



# MEAL PREPS

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EXPERIENCE THE TASTE OF THE CARIBBEAN



# MEAL PREP

## Services

MNR  
CATERING

Fuel Your Week Without the Cooking  
Chef-prepared Caribbean meals  
where bold flavour meets  
home-style comfort

- ✓ 5 Meals \$85.00
- ✓ 7 Meals \$115.00
- ✓ 10 Meals \$160.00

Pick up & Delivery Available



WhatsApp  
416-474-3062

Visit Our Website  
[www.mnrcatering.ca](http://www.mnrcatering.ca)

Our Location  
Toronto, Canada

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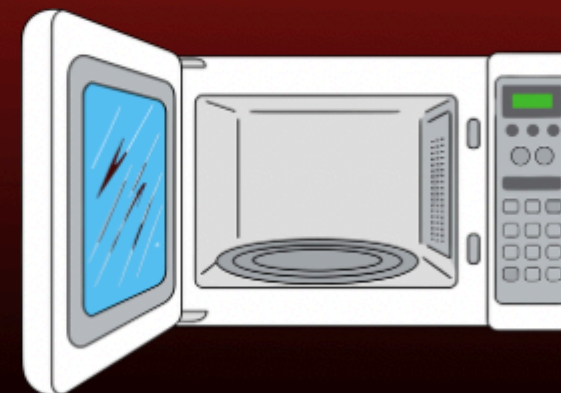
Order online, email  
or WhatsApp



Delivered  
straight  
to your  
front door



We do the  
cooking



Heat & Eat

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**Protein:** Curry Chickpeas, Veggie Chunks, Jerk Chicken, BBQ Chicken, Curry Chicken, Stew Chicken, Curry Goat, Oxtail, Salmon, Pepper Shrimps, BBQ Pork Chops

**Starch:** Mashed potatoes, Roast potatoes, Sweet potato, Mashed sweet potato, White rice, Rice & peas, Mac & Cheese, Yellow seasoned rice, Fried rice

**Sides:** Broccoli, Carrots, Mixed Veggies, Cabbage, Corn, Green Beans, Cauliflower, Plantain

**OR**

**Pasta's:** Rasta Pasta , Shrimp Rasta Pasta, Chicken Rasta Pasta, Beef lasagna, Vegan Lasagna



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## IMPORTANT INFO

**PRE-ORDERS CLOSE  
EVERY WEDNESDAY  
@ MIDNIGHT**

**DELIVERY EVERY SUNDAY- PICK UP AVAILABLE**

**PAYMENT IN FULL REQUIRED**



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## Accepted Payment Methods

EMT (Email Money Transfer)

Cash

Debit/Credit (4.7% service charge fee)

EFT (Electronic Funds Transfer)

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5 meals \$85

7 meals \$115

10 meals \$160

12 meals \$190

14 meals \$220

16 meals \$250

18 meals \$280

20 meals \$300

25 meals \$370

30 meals \$420



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