

BETTER FOOD

Great tasting meals designed for your needs.

All cooked meals are peanut free, tree nut free, sesame free and shellfish free.

Meals also available in dairy free, egg free, vegan, vegetarian and others.



DELIVERED FRESH



Great tasting meals



Cooked fresh & delivered same day



Produced locally



Available hot or chilled

MORE TIME FOR CARE









Contact us for more information

Brad McKay

613-863-1613

brad@mealsonthemove.ca

Samantha King

647-299-8291

sam@mealsonthemove.ca

Order desk

1-866-456-2121