



Rathcoole Newsletter

August 2015

Four Districts FUN Day

September 12th 2015

CAROUSELS

MUSIC

Kids' Fancy Dress Competition

PUPPET SHOW



SPIN THE WHEEL

Garda Fleet Display

BOXING EXHIBITION

BOUNCY CASTLE

BBQ

Ice Cream

Reptile Zoo



Fire Brigade

CANDY FLOSS

Rathcoole Community Council, Rathcoole Community Centre, Main Street, Rathcoole,
Co. Dublin

Phone: 01-4586134/5 Fax: 01-4580238

Email: newsletter@rathcoole.info Web: www.rathcoole.info

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Four Districts Day Care News

Garden Fete/ Fun Day

On the 13th June 'The Garden Fete' was held in the grounds of The Day Care Centre. The fete was a huge success, with numbers far exceeding those of previous years. The event was held to raise much needed funds, and to increase the public profile of the Day Care Centre and its activities. Many thanks to all the sponsors, staff and volunteers who gave their time on the day, it is very much appreciated.

The Fete raised a much needed €2,700 for The Day Care Centre. Although the Centre greatly appreciates the grant it receives from the HSE, The Day Care Centre is still badly underfunded. The external funding only covers 50% of the operating costs of The Day Care Centre, which includes four employees' salaries, a kitchen, operating and maintenance of a bus and of course providing all the activities which benefit the quality of life of our clients.

To also support The Day Care Centre and with backing from South Dublin County Council, Brittas, Saggart, Newcastle, and Rathcoole Community Centre will kindly be hosting The Four Districts Fun Day on the 12th of September. The Day Care Centre is unique, in that it serves our elderly clients from the Four Districts. As the average age of our clients is 82 years of age, understandably this requires a great deal of care and attention by the wonderful staff in the Day Care Centre.

Thank you for all for your continued support and we look forward to seeing you on our Fun Day 12th of September.



Building Works

Trees & Gardens

If you walk by the entrance to the Health Centre you will notice that it now looks much brighter. This is because the large trees at the front and rear have been cut down. This was arranged by the HSE in order to provide a brighter surrounding and a better atmosphere for users of both the Health Centre and the Day Care Centre.

Toilet Facilities

Work will soon be completed within the Day Care Centre to upgrade the toilet Facilities. This will provide access for those with restricted mobility and also to provide wet room facilities. This work has been funded by the HSE and should greatly improve our ability to care for our clients needs. While this work is taking place, our clients have been temporarily moved to comfortable surroundings within the Community Centre. This is to ensure that they receive an uninterrupted service.

Upcoming events!

Saturday 12th September - Fun Day RCC

Tuesday 15th September - Tuesday 20th October Ballroom Dancing 1pm - 2pm

Thursday 17th September - Garden Party - DCC

Friday 25th September- Race Night - Rathcoole Inn

Friday 30th October - Halloween Party - DCC

Thursday 26th November - Shopping trip - TBA

Saturday 21st & Sunday 22nd November - Christmas Fair - RCC

Saturday 28th November - Light up Rathcoole - Main Street

Saturday 5th December - Senior Citizens Party - RCC

Thursday 17th of December - Xmas Party - DCC

Dublin Rose & Day Care Volunteer



Aisling Finnegan, a physiotherapist from Rathcoole, who provides voluntary exercise classes in the Day Care Centre, has been voted Dublin Rose for 2015. We would like to take the opportunity to wish Aisling all the best in this year's Rose of Tralee Festival in August.

3rd Annual Four Districts Fun Day

The 3rd year of the Four Districts Fun Day will take place on Saturday 12th September 2015, starting at 1 pm within the Community Centre grounds. Please come and support this community event. The proceeds of which go to the Day Care Centre. Events on the Fun Day include a Reptile Zoo, Puppet Show, Bouncy Castles, Spin the Wheel, Civil Defence, Gardai and Fire Brigade Displays. In addition to various activities from local sports clubs, we will be holding a Children's Fancy Dress competition. Music and Dancing will be provided by local acts, including 'The RAMS' male choir from Newcastle, and exhibitions will be given by various organisations.

A special welcome is offered to the Garda Band organised by Garda Frank Howe. We will also have a BBQ, tuck shop, cafe, ice cream and candy floss to cater for all needs.

Thanks are due to Councillor Emer Higgins from Brittas in assisting with the organisation of this fund raising event and South Dublin County Council for providing funds for the third consecutive year .

The event will be opened by our own Dublin Rose, Aisling Finnegan from Redgap. Olympic Silver Medallist, Kenny Egan will be refereeing a youth exhibition boxing match on the day.

You will be piped in by the Laurence O'Toole Pipe Band.

Come and join the fun. Entry to this event is Free of charge.



it's a matter of pride



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Rathcoole Community Centre

Zumba Fitness with Sarah

Every Thursday 8-9pm

€7 pay as you go / pre-pay 5 for €25

Your 1st class is free.

Burn 600-1000 calories per class,

Lower your body fat, tone your body - especially bums & tums!

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Sarah: 085 822 5522

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News



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Aidan Lynam (R.I.P)

Rathcoole Community Centre Staff would like to take this opportunity to pass on their condolences to the family and friends of the late Mr. Aidan Lynam. Aidan was a fundraising co-ordinator with ***DOWN SYNDROME IRELAND*** and organiser of the annual fundraiser '***REV-UP 4 DSI***', helping to raise in excess of 1.6 million Euro for the charity.

Aidan previously visited us here in the Community Centre to personally thank the people of Rathcoole and surrounding areas for their loyal support for **D.S.I.**

Sadly Aidan lost his life whilst participating in this year's '***REV-UP 4 DSI***' event.

Aidan will be sorely missed by all who knew and loved him.

Ar dheis Dé go raibh a anam.

August 2015

Acknowledgement by the family of Carmel Jordan O'Riordan RIP

We, the family of Carmel would like to extend to friends, neighbours and wider community our deeply felt appreciation of support, kindness and consideration over the time of our mother's illness and recent passing.

Through Mam's work with the Community Council, she showed us the immense value of community spirit. During Mam's many years in Rathcoole, she was always proud to be associated with such a vibrant community.

We would especially like to thank those who worked with Mam on the Community Council over the years, and all who assisted in very practical ways on the day of her 'Celebration of Life' mass.

The Family of Carmel O'Riordan



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Louise O'Rourke

CHARTERED PHYSIOTHERAPIST

B.Sc. (Hons) Physio. M.I.S.C.P.
Pilates Instructor. STOTT



MONDAY		
Time	Level	
10.15 am	IMPROVERS MAT	<i>Osteoporosis</i>
11.30 am	BEGINNERS / MAT	<i>Back Pain</i>
01.00 pm	BEGINNERS / MAT	<i>Back Pain</i>
06.00 pm	BEGINNERS / MAT	<i>Back Pain</i>
07.15 pm	IMPROVERS / INTERMEDIATE MAT	
TUESDAY		
01.00 pm	IMROVERS / MAT	<i>45 mins</i>
06.30 pm	IMPROVERS / INTERMEDIATE MAT	
07.00pm	BEGINNERS	<i>Reformer</i>
08.15pm	BEGINNERS	<i>Reformer</i>
WEDNESDAY		
09.45 am	BEGINNERS	<i>Reformer</i>
11.00 am	IMPROVERS	<i>Reformer</i>
01.00 pm	BEGINNERS / MAT	<i>45 Minutes</i>
THURSDAY		
06.00 pm	BEGINNERS / MAT	<i>45 mins Back</i>
07.00 pm	IMPROVERS	<i>Reformer</i>
07.00 pm	INTERMEDIATE/ MAT	
08.15pm	BEGINNERS	<i>Reformer</i>
FRIDAY		
10.15 am	BEGINNERS / MAT	<i>Back Pain/</i>
SATURDAY		
11.00 am	BEGINNERS / MAT	<i>Back Pain</i>
12.15 pm	PRENATAL PILATES	<i>45 Minutes</i>

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Or if you've tried it before elsewhere & weren't sure, remember, no two Zumba® Fitness classes are the same so come try out my class for

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Day & Time: Every Monday, 7.30pm-8.30pm

Location: Rathcoole Community Centre

Cost: € pay as you go OR €30 pre-pay for 5 glasses (save €10!)

Contact: Fiona Harold

Licenced Zumba Instructor 087-4138385

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IRISH
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NEWS

Irish Pharmacy Awards 2015

**The People's Pharmacist Award –
sponsored by Symprove in association
with the Jack & Jill Children's Foundation**

 **SYMPROVE™**



Finalist

Hawwa Kara, Reidys Pharmacy



EXCELLENCE IN PHARMACY



Hawwa Kara and all at Reidy's Pharmacy Rathcoole would like to thank the people of the four districts communities for their most valued and continued support and also for voting for Hawwa when she was short-listed as one of the four finalists for the People's Pharmacist Award 2015 in May.

In particular, Hawwa would like to send a heartfelt thank you to the person who anonymously nominated her for this prestigious award. Although she did not win, Hawwa is touched by the very kind and greatly appreciated gesture and hopes to continue serving the local communities with a standard of the utmost quality for years to come.

REIDY'S PHARMACY, RATHCOOLE

NEW SLEEK Make-Up In Stock Now!

Come in store to view our brand new stand full of high quality make-up at affordable prices.

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This article is supplied by the pharmacy team at Saggart Pharmacy, 12 Slade Castle Court, Saggart, Co. Dublin. Saggart pharmacy offers a high standard of care for all customers and has a strong focus on patient health screening and providing advice. You can contact them on 01 4580346 for further details.

Travel Health



Food and Water:

It is vitally important to be careful about what you eat and drink while abroad as your digestive system may not be able to handle food which is native to the country you are visiting. In countries where sanitation and hygiene are poor it is advised to steer clear of shellfish, raw vegetables, unpeeled fruit, salads, food on street stalls, tap water and ice. Always make sure that your food is fully cooked and drink bottled water. Remember: BOIL it, COOK it, PEEL it, or FORGET it! Use bottled water when brushing your teeth as using tap water can also lead to illness. If you do experience diarrhoea, increase your fluid intake and take anti-diarrhoea tablets. Dehydration is the most important problem associated with diarrhoea. Increase your intake of water and seek medical advice if necessary.

Sun Protection:

Always use sun-cream or sun-block when you are out in the sunshine, regardless of your skin-type. Children and people with fair skin are particularly at risk so cover up. Avoid the sun between 10am and 3pm as this is the hottest and most dangerous time of the day for harmful UV rays. Wear a hat and sunglasses to protect your head, skin and eyes. Drink plenty of water to avoid over-heating and dehydration.

Insects:

Mosquitoes are not only annoying but they are dangerous too. Many diseases can be contracted from mosquito bites, so repellent is a must. Other insects can also be harmful so make sure you bring antihistamine tablets and cream to soothe any bites. Wear long sleeves and trousers at night to avoid being bitten. Use insect repellent. Use plug-in insecticide vaporisers or burn coils to ward off insects. Use mosquito nets if needed.

Jet-Lag:

Jet-lag occurs when you are on a long-haul flight and have to pass through different time-zones. Your body rhythm can become skewed and it can take a while before you adjust to the new time difference. Generally it takes one day to recover for every hour time difference. Symptoms of jet-lag include headache, feeling fatigued, suffering from mood disturbances, anorexia, or gastrointestinal symptoms. To combat jet lag, make sure you have two or three good nights' sleep before travelling. While on the flight avoid alcohol, set your watch to the destination time and try to sleep and eat at times synchronised with your destination. Once you arrive, get some exercise and try to stay awake until the destination's night-time, as this will help your body to adjust faster.

Foot Care:

It is very important to take good care of your feet while you are travelling. Your feet carry your entire body weight and can be put under a lot of strain if you are backpacking or sightseeing. Try to keep your feet as dry, clean and as odour-free as possible because mosquitoes are attracted to smelly feet. Athlete's foot is a risk when your feet perspire heavily. It is itchy, unpleasant and very contagious, so make sure you bring anti-fungal powder. Cracked heels are another problem for travellers. If they are not looked after properly, they can become infected.

Deep Vein Thrombosis:

Deep vein thrombosis is a blood clot that can develop in a deep vein, usually in the thigh or calf, but can also occur elsewhere. It has been found to develop in people who are confined to small spaces or who have to sit down for long periods of time. To protect yourself from developing deep vein thrombosis when travelling on long-haul flights: Always get up and move around, this will help your circulation and protect you from forming blood clots. Bend and straighten your arms, legs, feet and toes as much as possible. Make sure you are as comfortable as possible in your seat. Take a few walks up and down the plane to stretch your legs. Wear properly fitting flight socks. Drink lots of water. Avoid alcohol as it dehydrates you. Avoid sleeping pills.

Swimming:

Think about where you are swimming, even if you are a strong swimmer. Seek local advice and try to swim only where the area is supervised. Supervise children near water at all times. If you are swimming in a pool, make sure you know how deep it is. If you are in the sea, bear in mind that this can be risky, as unexpected strong currents can have disastrous consequences. Jellyfish, sharks and other dangerous creatures may be lurking so make sure you are fully informed of the risks. Listen to the advice of locals and do not swim alone.

In Case of Illness:

Always have details of the nearest medical clinic or hospital in case of emergency. Your insurance company may provide a telephone number to contact in an emergency - make sure you keep a copy of the number with you. If your illness is very serious contact your local embassy or consulate for further advice. Stay calm and try to explain the problem to your doctor as best as you can.

MEDICAL CHECKLIST

- ✓ Vaccinations – make sure you get them within the recommended time limit
- ✓ Anti-malarial tablets if necessary
- ✓ Health insurance
- ✓ Sun cream and Lip Balm with high SPF
- ✓ After Sun / Aloe Vera Gel
- ✓ Insect repellent and Bite/sting cream
- ✓ Anti-histamines
- ✓ Tablets for diarrhoea and oral rehydration sachets
- ✓ Tablets for Travel Sickness, Headache, Indigestion,
- ✓ Small First Aid kit (Antiseptic cream, Waterproof plasters)
- ✓ Blister Plasters
- ✓ Flight socks



EVERY SATURDAY MORNING & AFTERNOON

****STARTING SEPTEMBER 19TH****

RATHCOOLE COMMUNITY CENTRE - JUNIOR AND LEAVING CERT ALL LEVELS

FULL NOTES PROVIDED FROM EXPERIENCED PROJECT MATHS TUTOR.

MAXIMUM 6 PER CLASS TO ENSURE PERSONAL ATTENTION.

FOR INFORMATION CONTACT KEVIN

085-7274129

SOUTHDUBLINGRINDS@OUTLOOK.COM

12PM	1PM	2PM
Junior Cert	Leaving Cert O	Leaving Cert H

WOMEN EMPOWERMENT (W.E) SUPPORT GROUP

The Women Empowerment Support Group invites all women in Rathcoole and its environs to the membership of this new open minded and non-judgemental women support group.

Come and be part of honest discussions and conversations on all issues that relates / affects women, become a member of a group where you gain supportive bond, gain strength and empower our diverse community from within yourself.

Come join us once a week for an experience you will cherish forever!!!

Venue: Rathcoole Community Centre

Contact Ade in the Community Centre on 01-4586134

FREE !

Soil and Earth available to take away free of charge.
If anyone is interested, please contact: Tricia in Rathcoole Community Centre on 01-4586134/5

DO YOU HAVE A SHORT STORY TO TELL ABOUT RATHCOOLE/SAGGART OR NEWCASTLE IN DAYS GONE BY?

WE WOULD LOVE TO HEAR FROM YOU

THE TEAM HERE AT THE RATHCOOLE NEWSLETTER WOULD LOVE TO HAVE A REGULAR FEATURE THEMED 'DAYS GONE BY' AND WOULD WELCOME CONTRIBUTIONS, STORIES OR INTERESTING FACTS, FROM THE COMMUNITY.

WE WOULD LOVE TO KEEP THE LOCAL MEMORIES ALIVE AND WE INVITE YOU TO CONTACT US HERE BY PHONE OR EMAIL, OR WHY NOT DROP IN TO US WITH YOUR STORY. WE LOOK FORWARD TO HEARING FROM YOU.

CONTACT : (01)4586134/5

EMAIL: NEWSLETTER@RATHCOOLE.INFO

1916 Centenary Commemorations

The Ireland 2016 Centenary Programme will mark the Centenary with a year-long programme of events in which everyone can participate, making 2016 a year in

which we can encourage our communities to release a spirit of creativity. Communities throughout the island of Ireland, and indeed Irish communities abroad, are invited to participate. Relatives of those who took part in the events of 1916 will also have a role to play in local commemorative events. 2016 will be a year in which we can share and reimagine our history with people of all nationalities who have made Ireland their home in recent years.

If you have any suggestions or wish to participate please contact Rathcoole Community Council or Tricia O'Halloran on 01-4586134/5



Need any odd jobs done?

Plumber, plasterer, painter, carpenter,
gardener, computer repair & tune up.

Reasonable Rates

Contact Tricia

Rathcoole Community Centre

01-4586134/5



Rathcoole Community Centre Activities Effective September 2015		
Every Weekday		
Teach na Leanaí Pre school and After School	8.00am-6.00pm	Crèche /John Nolan Room
Happy Feet	9.15am - 12.15pm	Coolamber Room
Monday		
Thatch Bridge Club	10.00am-1.00pm	Main Hall
Speech & Drama	3.00pm-4.00pm	Coolamber Room
Robert Dowds Clinic (3rd Monday of the month)	7.00pm-7.30pm	Room 2
Irish Dancing (Anne)	6.00pm-7.00pm	Main Hall
Zumba Classes (Fiona)	7.30pm-8.30pm	Main Hall
Krav-Maga (Karl)	8.30pm-9.30pm	Sports Hall
Tuesday		
Parent & Toddler Group	10.00am -12pm	Main Hall
Active Retired Meeting (1st Tuesday of the Month)	2.00pm - 3.00pm	Room 2
Dancity Ireland	5.00pm-9.00pm	Main Hall
Karate (Martin)	7.30pm-9.00pm	Sports Hall
Community Council Meeting (Every 2nd week)	8.00pm-10.00pm	Room 2
Pilates to be Announced		
Saturday		
Baton Twirling	11am - 1pm	Sports Hall
Maths Grinds	12pm-3.00pm	John Nolan Room

Wednesday		
Active Retired (Bi-Weekly)	10am - 1pm	Main Hall
Men’s Club	11am-1.00pm	Library
Speech & Drama	2pm-5pm	Coolamber Room
Irish Dancing	3.30pm - 7pm	Main Hall
Karate (Louie)	6pm – 7.15pm	Sports Hall
Hip-Hop Dance	7.15pm - 8.15pm	Main Hall
Youth Club	7.30pm - 9.30pm	Café
Bowls	8pm - 10pm	Sports Hall
Pilates to be Announced		
Thursday		
Clap Handies	10.45am - 1pm	Main Hall
Karate (Martin)	6pm - 7.30 pm	Sports Hall
Bridge Club	7pm - 11pm	Main Hall
Qi-Qong	7.30pm - 9pm	Coolamber Room
Zumba (Sarah)	8pm - 9pm	Sports Hall
Pilates to be Announced		
Friday		
Frances Fitzgerald Clinic (1st Friday of the month)	11.30am - 12.30pm	Room 2
School of Dance (Tanya)	2.30pm - 5.15 pm	Main Hall
Irish Dancing (Brian)	5.30pm - 8.30pm	Main Hall
Sunday		
Baton Twirling	2.00pm - 5.00pm	Sports Hall
Church Service	11.00am -1.00pm	Library

Community Employment Project Jobs Vacancies

Are you aged over 25, unemployed for the past 12 months or more and in receipt of a Social Welfare Benefit? If so, you could be eligible to work on our Community Employment Project based in Rathcoole Community Centre. To work on Community Employment you must go to your local DSP Employment office or any Obair/LESN office to register your interest for positions which may come available on Community Employment. The DSP officer in your local DSP office will be able to establish if you are eligible for CE participation.

**We need your help
collecting old mobile
phones**



**COLLECTING FOR
THE FOUR DISTRICTS DAY CARE CENTRE
DROP OFF YOUR PHONES AT
FOUR DISTRICTS DAY CARE CENTRE
RATHCOOLE COMMUNITY CENTRE
LISHEEN NURSING HOME**

LIST OF OFFICERS AND COMMITTEE MEMBERS

2015

Chairperson	Terry Ivory
Vice Chairperson	Harry O'Reilly
Treasurer	Neville Graver
Assistant Treasurer	Christy McDonnell
PRO	Marie Smyth
Company Secretary	Neville Graver
General Secretary	Bernadette Doyne
Assistant Secretary	Bernadette McIntyre
Centre Development Officer	Dick Butler
Director	Sean Reid
Director	Francina O'Neill
Director	Stephanie Donnelly
Director	Ronan Mac Díarmada
Director	Vincent Dempsey
Committee Member	Patrick Manning
Committee Member	Simon Urbus

IMPORTANT

NOTICE TO RESIDENTS AND BUSINESSES

IT HAS COME TO OUR ATTENTION THAT A NUMBER OF SERIOUS BURGLARIES HAVE TAKEN PLACE IN THE AREA IN RECENT WEEKS. THESE HAVE AFFECTED BOTH HOMES AND LOCAL BUSINESSES, INCLUDING THE COMMUNITY CENTRE.

THE COMMUNITY COUNCIL WILL BE RAISING WITH THE APPROPRIATE AUTHORITIES THE ISSUE OF MANNED HOURS AT RATHCOOLE GARDA STATION.

TOP 5 BURGLARY PREVENTION TIPS



- 1** Secure all Doors and Windows
- 2** Light up your Home, use timer switches when out
- 3** Store Keys safely and away from windows & letterboxes
- 4** Record details of Valuables and don't keep large Cash amounts at home
- 5** Use your Alarm, even when at home

See **www.garda.ie** for more information



An Garda Síochána | Supporting Safer Communities 2014

ROOMS FOR HIRE

**AT RATHCOOLE COMMUNITY CENTRE WE HAVE
ROOMS FOR HIRE AT REASONABLE RATES**

**Whether it's parties, classes, meetings or training, why
not give us a call and we will be happy to discuss how
we can meet your requirements?**

Contact Tricia O'Halloran on: 014586134/5

Halls and Meeting Rooms available for Hire.



IT Room



DANCE STUDIO WITH
MIRRORED WALLS

Calling All Residents Associations !

We are compiling a list of Residents Associations in the Rathcoole area.
If you have an established Association in your area please contact us in the
Community Centre on 01-4586134 /5

**Do you have an elderly relative that may need care and
company during the day?**

The Four Districts Day Care Centre in Rathcoole provides
specialist care in a warm, friendly environment with lots of
activities and events, freshly prepared meals, refreshments, with a
bus available to pick up and drop off your loved ones to and from
home from 9am - 3pm Monday to Friday.

We also can provide assistance to carers and people living on their
own.

Contact Catherine or Áine on 01-4580339

E-mail fourdistrictsdaycare@gmail.com

Teach na Leanaí
IONAD POBAIL, RÁTH CÚIL

Naíonra
9.00r.n - 12.00 i.n Dé Luain – Dé hAoine

Saorbhliain Réamhscolaíochta
(FREE ECCE PLACES)
BEFORE & AFTER SCHOOL SERVICES
7.45am – 6.00pm

**School drop off
& pick up!!**

Fón:
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Ionad Pobail Ráth Cúil, Co. Bhaile Átha Cliath
Rathcoole Community Centre, Co. Dublin

OUR ETHOS: Teach Na Leanaí provides a safe, secure and stimulating environment
to support the learning and development of each individual child through the
Irish language. We work in close partnership with parents and we promote trust,
respect and clear communication.

Tá ballraíocht ag Teach na Leanaí sna heagraíochtaí seo a leanas



MANDARIN HOUSE

**Main Street Rathcoole
Co. Dublin**

01- 4588 088 01- 4588 104

Combo 1 €6.80

3 in 1 Small Tray
½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 3 €13.80

Chicken or Beef Curry
+ Fried Rice & Chips
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Large Coke

Save
€4.50

Combo 5 €8.20

½ Portion Chicken Balls
+ 2 Rolls
+ 8 x Curry Triangles
+ Curry Sauce
+ Chips
+ Can of Coke

Save
€4.30

Combo 7 €6.80

2 x Chicken Cheese Roll
+ 2 Chicken Balls
+ Chips
+ Curry Sauce + Prawn Crackers
+ Prawn Crackers
+ Prawn Crackers

Save
€3.40

Combo 2 €10.00

9 Chicken Balls & Chips
+ 2 Rolls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 4 €10.00

+ Salt & Chilli Chicken (Large)
+ Fried Rice & Chips
+ Curry Sauce
+ Prawn Crackers

Save
€3.00

Combo 6 €7.00

+ Salt & Chilli Chips (Small)
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.80

Combo 8 €13.80

+ Spicy Wings (Large)
+ Chips
+ Curry Sauce
+ 5 x Chicken Balls
+ 2 Rolls
+ Large Coke

Save
€3.70

NEW

1. Spice Bag €5
2. Spice Bag, Small Curry Sauce + Coke €6
3. Large Spice Bag €6
4. Spicy Chicken Balls (7) €5
5. Spicy Chips €3.20 (Large €4.50)
6. Spicy Chips + 5 Chicken Balls €5
7. Spice Bag + 3 Chicken Balls €6
8. Spice Bag, 3 Chicken Balls, Curry Sauce + Coke €7

NEW