



# CASS Frozen Meals Service

- CASS Frozen Meals Services provide convenient and tasty Asian flavor frozen meals to people who are in need
- Healthy, nutritious and delicious recipes are provided for you to choose from
- Meals are prepared right after ordered, with fresh and accredited ingredients, and no MSG added in
- Once meals are prepared, blast freezing technology will be implemented to preserve food nutrition and keep in safe condition to perform later delivery and storage
- Contactless delivery and no lock-in contracts required



Containers are microwave and oven safe



- Defrost in the microwave for 5 minutes.
- Reheat for another 5 minutes to enjoy the meal!

**ENQUIRY**

 (02) 9063 8899

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 44-50 Sixth Avenue, Campsie NSW 2194

[www.cass.org.au](http://www.cass.org.au)

# CASS Frozen Meals Menu

1



Sweet and Sour Pork with Rice

2



Stir-fried Fresh Tomato & Beef with Rice

3



Beef and Black Bean with Rice

4



Teriyaki Chicken with Rice

5



Pork & Seasonal Vegetables in Oyster Sauce with Rice

6



Spicy Stir-fried Chicken with Purple Rice

7



Spicy Korean Stir-fried Pork with Purple Rice

8



Steak in Peking Sauce with Rice

9



Steak in Honey Black Pepper Sauce with Rice

10



Pork Chops in BBQ Sauce with Rice

11



Curry King Prawns with Vegetables and Rice

12



Special Fried Rice

\* Pictures are for reference only