

# FREE MEALS IN THE SPOKANE AREA (Dinner Schedule & Meal Locations on other side)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Crosswalk 9 – 9:30am (ages 13-17) Mid-City Concerns 8 – 9:30am (55 & older) Shalom 7:30 – 8:30am	Crosswalk 9 – 9:30am (ages 13-17) Mid-City Concerns 8 – 9:30am (55 & older) Shalom 7:30 – 8:30am House of Charity 7:30-8:30am The City Gate 10 – 11am	Crosswalk 9 – 9:30am (ages 13-17) Mid-City Concerns 8 – 9:30am (55 & older) Shalom 7:30 – 8:30am House of Charity 7:30-8:30am The City Gate 10 – 11am	Crosswalk 9 – 9:30am (ages 13-17) Mid-City Concerns 8 – 9:30am (55 & older) Shalom 7:30 – 8:30am House of Charity 7:30-8:30am The City Gate 10 – 11am	Crosswalk 9 – 9:30am (ages 13-17) Mid-City Concerns 8 – 9:30am House of Charity 7:30-8:30am The City Gate 10 – 11am	Crosswalk 9-9:30am (age 13-17) House of Charity 7:30-8:30am The City Gate 10am-12pm (2nd, 4th Sat. only) Holy Trinity Episcopal 8:45 – 10am St Peter's Lutheran (3rd Sat Only) 9-10:30am	Crosswalk 9 – 9:30am (ages 13-17) Orchard Christian Fellowship 7am (NOT 1st Sunday of each month) House of Charity 7:30-8:30am
<b>L U N C H</b>	Crosswalk 12 – 12:30pm (ages 13-17) Union Gospel Mission 12 – 12:30pm Mid-City Concerns 11:30am-12:15 (55 & older) Our Lady of Lourdes 11am-12pm House of Charity 11 – 11:30am Women's & Children's Restaurant 11:30pm – 1:30pm (boys up to 18) Cup of Cool Water 1 – 4pm (22 & under)	Crosswalk 12 – 12:30pm (ages 13-17) Union Gospel Mission 12 – 12:30pm Mid-City Concerns 11:30am-12:15 (55 & older) Our Lady of Lourdes 11am-12pm House of Charity 11 – 11:30am Women's & Children's Restaurant 11:30pm – 1:30pm (boys up to 18) Cup of Cool Water 1 – 4pm (22 & under) The City Gate 12 – 3pm	Crosswalk 12-2:30pm (13-17) Union Gospel Mission 12 – 12:30pm Mid-City Concerns 11:30am-12:15 (55+) Our Lady of Lourdes 11am-12pm House of Charity 11 – 11:30am Cup of Cool Water 1-4pm (22 & under) The City Gate 12 – 3pm Spokane Valley United Methodist 12:30pm (Last Sundays only, 55+)	Crosswalk 12-12:30pm (13-17) Union Gospel Mission 12 – 12:30pm Mid-City Concerns (55+) 11:30am-12:15 Our Lady of Lourdes 11am-12pm House of Charity 11 – 11:30am Cup of Cool Water (22 & under) 1 – 4pm The City Gate 12 – 3pm Women's & Children's Restaurant 11:30pm – 1:30pm (boys up to 18)	Crosswalk 12 – 12:30pm (ages 13-17) Union Gospel Mission 12 – 12:30pm Mid-City Concerns (55 & older) Our Lady of Lourdes 11am-12pm House of Charity 11 – 11:30am The City Gate 12 – 3pm	Crosswalk 12 – 12:30pm (ages 13-17) Union Gospel Mission 12 – 12:30pm House of Charity 11 – 11:30am Calvary Soup Kitchen 11am-1pm	House of Charity 11-11:30am Crosswalk 12 – 12:30pm (ages 13-17) Union Gospel Mission 12 – 12:30pm Spokane Valley United Methodist 12:30pm (Last Sunday each month) St. Ann's Parish Hall 1pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>D I N N E R</b>	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm Our Lady of Lourdes 4 – 5pm Off Broadway Outreach 5:30pm Alternate meal site Lighthouse Hub Shalom 4:30 – 5:30pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm Our Lady of Lourdes 4 – 5pm Women's & Children's Restaurant 3 – 6pm SPEAR 3:30-6pm Holy Trinity Lutheran 5-6pm (last Tuesday only) Cup of Cool Water 7:30 – 9:30pm Orchard Christian Fellowship 4pm (NOT 1st Tue) Shalom 4:30 – 5:30pm All Saints Lutheran 5-6pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm Our Lady of Lourdes 4 – 5pm Women's & Children's Free Restaurant 3 – 6pm The City Gate 7 – 8:30pm Holy Trinity Episcopal 5:30 – 6pm Blessings Under The Bridge 6-7pm SPEAR 3:30-6pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm Our Lady of Lourdes 4 – 5pm Cup of Cool Water 7:30 – 9:30pm House of Charity 4:30-5:30pm Salvation Army 5-7:30pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm Our Lady of Lourdes 4 – 5pm The City Gate 7 – 8:30pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm The City Gate 7 – 8:30pm	Crosswalk 6 – 6:30pm (ages 13-17) Union Gospel Mission 5:30 – 6pm The City Gate 7 – 8:30pm
<b>L O C A T I O N S</b>	All Saints Lutheran (Browne's Addition) 314 S Spruce St	Blessings Under The Bridge I-90 freeway bridge	Calvary Soup Kitchen 207 E. 3rd	Connections Church 2524 E Queen	The City Gate 170 S Madison	Crosswalk (ages 13-17) 2nd & Howard	Cup of Cool Water (22 & under) 2nd & Madison
	House of Charity 32 W Pacific	Holy Trinity Episcopal 1832 W Dean	Mid-City Concerns (55 & older) 1222 W 2nd Ave	Orchard Christian Fellowship 313 E 3rd Ave	Our Lady of Lourdes 1115 W Riverside	Off Broadway Outreach 1804 W Broadway Alternate meal site (Lighthouse Hub) 2225 W Broadway	
	Peaceful Valley Community Center 214 N. Cedar	St. Ann's Parish Hall 2120 E First Ave	Shalom (Central United Methodist) 518 W 3rd Ave	SPEAR (Age 4-18) 1905 E. Pacific	Spokane Valley United Methodist 115 N Raymond Rd	Union Gospel Mission 1224 E Trent	Women's & Children's Free Restaurant (boys up to 18) 1620 N Monroe

