

**MEALS ARE FREE UNLESS OTHERWISE NOTED**

**ANGELINE'S DAY CENTER**

(206) 461-4888

2024 Third Avenue  
Seattle, WA 98121

BREAKFAST: Daily – 7 a.m.  
LUNCH: Daily – 11:30 a.m.  
SNACK: Daily – 3:30 p.m.  
EVENING SNACK: Daily – 8:30 p.m.  
CRITERIA: Homeless Women.

**AUBURN COMMUNITY SUPPER**

(253) 833-8925

First United Methodist Church of Auburn  
100 "N" Street SE  
Auburn, WA 98002

CONTACT: Executive Director

DINNER: Every Monday, 4:30 – 5:15 p.m.  
CRITERIA: Open to all.

**BLESSED SACRAMENT CHURCH**

Call first for time and location

5050 Eighth NE (parish hall)  
Seattle, WA 98105

CONTACT: John Morford, (206) 930-6005

CRITERIA: Open to the general public; children welcome.

**BREAD OF LIFE MISSION**

(206) 682-3579

97 South Main  
Seattle, WA 98104

CONTACT: Michael VanLydegraf

*PASTRIES AVAILABLE 10-12 DAILY*

SACK LUNCH: M, W, Th, Fri, Given out 12 noon – 1 p.m.  
LUNCH (HOT): Tuesdays, 12:30 p.m.  
DINNER: Doors open at 5:45 p.m. for Intake  
CRITERIA: Attendance at chapel service required for dinner served at 8 p.m.; must be sober. May sign up for meal at Bread of Life Mission between 10 a.m. and 4 p.m. Monday-Saturday. Sundays and Holidays Hours: 1 – 4 p.m.

**CATHEDRAL KITCHEN**  
803 Terry Avenue

(206) 264-2091

SITE: 803 Terry (corner of Terry & Columbia)  
DINNER: Monday-Friday, 4:30 –5 p.m. (doors open at 4 p.m.)  
CRITERIA: Serves women, families, children, and men over 55.

**COMMUNITY LUNCH**  
1710 – 11<sup>th</sup> Avenue (Hall next to Central Lutheran Church)  
Seattle, WA 98102

(206) 322-7500

CONTACT: Don Jensen

LUNCH: Tuesday and Friday, 12 p.m. – 1:00 p.m.  
CRITERIA: All are welcome.

**DOWNTOWN EMERGENCY SERVICE CENTER**  
517 Third Ave.  
Seattle, WA 98104

(206) 464-1570

CONTACT: Registration Desk

DINNER: Daily, 6 p.m.  
CRITERIA: **Overnight shelter residents only.** Homeless men and women 18 years of age or older. **Priority Categories:** mentally ill, chemically dependent, single women, men 60 & older, physically or developmentally disabled or medically compromised (must be able to get in/out of wheelchair).

**EL CENTRO DE LA RAZA**  
Latino Hot Meal Program  
2524 16th Avenue South

(206) 329-7960

CONTACT: Graciela Gonzalez

LUNCH: Monday, Friday – 12 noon  
CRITERIA: No restrictions; open to all.

**FRIDAY FEAST**  
NE 43<sup>rd</sup> Street and 15<sup>th</sup> Avenue NE  
Seattle, WA 98105

CONTACT: Sinan Demirel

SITE: University Temple United Methodist Church  
1415 NE 43<sup>rd</sup> (alley entrance), NE 43<sup>rd</sup> Street and 15<sup>th</sup> Avenue NE  
DINNER: Friday, 6 p.m.  
CRITERIA: No restrictions; open to all low-income people, all ages.

**FRIENDLY ISLAND OF TONGA SENIORS**

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service  
720 Eighth Avenue S., Suite 200  
Seattle, WA 98104

CONTACT: Elsa Valle

SITE: 2801 SW Thistle Street

LUNCH: Friday, 11 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Tongans and Pacific Islanders.

**HOPELINK/SNO-VALLEY**

(425) 333-4163

P. O. Box 485  
Carnation, WA  
Seattle, WA 98014

CONTACT: Mary Lou McMeins

SITE: 31957 E. Commercial Street

LUNCH: Thursdays, 12 noon – 1 p.m.

DINNER: 2<sup>nd</sup> Wednesdays; 6 – 6:45 p.m.

CRITERIA: Open to all.

**IMMANUEL LUTHERAN CHURCH**

(206) 623-3779

1215 Thomas Street  
Seattle, WA 98109

LUNCH: Last Sunday of each month, 12 noon – 2 p.m.

CRITERIA: No restrictions; open to all.

**JUBILEE DINNERS**

(206) 669-1258

St. Andrew Episcopal Church  
111 N.E. 80th  
Seattle, WA 98115

CONTACT: Doug Macmillan

SITE: St. Andrew Episcopal Church  
111 N.E. 80<sup>th</sup>, SeattleDINNER: Last Sunday of each month, 2 p.m. (*a complete hot meal*)

CRITERIA: Open to the community; (handicapped accessible)

**KOREAN SENIOR CLUB**

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service  
720 Eighth Avenue S., Suite 200  
Seattle, WA 98104

CONTACT: Elsa Valle

SITE: 330 19<sup>th</sup> Avenue

LUNCH: Tuesdays and Fridays, 11:30 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Samoans.

**LAZARUS DAY CENTER**  
416 Second Avenue Extension South  
Seattle, WA 98104

(206) 623-7219 ext. 5949  
CONTACT: Annie Green

LUNCH: Daily, 12 noon – 2 p.m.

CRITERIA: Must be 50 years of age or older. Bring ID to become a member and verify age.

**LEGACY HOUSE NUTRITION PROGRAM**  
409 Maynard Ave. S.  
Seattle, WA 98104

(206) 624-8929 xt 239  
vilmaf@scidpda.org  
CONTACT: Vilma Fernandez

LUNCH: Monday-Friday, 11:30 a.m. – 12:30 p.m.  
Lunch served at the Bush-Asia Center (*Bush Hotel*), 409 Maynard Avenue South,  
downstairs/park level. Asian meals. (*Have games/various activities every first Wed. of the month*)

CRITERIA: Must be 60 years of age or older or spouse of any age.

**LUNCHTIME AT ST. LUKES**  
St. Luke's Episcopal Church  
5710 22nd Avenue NW  
Seattle, WA 98107

(206) 784-3119 xt 108  
CONTACT: Nancy Rogers

LUNCH: Friday, 11:30 a.m. – 12:30 p.m.

CRITERIA: No restrictions; open to all. **NO MEAL SERVICE IN JULY & AUGUST.**

**MILLIONAIRE CLUB**  
2515 Western Avenue  
Seattle, WA 98121

(206) 728-5627  
CONTACT: Brent Herrmann

BREAKFAST: Monday-Friday, 6:15 – 7 a.m.

LUNCH: Monday-Friday, 12 noon – 1:30 p.m.

CRITERIA: No restrictions; open to all

**MONDAY FEEDING PROGRAM**  
Woodland Park Presbyterian Church  
225 North 70th  
Seattle, WA 98103

(206) 782-3776  
CONTACT: Georgia Mantz, 365-4305

LUNCH: Monday, 12:30 – 1 p.m.

CRITERIA: Open to the general public; children welcome  
Best to arrive by 12:30 p.m.

**NEW HORIZONS MINISTRIES**

(206) 374-0866

PO Box 2801  
Seattle, WA 98111

CONTACT: Naomi Yonemura

SITE: 2709 Third Avenue (3<sup>rd</sup> Avenue & Cedar Street. Enter in back)

BREAKFAST: Tuesday, 10 – 11 a.m. (must be 22 years old and under)

SNACK: Mon., Tues., Thurs., Fri, 10 a.m. – 12 noon

DINNER: Mon., Tues., Wed., Sun., 7 – 8 p.m. (must be under 21 years old)

**OPERATION NIGHTWATCH**

(206) 323-4359

P.O. Box 21181  
Seattle, WA 98111FAX: 323-4165 [downtowner@msn.com](mailto:downtowner@msn.com)  
CONTACT: Rick ReynoldsSITE: 302-14<sup>th</sup> Avenue South, Seattle

LIGHT MEAL: Daily 10 – 11:30 p.m.

CRITERIA: Nightwatch clients only. Serve only after 9 p.m.

NIGHTWATCH CLIENTS: Self-referred men 60 years old and older, families with children &amp; women can walk in; and single men 21-59 need referral from DESC, Bread of Life, or Millionair Club.

**OUR LADY OF MT. CARMEL**

(206) 324-1305 cell

508 Broadway  
Seattle, WA 98122

CONTACT: Curtis Hair

LIGHT MEAL: Daily (*except Monday*), 9 – 11 a.m.

CRITERIA: Open to all; must be sober.

**OUTDOOR MEAL SITE**

1-866-277-9252/(206) 396-8123

**(Various Meal Providers)**  
6<sup>th</sup> & Columbia, Seattle

CONTACT: Krista Grimm

MEALS: Daily meals Served. Call for schedule.

CRITERIA: Open to all.

**PACIFIC ASIAN EMPOWERMENT PROGRAM**

(206) 324-0269

3320 Beacon Avenue South  
Seattle, WA 98144

CONTACT: Robert Friedlander

SITES: Filipino Senior Services  
5740 MLK Jr. Way South  
Laotian & H'mong Senior Svs.  
6721 51st Ave. South  
Polynesian Nutrition Program  
8201 10<sup>th</sup> AV S 98108LUNCH: Tuesday & Thursday  
11 a.m. – 12:30 p.m.  
LUNCH: Tuesday & Friday  
11 a.m. – 12:30 p.m.  
LUNCH: Wednesday & Friday  
12:30 Meal served.

CRITERIA: Not restricted to seniors; open to all, including refugees, needy adults.

**PHINNEY NEIGHBORHOOD ASSN. SOUP KITCHEN**

(206) 783-2244

Phinney Neighborhood Association  
6532 Phinney Avenue North  
Seattle, WA 98103

CONTACT: Michael Gregory

SITE: St. John's Lutheran Church  
5515 Phinney Avenue NorthCalvary Lutheran Church  
7002 – 23<sup>rd</sup> Avenue N.W.

LUNCH: Wednesday, 12 noon – 1 p.m.

Mondays, 12 noon – 1 p.m.

DINNER: Tuesday, 5 – 6 p.m.

CRITERIA: No restrictions; open to all.

**PIKE MARKET SENIOR CENTER**

(206) 728-2773 ext. 7

Meal Program  
85 Pike Street, Seattle, WA 98101

CONTACT: Diane Carmel

SITE: At Senior Center, 85 Pike Street  
(under Rachel the Pig)LUNCH: Monday – Friday, 12 noon.  
Saturday and Sunday, 11:45 a.m.

CRITERIA: Seniors over 55 need to fill out a Membership Form. Suggested yearly fee of \$5.00

**SACRED HEART CHURCH/ST. VINCENT DE PAUL**

(206) 283-2104

232 Warren Avenue North, Suite B  
Seattle, WA 98109

CONTACT: Meal Coordinator

SITE: John Street between Warren Ave. North &amp; Second Ave. North

SACK LUNCH: M, T, W, Thur, Fri, 8:30 – 11 a.m.

CRITERIA: No restrictions; open to all.

**SAINT MARTIN'S ON WESTLAKE**

(206) 340-0410

2008 Westlake  
Seattle, WA 98121

CONTACT: Thomas Anderson

BREAKFAST: Monday – Saturday, 8 – 9 a.m.

BRUNCH: Sunday, 11 a.m. – 12:30 p.m.

LUNCH: 11:30 a.m. – 12:30 p.m.

DINNER: 4:30 – 5:30 p.m.

CRITERIA: **For Saint Martin's on Westlake residents only. Not open to the general public.** (Resident may have guest and purchase meal.)

**SAMOANA SENIOR CLUB**  
Asian Counseling & Referral Service  
720 Eighth Avenue S., Suite 200  
Seattle, WA 98104

(206) 695-7522 (ACRS)

CONTACT: Elsa Valle

SITE: 3204 SW Holly Street, Holly Park Community Center

LUNCH: Tuesday, 11 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Samoans.

**SEATTLE INDIAN CENTER HOT MEALS**

(206) 329-8700

611 12th Avenue South, Suite 300  
Seattle, WA 98144

LUNCH: Monday-Friday, 11:45 a.m. - 12:45 p.m.

CRITERIA: **Serves Seattle Indian Center clients, Seattle Indian Health Board clients and neighborhood residents.** Women and children welcome.

FOOD BANK Tues/Thur, 1:30-5:30  
Motel Vouchers for Families of 4-6 (NEED ID, SS CARDS, ORIG OR COPY OF BIRTH CERTIFICATES, ADULTS NEED PICTURE I.D.)

**SEATTLE UNION GOSPEL MISSION**

(206) 622-5177

318 Second Avenue Extension South  
Seattle, WA 98104

[bvandermeer@ugm.org](mailto:bvandermeer@ugm.org)

CONTACT: Bill Vandermeer

FREE MEALS: BREAKFAST: Daily, 7 – 8:30 a.m. (FREE)  
LUNCH: Daily, 12 noon, after chapel  
DINNER: Daily, 7 p.m., after chapel  
LATE DINNER: Daily, 8-8:45 p.m. after chapel (7-8)

CAFETERIA: LUNCH: Mon. – Sat., 12 noon – 1 p.m. (COST: \$2.00)  
[NO LUNCH MEAL ON SUNDAY]  
DINNER: Daily, 5 – 6 p.m. (COST: \$2.00)

CRITERIA: Chapel attendance required for free lunch and dinner. Low-cost cafeteria open to low-income public.

**SOUP LINE LUNCH BOX**

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service  
720 Eighth Avenue S., Suite 200  
Seattle, WA 98104

CONTACT: Elsa Valle

SITE: 919 King Street (ACRS Food Bank)

LUNCH: Friday, 10:30 a.m.

CRITERIA: No restrictions; open to all low-income people.

**UNIVERSITY DISTRICT YOUTH CENTER**

(206) 526-2992 Ext. 17

Catholic Community Services  
100 23<sup>rd</sup> Ave. S.  
Seattle, WA 98144

(richardk@ccsww.org)

CONTACT: Richard King, Director

SITE: 4516 15<sup>th</sup> NE

DROP-IN: Mon-Thu 1:15 – 4 p.m. are able to get food for on-site consumption of non-perishable food (eg, canned chili, cup-o-noodles, etc.) and limited frozen entrees that can be heated in our microwaves.

CRITERIA: Youth (12-22) who come to our drop-in program

**UNIVERSITY STREET MINISTRY TEEN FEED**

(206) 522-4366

4740B University Way N.E.  
Seattle, WA 98105

CONTACT: Meal Coordinator

SITES:	University Lutheran Church N.E. 50th & 16th NE	DINNER:	Monday 7 – 8 p.m.
	University Methodist Temple NE 43rd & 15th N.E.	DINNER:	Tuesday 7 – 8 p.m.
	University Congregational Church N.E. 45th & 16th Avenue N.E.	DINNER:	Wed. & Thursday 7 – 8 p.m.
	University Christian N.E. 50 <sup>th</sup> & 15 <sup>th</sup> N.E. Enter via alley, SW corner of building	DINNER:	Sundays 7 – 8 p.m.

CRITERIA: Serves youth, 12-21 years of age.

**VIETNAMESE FRIENDSHIP ASSOCIATION**

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service  
720 Eighth Avenue S., Suite 200  
Seattle, WA 98104

CONTACT: Elsa Valle

SITES: 4714 Rainier Avenue South

LUNCH: Monday &amp; Saturday, 10 a.m. – 12:00 p.m.

CRITERIA: Must obtain meal voucher from the Vietnamese Senior Association, Southeast Refugee Federation or Asian Counseling &amp; Referral Service. Primarily for low-income Vietnamese students and seniors.

**YOUTHCARE'S ORION CENTER**

(206) 622-5555

1020 Virginia  
Seattle, WA 98101

CONTACT: Jessica

LUNCH: Monday-Friday, 12:30 - 1:15 p.m.

DINNER: Monday-Friday, 6 - 6:30 p.m.

CRITERIA: Serves at-risk, homeless youth, 13-21 years of age.  
*[Center has a food, clothing, and hygiene bank. Youth can take showers and do laundry. Center provides intake access, health services, rides, and various other services, and so on.]*