

Registered Number 08019821

FOOD FOR THOUGHT (LONDON) LTD

Abbreviated Accounts

30 April 2016

Balance Sheet as at 30 April 2016

	Notes	2016 £	2015 £
Fixed assets			
Tangible	2	16,596	21,908
		<u>16,596</u>	<u>21,908</u>
Current assets			
Stocks		2,755	2,850
Debtors	3	38,821	53,036
Cash at bank and in hand		235,951	162,519
Total current assets		<u>277,527</u>	<u>218,405</u>
Creditors: amounts falling due within one year	4	(113,747)	(92,005)
Net current assets (liabilities)		163,780	126,400
Total assets less current liabilities		<u>180,376</u>	<u>148,308</u>
Total net assets (liabilities)		<u>180,376</u>	<u>148,308</u>
Capital and reserves			
Called up share capital	5	100	100
Profit and loss account		180,276	148,208

Shareholders funds

180,376

148,308

- a. For the year ending 30 April 2016 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 2017

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 2016

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 January 2015)

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 & Machinery	Fixtures & Fittings	Commercial Vehicles	Total
Cost	£	£	£	£
At 01 May 2015	34,427	8,473	4,100	47,000
Additions	221	0	0	221
Disposals	0	0	0	0
At 30 April 2016	34,648	8,473	4,100	47,221
Depreciation				
At 01 May 2015	19,525	3,773	1,794	25,092
Charge for year	3,781	1,175	577	5,533
On disposals	0	0	0	0
At 30 April 2016	23,306	4,948	2,371	30,625
Net Book Value				
At 30 April 2016	11,342	3,525	1,729	16,596
At 30 April 2015	14,902	4,700	2,306	21,908

3 Debtors

	2016 £	2015 £
Trade debtors	30,623	49,899
Prepayments and accrued income	4,617	283
Other debtors	3,581	2,854
	38,821	53,036

4 Creditors: amounts falling due within one year

	2016 £	2015 £
Trade creditors	28,027	14,201
Taxation and Social Security	28,451	16,981
Other creditors	57,269	60,823
	113,747	92,005

5 Share capital

	2016	2015
	£	£
Authorised share capital:		
100 Ordinary shares of £1 each	100	100
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	100	100

6 Transactions with directors

Mr E Bourjeily provided an interest free loan to the company of £37,107 (2015:£46,499).

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.