free or Low Cost Meals

NORTH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weston-King Neighborhood Centre 2017 Weston Rd. 416-241-9898	closed	B 10am	L noon-1pm D 6-7pm	B 10am	B 10am L noon-1pm (women only)	B 10am	B 10am
EAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Agincourt Community Services Association (ACSA) 4156 Sheppard Ave. E. 416-321-6912	B 9-11:30am L 12:30-1:30pm ACSA	B 9-11:30am L 11:30am-1pm ACSA	B 9-11:30am L 11:30am-1pm 4156 Sheppard Ave. E. (Sep-Jun)	closed	B 9-11:30am L 11:30am-1pm St Timothy's Church 4125 Sheppard Ave. E.	B 9-11:30am L 11:30am-1pm ACSA	B 9-11:30am L 12:30-1:30pm ACSA
Beach Drop-In Centres Woodbine Ave./Queen St.	closed	L 11am-1pm Corpus Christi *16 Lockwood Rd. (Oct - May)	L 11am-1pm St. John's Norway 470 Woodbine Ave.	L 11am-1pm Beaches Hebrew Institute 109 Kenilworth Ave. (Oct - May)	L 11am-1pm Beach United Church 140 Wineva Ave. (Oct - Nov)	L 11am-1pm Kingston Road Church 975 Kingston Rd. (Oct - May)	closed
Glen Rhodes United Church 1470 Gerrard St. E. 416-694-0811	closed	D 5pm 4 th Mon. of each month (except Dec)	B 9-11:30am	closed	closed	B 9-11:30am	closed
Red Cross Drop-In Scarborough 700 Kennedy Rd. 416-267-0115	closed	B 10am L noon-2pm	L noon-2pm	L noon-2pm	L noon-2pm	L noon-2pm	closed

B=Breakfast L=Lunch D=Dinner

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EAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. John the Compassionate 155 Broadview Ave. 416-466-1357	closed	closed	closed	L noon-1pm D 4:45	L noon-1pm	L noon-1pm	L 11am-1pm
Scarborough Seventh Day Adventist Church 235 Poplar Rd. 416-284-9475	closed	closed	closed	closed	Take-out D 3pm (must bring own container)	closed	closed
Second Base Youth Shelter Drop-In 702 Kennedy Rd. 416-261-2733 x9 (youth only)	closed	L noon	L noon	L noon	L noon	L noon	closed
Toronto East S.D.A. Church 170 Westwood Ave. 416-686-8044	B 10-11:30am D 3-5pm 3 rd Sun. of each month	closed	closed	closed	closed	closed	closed
Touchstone Youth Centre Drop-In 1076 Pape Ave. 416-696-6932 (youth 16-24)	closed	B 8:00am L noon D 5pm	B 8:00am L noon D 5pm	B 8:00am L noon D 5pm	B 8:00am L noon D 5pm	B 8:00am L noon D 5pm	closed
Warden Woods CC Teesdale Drop-In Centre 40 Teesdale Pl. 416-694-1138	L noon-1:30pm	closed	closed	L noon-1:30pm	L noon-1pm (bag lunch)	closed	closed
Woodbine Heights Baptist Church 1171 Woodbine Ave. 416-467-1462	closed	closed	L 11:30am-1pm	closed	closed	closed	closed

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EAST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WoodGreen Community Services Drop-In 650 Queen St. E. 416-645-6000	closed	B 9am L 11am (bagged lunch)	L 11am (bagged lunch)	B 9am L 2pm	L 10:45am	B 9am L noon-1pm	closed
WEST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christie-Ossington Neighbourhood Ctr 854 Bloor St. W. 416-534-8941	closed	L 1230-130pm	L 1230-130pm	L 1230-130pm	L 1230-130pm	closed	closed
Davenport - Perth Neighbourhood Centre 1900 Davenport Rd. 416-656-8025	closed	closed	closed	D 5pm	closed	L noon	closed
Emmanuel Howard Park United Church 214 Wright Ave. 416-460-6464	L 2-4:30pm D 5:30-6pm	closed	closed	closed	closed	closed	closed
LAMP Community Health Centre 185 Fifth St. 416-252-6471	closed	B 8-9:30am L noon-12:30pm	closed	B 8-9:30am L noon-12:30pm	closed	closed	closed
New Hope Drop-In St. Christopher House 1449 Queen St. W. 416-891-3396	closed	closed	closed	D 6pm	D 6pm	closed	closed
Parkdale Activity & Recreation Centre 1499 Queen St. W. 416-537-2591	closed	B 9:30am L 12:30am	B 9:30am L 12:30am	B 9:30am L 12:30am	B 9:30am L 12:30am	closed	closed
Salvation Army 789 Dovercourt Rd. 416-532-4511	closed	closed	closed	closed	L 11am-4pm D 6-8pm	closed	closed

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WEST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sistering, A Women's Place (women only) 925 Bloor St. W. 416-926-9762	B 9:30-11:30am L noon-2:45pm	L noon-2:45pm	B 9:30-11:30am L noon-2:45pm	B 9:30-11:30am L noon-2:45pm	B 9:30-11:30am L noon-2:45pm	B 9:30-11:30am L noon-2:45pm	B 9:30-11:30am L noon-2:45pm
Sistering Parkdale 220 Cowan Ave. 416-588-3939	closed	B 9am L noon-1pm	B 9am L noon-1pm	B 9am L noon-1pm	B 9am L noon-1pm	B 9am L noon-1pm	closed
St. Francis Table 1322 Queen St. W. 416-532-4172	L noon-1pm ALL MEALS \$1	D 4:30-6pm	L noon-1pm D 4:30-6pm	L noon-1pm D 4:30-6pm	L noon-1pm D 4:30-6pm	L noon-1pm	closed
Syme-Wooler Neighbourhood & Family Centre 2468 Eglinton Ave. W. 416-766-4634	B 10-11am	B 10-11am	B 10-11am	B 10-11am D 5pm	B 10-11am	B 10-11am	B 10-11am
The Stop Community Food Centre 1884 Davenport Rd. 416-652-7867	closed	B 9-10am L noon-1pm	B 9-10am	closed	B 9-10am L noon-1pm	B 9-10am	closed
Trinity Temple 46 Denison Dr. E. 416-243-9502	closed	closed	closed	B 9-10:30am	B 9-10:30am L noon-1pm	closed	closed
Wellesley Mimico United Church 25 Station Rd. 416-251-5811	closed	closed	closed	closed	closed	D 6pm	closed
Wychwood Open Door 729 St. Clair Ave. W. 416-652-0857	closed	B 9-11am L 12:30-2pm	closed	B 9-11am L 12:30-2pm	closed	B 9-11am L 12:30-2pm	closed

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CENTRAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
416 Community Support for Women 416 Dundas St. E. 416-928-3334	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)	B 8-10am L noon-2pm (women only)
519 Church Street Community Centre 519 Church St. 416-392-6878	B 10am L noon	D 6pm (Trans)	closed	D 5pm (Trans youth)	closed	closed	closed
Adelaide Resource Centre for Women 67 Adelaide St. E. 416-392-9243	closed	L noon-1245pm (women only)	L noon-1245pm (women only)	L noon-1245pm (women only)	L noon-1245pm (women only)	L noon-1245pm (women only)	closed
Anishnaabeg Youth Centre (youth only) 1 Wood St. 416-850-6110 (Native, Métis and Inuit)	closed	B 830-930am L noon-1pm D 5:30-6:30pm	B 830-930am L noon-1pm D 5:30-6:30pm	B 830-930am L noon-1pm D 5:30-6:30pm	B 830-930am L noon-1pm D 5:30-6:30pm	B 830-930am L noon-1pm D 5:30-6:30pm	closed
Bloor-Bathurst Interchurch Gathering Spot - Walmer Road Baptist Church 188 Lowther Ave. 416-924-1121	closed	closed	D 630pm \$3 meal	closed	closed	closed	closed
Calvin Presbyterian Church 26 Delisle Ave. 416-923-9030	closed	closed	closed	closed	closed	closed	B 8-930am 2 nd and last Sat. of each month

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CENTRAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Caribbean Canadian Catholic Church 867 College St. 416-535-3028	closed	closed	closed	B 9am-noon	closed	closed	closed
Church of the Holy Trinity 10 Trinity Sq. 416-598-4521	B 8-9:30am	closed	closed	closed	closed	closed	closed
Church of the Redeemer 162 Bloor St. W. 416-922-0375 Lower level	closed	B 9-1015am L 1030-1130am	B 9-1015am L 1030-1130am	B 9-1015am L 1030-1130am	B 9-1015am L 1030-1130am	B 9-1015am L 1030-1130am	closed
Cornerstone Urban Church 188 Carlton St. 416-203-7117	closed	closed	closed	closed	closed	closed	D 5-7pm Dinner at 170 Jarvis St.
Council Fire Drop-In Program 439 Dundas St. E. 416-360-4350	L noon-1230pm	L noon-1230pm D 4-430pm	L noon-1230pm D 4-430pm	L noon-1230pm D 4-430pm	L noon-1230pm D 4-430pm	L noon-1230pm D 4-430pm	L noon-1230pm
Covenant House Community Support Services 20 Gerrard St. E. 416-204-7037	closed	L 115pm D 4pm	L 115pm D 4pm	L 115pm D 4pm	L 115pm D 3pm	L 115pm D 4pm	closed
Evangel Hall 552 Adelaide St. W. 416-504-3563		B 9am-10:30am	B 9am-10:30am	B 9am-10:30am	B 9am-10:30am	B 9am-10:30am	B 9am-noon

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CENTRAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fort York Food Bank 797 Dundas St. W. 416-203-3011	closed	closed	L noon-2pm	L noon-2pm	L noon-2pm	L noon-2pm	L noon-2pm
Fred Victor Women's Day Program 67 Adelaide St. E. 416-392-9292	closed	B 10am	B 10am	B 10am	B 10am	B 10am	closed
Fred Victor Centre Open House Drop-In 145 Queen St. E. 416-364-3171	closed	B 10-11:30 \$1.50 D 4-5:30 \$2.50	B 10-11:30 \$1.50 D 4-5:30 \$2.50	B 10-11:30 \$1.50 D 4-5:30 \$2.50	B 10-11:30 \$1.50 D 4-5:30 \$2.50	B 10-11:30 \$1.50 D 4-5:30 \$2.50	closed
Good Neighbours Club (men age 50+) 170 Jarvis St. 416-366-5377	B 8:15 L noon	B 8:15 L noon	B 8:15 L noon	B 8:15 L noon	B 8:15 L noon	B 8:15 L noon	B 8:15 L noon
Good Shepherd Drop-In 412 Queen St. E. 416-869-3619	B 9-11am L 2-4pm	B 9-11am L 2-4pm	B 9-11am L 2-4pm	B 9-11am L 2-4pm	B 9-11am L 2-4pm	B 9-11am L 2-4pm	B 9-11am L 2-4pm
Metropolitan United Church 56 Queen St. E. 416-363-0331	closed	L 11am	closed	L 11am	closed	L 11am	closed
Native Canadian Centre 16 Spadina Rd. 416-964-9087	closed	B 8-9am (Jan-Mar 31 only) L noon-1230pm	B 8-9am (Jan-Mar 31 only) L noon-1230pm	B 8-9am (Jan-Mar 31 only) L noon-1230pm	B 8-9am (Jan-Mar 31 only) L noon-1230pm	B 8-9am (Jan-Mar 31 only) L noon-1230pm	closed
Osgoode Hall 130 Queen St. W. 416-947-3439	B 10-11am take-out bag	closed	closed	D 5-6pm	B 645-730am take-out bag	D 5-6pm take-out bag	closed

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CENTRAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our Place Community of Hope Centre 1183 Davenport Road 416-598-2919	closed	closed	D 5:30-6:15pm	closed	D 5:30-6:15pm	closed	closed
Red Cross Downtown A 41 Earl St. 647-883-7133	closed	B 8:30-10:30am	closed	D 5:30-7pm	closed	closed	closed
Red Cross Downtown B 54 Hayden St. 647-883-7133	closed	B 8:30-10:30am	closed	D 5:30-7pm	closed	closed	L 12:30-2pm (Nov - Apr)
Salvation Army Gateway Drop-In 107 Jarvis St. 416-398-0324	D 4:30-5:30pm Tickets given out at 1pm	D 4:30-5:30pm Tickets given out at 1pm	closed	D 4:30-5:30pm Tickets given out at 1pm	D 4:30-5:30pm Tickets given out at 1pm	closed	D 4:30-5:30pm Tickets given out at 1pm
Salvation Army Street Van call for location 416-627-5284 Street Youth Van	D van (youth) 8-10:30pm D 4-6pm (at 160 Jarvis)	B van 5-8am D van (youth) 8-10:30pm	B van 5-8am D van (youth) 8-10:30pm	B van 5-8am D van (youth) 8-10:30pm	B van 5-8am D van (youth) 8-10:30pm	B van 5-8am	B van 5-8am
Salvation Army Maxwell Meighan 135 Sherbourne St. 416-366-2733 x246	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm	B 6:30-7:30am L noon-1pm D 5pm
Sanctuary 25 Charles St. E. 416-922-0628	closed	closed	closed	L 10:30am	D 4:30pm	closed	closed
Scott Mission 502 Spadina Ave. 416-923-8872	Bag Lunch 8:30-9:15am	B 10:30am + 11:30am Bag Lunch 4pm	B 10:30am + 11:30am Bag Lunch 4pm	B 10:30am + 11:30am Bag Lunch 4pm	B 10:30am + 11:30am Bag Lunch 4pm	B 10:30am + 11:30am Bag Lunch 4pm	B 10:30am + 11:30am
St. Bart's Breakfast 509 Dundas St. E. 416-368-9180	closed	closed	closed	closed	B 6-8am	closed	closed

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CENTRAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. Felix Centre 25 Augusta Ave. 416-203-1624	closed	B 7-10:30am L 11am-12:30pm D 5:30-6:45pm (adults \$1)	B 7-10:30am L 11am-12:30pm D 5:30-6:45pm (adults \$1)	B 7-10:30am L 11am-12:30pm D 5:30-6:45pm (adults \$1)	B 7-10:30am L 11am-12:30pm D 5:30-6:45pm (adults \$1)	B 7-10:30am L 11am-12:30pm	closed
Sketch 580 King St. W., 2nd Fl. 416-364-1559			L 2pm-5pm		L noon-4pm		
The Corner Drop-In 260 Augusta Ave. 416-964-8747	B 8-9am L 10:45-11:15pm	B 7:30-9am L 10:45-11:15pm	B 7:30-9am L 10:45-11:15pm	B 7:30-9am L 10:45-11:15pm	B 7:30-9am L 10:45-11:15pm	B 7:30-9am L 10:45-11:15pm	closed
Toronto Christian Resource Centre 415 Gerrard St. 416-364-1997	closed	B 9-10am L 11:30am-1:30pm	B 9-10am L 11:30am-1:30pm	B 9-10am L 11:30am-1:30pm	B 9-10am L 11:30am-1:30pm	B 9-10am L 11:30am-1:30pm	closed
Toronto Friendship Centre 323 Dundas St. E. 416-368-8179	B 8:30am + 10:30am	B 7:30am, 9am + 10:30am L 6-11am bag lunch	B 7:30am, 9am + 10:30am L 6-11am bag lunch	B 7:30am, 9am + 10:30am L 6-11am bag lunch	B 7:30am, 9am + 10:30am L 6-11am bag lunch	B 7:30am, 9am + 10:30am L 6-11am bag lunch	B 7:30am + 10:30am L 6-11am bag lunch
Warehouse Mission 47 Rose Ave. 647-228-3472	D 4pm	closed	D 4:30pm (for members of literacy program)	L noon (women's program)	D 5-6pm	D 7-10pm 1 st Fri. of each month	B 9-11am D 7pm 3 rd Sat. of each month (Jan - Apr)
Yonge Street Mission's Evergreen Centre for Street Youth (16-24) 381 Yonge St. 416-977-7259	closed	L 12:30-3:30pm D 5-5:45pm	L 12:30-3:30pm D 5-5:45pm	L 12:30-3:30pm D 5-5:45pm	L 12:30-3:30pm D 5-5:45pm	L 12:30-3:30pm D 5-5:45pm	closed
Yonge Street Mission 270 Gerrard St. E. 416-929-9614	closed	closed	L 12:30-3:30pm (seniors only) (Sep-Jun)	closed	D 5-9pm (adults only) (Sep-Jun)	closed	closed
YouthLink Inner City 7 Vanauley St. 416-703-3361	closed	B 9am L 1pm	B 9am	B 9am L 1pm	B 9am L 1pm D 6:30pm	B 9am L 1pm	closed