

## Monday

### Bethany Christian Trust

Light House Project  
Units 1-2 Tillydrone Shopping Centre  
Hayton Road  
Tel: (01224) 647 677  
Time: 11am-1pm  
Men's drop in centre offering holistic one-to-one support

### Fountain of Love Church

31 Palmerston Road  
Tel: (01224) 574 511  
Time: 12pm-2pm  
Free lunch

### Social Bite

516 Union Street  
Tel: (01224 981863)  
Time: 9am-11am  
Free breakfast roll & drink  
Time: 2pm-3pm  
Free take away item

## Tuesday

### Fountain of Love Church

31 Palmerston Road  
Tel: (01224) 574 511  
Time: 12pm-2pm  
Free lunch

### Gilcomston South Church

Union Street  
Tel: (01224) 647 144  
Time: 12:45pm  
Soup & sandwiches

### Aberdeen Cyrenians

62 Summer Street  
Tel: (01224) 625 732  
Time: 5:30pm-8:00pm  
Free evening meal (service user card required\*)  
St. Vincent de Paul Society

### St. Mary's Cathedral

Huntly Street  
Tel: (01224) 640 160  
Time: 7:30pm-8:30pm  
Food & clothes parcels given out

### Social Bite

516 Union Street  
Tel: (01224 981863)  
Time: 9am-11am

Free breakfast roll & drink  
Time: 2pm-3pm  
Free take away item

## Wednesday

### Peace House

46 Union Street  
Tel: (01224) 905 594  
Time: 10:30am-11:30am  
Free breakfast

### Fountain of Love Church

31 Palmerston Road  
Tel: (01224) 574 511  
Time: 12pm-2pm  
Free lunch

### Social Bite

516 Union Street  
Tel: (01224 981863)  
Time: 9am-11am  
Free breakfast roll & drink  
Time: 2pm-3pm  
Free take away item  
Time: 4pm-5.30pm  
Free evening meal (women only)

## Thursday

### Peace House

46 Union Street  
Tel: (01224) 905 594  
Time: 10:30am-11:30am  
Free breakfast  
Fountain of Love Church  
31 Palmerston Road  
Tel: (01224) 574 511  
Time: 12pm-2pm  
Free lunch

### Aberdeen Cyrenians

62 Summer Street  
Tel: (01224) 625 732  
Time: 5:30pm-8:00pm  
Free evening meal (service user card required\*)

### The Salvation Army

Citadel Coffee Bar  
Castlegate  
Tel: (01224) 579 370  
Time: 9pm  
Soup and a sleeping bag

### Social Bite

516 Union Street  
Tel: (01224 981863)

Time: 9am-11am  
Free breakfast roll & drink  
Time: 2pm-3pm  
Free take away item  
Time: 4pm-5.30pm Free evening meal

### **Friday**

#### **Peace House**

46 Union Street  
Tel: (01224) 905 594  
Time: 10:30am-11:30am  
Free breakfast

#### **Fountain of Love Church**

31 Palmerston Road  
Tel: (01224) 574 511  
Time: 12pm-2pm  
Free lunch

#### **Bethany Christian Trust**

Quay Toastie Club  
Citadel Coffee Bar  
Castlegate  
Tel: (01224) 647 677  
Time: 6:30pm-8pm

#### **Social Bite**

516 Union Street  
Tel: (01224 981863)  
Time: 9am-11am  
Free breakfast roll & drink  
Time: 2pm-3pm  
Free take away item

### **Saturday**

#### **Aberdeen Cyrenians**

62 Summer Street  
Tel: (01224) 625 732  
Time: 12pm-2pm  
Lunch (service user card required\*)

#### **Gilcomston South Church**

Union Street  
Tel: (01224) 647 144  
Time: 9pm-11pm  
Hot chocolate

#### **Rehoboth Banquet (Jesus House Torry)**

Old Torry Community Centre  
2 Abbey Place  
Tel: (01224) 4874158  
Time: 4:30pm - 5.30pm  
Free evening meal every first Saturday of the month.

### **Sunday**

#### **Aberdeen Cyrenians**

62 Summer Street  
Tel: (01224) 625 732  
Time: 12pm-2pm  
Lunch (service user card required\*)

### **Monday-Friday**

#### **Instant Neighbour Charitable Trust**

Instant Neighbour House  
5 St. Machar Drive  
Non-perishable food parcels available