CASS

FROZEN MEALS SERVICE

Delicious Asian Meals, Made with Care

Enjoy the familiar flavours of Asia with our range of 18 convenient frozen meals. Prepared with fresh ingredients and no added MSG, each meal is endorsed by a Registered Dietitian and is quick and easy to prepare at home.



WHY CHOOSE CASS FROZEN MEALS?

- 18 Authentic Asian Meals
- Endorsed by a Registered Dietitian
- Fresh Ingredients with No Added MSG
- Quick and Easy to Prepare
- Flexible Ordering with No Lock-in Contract

READY TO ORDER?

Choose your favourite meals and contact our team to place your order.

(02) 9063 8899
meals@cass.org.au
44-50 Sixth Avenue, Campsie NSW 2194

1. 
Sweet and Sour Pork with Rice

2. 
Stir-Fried Fresh Tomato and Beef with Rice

3. 
Beef and Black Bean with Rice

4. 
Teriyaki Chicken with Rice

5. 
Pork and Seasonal Vegetables in Oyster Sauce with Rice

6. 

Spicy Korean Stir-Fried Chicken with Purple Rice

7. 

Spicy Korean Stir-Fried Pork with Purple Rice

8. 
Steak in Peking Sauce with Rice

9. 
Beef with Honey and 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

- Carefully Selected Fresh Ingredients
- Authentic Asian Flavours
- Frozen to Preserve Nutrition
- Professionally Reviewed by a Dietitian



Need help placing an order? Our friendly team is happy to assist you to place your order.

* Images are for reference only

NEW

13. 
Steamed Pork Belly with Taro and Rice

14. 
Steamed Pork Belly with Preserved Mustard Greens and Rice

15. 

Thai Red Curry Chicken with Rice

16. 

Thai Green Curry Beef with Rice

17. 
Lemongrass Chicken with Rice

18. 

Buddha's Delight Braised Vegetables and Rice