

## MEALS IN CENTRAL DARTMOUTH

MEAL	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>BREAKFAST</b>		Dartmouth North Drop-In Breakfast 10am-12:00noon		Dartmouth North Drop-In Breakfast 10am-12:00noon		Dartmouth North Drop-In Breakfast 10am-12:00noon	
<b>LUNCH</b>	Margaret's House 12noon-12:30 0	Margaret's House 12noon-12:30	Margaret's House 12noon-12:30	Margaret's House 12noon-12:30 ----- Dartmouth North 12:00noon-1:00	Margaret's House 12noon-12:30	Margaret's House 12noon-12:30	Margaret's House 12noon-12:30
<b>SUPPER</b>		Margaret's House 4:30-5:00pm ----- Dartmouth North 5:30-6:30pm Young Families Supper	Margaret's House 4:30-5:00pm ----- -	Margaret's House 4:30-5:00pm ----- Dartmouth 7th Day Adv.Church 5:30-6:30pm Vegetarian meal		Dartmouth 7th Day Adv.Church 5:30-6:30pm Vegetarian meal	

## MEALS IN SPRYFIELD

MEAL	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>BREAKFAST</b>		Spryfield Salv. Army 9:30-10:30am Cold Breakfast	Spryfield Salv. Army 9:30-10:30am Cold Breakfast		Spryfield Salv. Army 9:00-10:00am Hot Breakfast	Spryfield Salv. Army 9:30-10:30am Cold Breakfast	

## ADDRESSES

### **Dartmouth North Community**

#### **Food Centre**

6 Primrose St, Dartmouth

Ph: (902) 407-4610

Serves Drop-In Breakfast M/W/  
F

Lunch Wed only 12noon-1pm

Young Family Supper

Mon 5:30-6:30

### **Dartmouth Seventh Day Adventist Church**

Daily Bread Soup Kitchen

35 Lake Crest Drive

Ph: (902) 455-4766

### **Margaret's House**

43 Wentworth Street

Ph: (902) 464-2919

Serves those over 16 yrs.

### **Spryfield Salvation Army**

328 Herring Cove Road,

Spryfield

Ph: (902) 477-5393

Serves Cold Breakfast & Drop-  
In Mon/Tues/Fri

9:30am-10:30am

& Hot Breakfast Thurs Only

9:00-10:00am