



Lifeskills Café

Express Create Grow

Create real life opportunities with innovative programs that deliver self managing lifeskills in a unique environment, which enables people to grow.

Lifeskills has been providing support to people with a disability since 1998. We are a Registered Training Organisation (RTO) and a leading provider of nationally recognised training courses and community engagement programs for young people living with a disability. We are unique in our approach and offer day programs enabling all participants to engage in meaningful activities and relationships whilst participating as fully as possible at La Trobe University and the broader community. This provides opportunities for greater social inclusion, increased choice of lifelong options, and work training options.



Lifeskills owns and runs a Vegetarian Cafe and Catering business located in the busy 'Agora' shopping area at La Trobe University. Lifeskills Cafe is a commercial enterprise serving the La Trobe University community and the general public, in which young people with disabilities are trained.

Options available to interested participants is learning kitchen hand and other hospitality-related skills which lead to a Pre-Apprenticeship training program in the Lifeskills Cafe.

All participants in the programs gain essential experience in the Lifeskills preparation kitchen where they gain valuable skills preparing food for the Cafe and their catering operations. Those who wish to pursue hospitality or catering, following completion of the relevant training units, can look forward to part time work at the cafe and hopefully to work in the mainstream.



La Trobe Lifeskills Cafe
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Lifeskills Café Menu

Respect Vision Creativity Individuality Growth Care Flexibility

SAVOURY*

Cauliflower and Cheese Pie
Vegetable Quiche
Vegan Vegetable Pattie
Pumpkin, Spinach and Mushroom Gnocchi
Spinach and Ricotta Roll
Vegetarian Lasagne
Pesto Pasta
Thai Sweet Potato and Lentil Soup
Potatoes and Leek Soup
Pumpkin, Broccoli Semi-dried tomato and pine nut quiche
Spinach, Chilli and Mushroom Ravioli
Vegetable Crepes
Tomato, Mushroom, Spinach and Cheese Angalotti
Brown Rice Salad with Asian Dressing
Falafel Wrap
Spinach, Ricotta Ravioli with Pumpkin Sauce
Vegetable Melt
Vegetable Thai Filo Pie
Singapore Noodle Salad

SWEETS*

Apple and Berry Crumble Slice
Triple Choc Muffin
Portuguese Custard Tart
Rocky Road Slice
Lemon/Lime Syrup Slice
Mixed Berry Muffins

* Menu changes daily.