

Registered Number 08019821

FOOD FOR THOUGHT (LONDON) LTD

Abbreviated Accounts

30 April 2014

## Balance Sheet as at 30 April 2014

|                                                       | Notes | 2014<br>£      | 2013<br>£      |
|-------------------------------------------------------|-------|----------------|----------------|
| <b>Fixed assets</b>                                   |       |                |                |
| Tangible                                              | 2     | 27,141         | 28,596         |
|                                                       |       | <u>27,141</u>  | <u>28,596</u>  |
| <b>Current assets</b>                                 |       |                |                |
| Stocks                                                |       | 2,220          | 2,040          |
| Debtors                                               | 3     | 41,575         | 41,107         |
| Cash at bank and in hand                              |       | 103,459        | 60,416         |
| Total current assets                                  |       | <u>147,254</u> | <u>103,563</u> |
| <b>Creditors: amounts falling due within one year</b> | 4     | (65,171)       | (71,749)       |
| <b>Net current assets (liabilities)</b>               |       | 82,083         | 31,814         |
| <b>Total assets less current liabilities</b>          |       | <u>109,224</u> | <u>60,410</u>  |
| <b>Total net assets (liabilities)</b>                 |       | <u>109,224</u> | <u>60,410</u>  |
| <b>Capital and reserves</b>                           |       |                |                |
| Called up share capital                               | 5     | 100            | 100            |
| Profit and loss account                               |       | 109,124        | 60,310         |

**Shareholders funds**

109,224

60,410

- a. For the year ending 30 April 2014 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 31 January 2015

And signed on their behalf by:

**Elias BOURJEILY, Director**

**This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.**

**Notes to the Abbreviated Accounts**

For the year ending 30 April 2014

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective April 2008)

**Turnover**

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax and trade discounts.

**Stocks**

Stock and work in progress are valued at the lower of cost and net realisable value, after due regard for obsolete and slow moving stocks.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

|                       |                      |
|-----------------------|----------------------|
| Plant And Machinery   | 25% reducing balance |
| Commercial Vehicles   | 25% reducing balance |
| Fixtures And Fittings | 25% reducing balance |

**2 Tangible fixed assets**

|                       | Plant &<br>Machinery | Fixtures &<br>Fittings | Commercial<br>Vehicles | Total   |
|-----------------------|----------------------|------------------------|------------------------|---------|
| Cost                  | £                    | £                      | £                      | £       |
| At 01 May 2013        | 32,587               | 2,374                  | 3,167                  | 38,128  |
| Additions             | 1,196                | 4,671                  | 4,100                  | 9,967   |
| Disposals             | 0                    | 0                      | (3,167)                | (3,167) |
| At 30 April 2014      | 33,783               | 7,045                  | 4,100                  | 44,928  |
| <b>Depreciation</b>   |                      |                        |                        |         |
| At 01 May 2013        | 8,147                | 593                    | 792                    | 9,532   |
| Charge for year       | 6,409                | 1,613                  | 1,025                  | 9,047   |
| On disposals          | 0                    | 0                      | (792)                  | (792)   |
| At 30 April 2014      | 14,556               | 2,206                  | 1,025                  | 17,787  |
| <b>Net Book Value</b> |                      |                        |                        |         |
| At 30 April 2014      | 19,227               | 4,839                  | 3,075                  | 27,141  |
| At 30 April 2013      | 24,440               | 1,781                  | 2,375                  | 28,596  |

### 3 Debtors

|                                | 2014<br>£ | 2013<br>£ |
|--------------------------------|-----------|-----------|
| Trade debtors                  | 34,144    | 36,736    |
| Prepayments and accrued income | 4,601     | 2,273     |
| Other debtors                  | 2,830     | 2,098     |
|                                | 41,575    | 41,107    |

### 4 Creditors: amounts falling due within one year

|                              | 2014<br>£ | 2013<br>£ |
|------------------------------|-----------|-----------|
| Trade creditors              | 15,537    | 4,249     |
| Taxation and Social Security | 19,910    | 17,777    |
| Other creditors              | 29,724    | 49,723    |
|                              | 65,171    | 71,749    |

### 5 Share capital

|                                            | 2014 | 2013 |
|--------------------------------------------|------|------|
|                                            | £    | £    |
| <b>Authorised share capital:</b>           |      |      |
| 100 Ordinary shares of £1 each             | 100  | 100  |
| <b>Allotted, called up and fully paid:</b> |      |      |
| 100 Ordinary shares of £1 each             | 100  | 100  |

## 6 **Transactions with directors**

Mr E Bourjeily provided an interest free loan to the company of £22,181 (2013:£45,955).

## 7 **Related party disclosures**

There were no related party transactions in the period under review.

## 8 **Controlling Party**

The Company was under the control of the director and shareholder in the period under review.