



Lifeskills Coffee Lounge

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 operates a Vegetarian Cafe and Catering business based at La Trobe University, Bundoora.

As an extension of the Lifeskills Cafe we are opening the Lifeskills Coffee Lounge located at the Banyule Community Health Centre, 21 Alamein Road, West Heidelberg.

Lifeskills Coffee Lounge is a commercial enterprise serving the Community, in which young adults with disabilities are trained.

We also provide a fully supported Vocational Placement Program both off campus and on-campus in the Lifeskills Cafe, Hireworks and Car Wash. In addition to preparing people for work and apprenticeship programs we offer opportunities for voluntary participation in various areas. The Coffee Lounge will offer a position for additional training for our participants.

All participants in the programs gain essential experience in the Lifeskills Preparation Kitchen where they attain valuable skills preparing food for the Cafe, Coffee Lounge 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 or Coffee Lounge and hopefully to work in the mainstream.



Lifeskills Coffee Lounge 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
Wraps
Sandwiches
Ham and Cheese Croissants
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 Suggestions Only
Menu changes daily.

Lifeskills Coffee Lounge
PO Box 113
La Trobe University Bundoora 3083
T: 0401 900 933 F: 03 9479 2131
E: catering@life-skills.net.au
www.life-skills.net.au