

			<b>Downtown</b>	<b>Meal</b>	<b>Schedule</b>		<i>updated 3/8/06</i>
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Ready 2 Serve Ministries 9am</b> 1222 W. 2nd	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts	<b>House of Charity 7:30am</b> 32 W. Pacific Coffee & Donuts
		<b>Shalom 6:30-8am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 6:30-8am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 6:30-8am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 6:30-8am</b> Central Methodist Church 518 W. 3rd (basement)		<b>City Gate 8-9:30am</b> 170 S. Madison <i>1st 4 Saturdays of the month</i>
		<b>Mid-City Concerns 8:30-9:15</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 8:30-9:15</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 8:30-9:15</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 8:30-9:15</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 8:30-9:15</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Volunteer 9am</b> 1222 W. 2nd <i>1st Saturday only</i>
<b>Lunch</b>	<b>St. Ann's Sunday Lunch 1pm</b> St. Ann's Parish Hall E. 2120 1st Ave	<b>House of Charity 11am</b> 32 W. Pacific	<b>House of Charity 11am</b> 32 W. Pacific	<b>House of Charity 11am</b> 32 W. Pacific	<b>House of Charity 11am</b> 32 W. Pacific	<b>House of Charity 11am</b> 32 W. Pacific	<b>House of Charity 11am</b> 32 W. Pacific
		<b>Shalom 11am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 11am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 11am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Shalom 11am</b> Central Methodist Church 518 W. 3rd (basement)	<b>Women/Children Free Rest.</b> 1620 N. Monroe <b>1-3:30pm</b> <i>*Women &amp; children only</i>	
	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent	<b>Union Gospel Mission 12pm</b> 1224 E. Trent
	<b>Spkn Vly Free Lunch 12:30pm</b> Spokane Valley United Methodist 115 N. Raymond Rd, Spkn Vly <i>Last Sunday of the month</i>	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 11am-12pm</b> 1115 W. Riverside-sandwiches
			<b>City Gate 10am-12pm</b> 170 S. Madison Coffee & Donuts	<b>City Gate 10am-12pm</b> 170 S. Madison Coffee & Donuts	<b>City Gate 10am-12pm</b> 170 S. Madison Coffee & Donuts	<b>City Gate 10am-12pm</b> 170 S. Madison Coffee & Donuts	
		<b>Mid-City Concerns 11:30am</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 11:30am</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 11:30am</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 11:30am</b> 1222 W. 2nd <i>*Age 60 and older only</i>	<b>Mid-City Concerns 11:30am</b> 1222 W. 2nd <i>*Age 60 and older only</i>	
<b>Dinner</b>		<b>Shalom 4 &amp; 5pm</b> Central Methodist Church 518 W. 3rd (basement)	<b>Women/Children Free Rest.</b> 1620 N. Monroe <b>4:15-5:45pm</b> <i>*Women &amp; children only</i>		<b>Women/Children Free Rest.</b> 1620 N. Monroe <b>4:15-5:45pm</b> <i>*Women &amp; children only</i>		
	<b>Union Gospel Mission 6pm</b> 1224 E. Trent	<b>Union Gospel Mission 6pm</b> 1224 E. Trent	<b>Union Gospel Mission 5pm</b> 1224 E. Trent	<b>Union Gospel Mission 6pm</b> 1224 E. Trent	<b>Union Gospel Mission 6pm</b> 1224 E. Trent	<b>Union Gospel Mission 6pm</b> 1224 E. Trent	<b>Union Gospel Mission 6pm</b> 1224 E. Trent
		<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches	<b>Lady of Lourdes 4-5pm</b> 1115 W. Riverside-sandwiches
	<b>New Hope Urban Center 5pm</b> 1701 W. 3rd <i>(Opens at 3 pm, dinner at 5 pm)</i>	<b>Overcomer Outreach 5:30pm</b> 1804 W. Broadway	<b>Emmanuel Lutheran Church 5pm</b> 314 S. Spruce St. (Browne's Addition) 6pm after Daylight Savings Time begins	<b>New Hope Urban Center 5pm</b> 1701 W. 3rd <i>(Opens at 3 pm, dinner at 5 pm)</i>	<b>New Hope Urban Center 5pm</b> 1701 W. 3rd <i>(Opens at 3 pm, dinner at 5 pm)</i>	<b>New Hope Urban Center 5pm</b> 1701 W. 3rd <i>(Opens at 3 pm, dinner at 5 pm)</i>	<b>New Hope Urban Center 5pm</b> 1701 W. 3rd <i>(Opens at 3 pm, dinner at 5 pm)</i>
		<b>Family Night 6pm</b> St. Ann's Parish Hall E. 2120 1st Ave <i>*Families &amp; preg. women only</i> <i>(Music, arts &amp; crafts from 6:30-7:30)</i> RSVP at 456-7106	<b>Holy Trinity Lutheran 5pm</b> 2511 S. Pines, Spokane Valley <i>Last Tuesday of the month</i> RSVP at 926-7966	<b>City Gate 7pm</b> 170 S. Madison		<b>City Gate 7pm</b> 170 S. Madison	<b>City Gate 7pm</b> 170 S. Madison <i>2nd, 3rd &amp; 4th Saturdays</i>
			<b>Cup of Cool Water 7-8pm</b> 1106 W. 2nd <i>*Age 22 and under only</i>				<b>En Cristo 7:00-9:30 pm</b> 1101 W. 1st <i>(Laundromat at 1st and Madison)</i> Sack Dinners & Coffee