Registered Number: 11797170

LANAROC HEALTHY BITES LIMITED

Abridged Accounts

Period of accounts

Start date: 01 February 2020

End date: 31 January 2021

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Accountant's report

You consider that the company is exempt from an audit for the year ended 31 January 2021 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

KINO & CO

31 January 2021

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KINO & CO

Stewart House

56 Longbridge Road

BARKING

IG11 8RW

31 October 2021

LANAROC HEALTHY BITES LIMITED
Statement of Financial Position
As at 31 January 2021

	Notes	2021	2020
		£	£
Fixed assets			
Tangible fixed assets		411	548
		411	**548**
Current assets			
Stocks		17,765	55,235
Cash at bank and in hand		29	46
		17,794	**55,281**
Creditors: amount falling due within one year		(9,907)	(11,832)
Net current assets		**7,887**	**43,449**
Total assets less current liabilities		8,298	43,997
Creditors: amount falling due after more than one year		(58,295)	(51,915)
Net liabilities		**(49,997)**	**(7,918)**
Capital and reserves			
Called up share capital		1,000	1,000
Profit and loss account		(50,997)	(8,918)
Shareholder's funds		**(49,997)**	**(7,918)**

For the year ended 31 January 2021 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of Part 15 of the Companies Act 2006. In accordance with Section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with section 444(2A).

The financial statements were approved by the board of directors on 31 October 2021 and were signed on its behalf by:

Ajibola Odubela
Director

LANAROC HEALTHY BITES LIMITED
Notes to the Abridged Financial Statements
For the year ended 31 January 2021

General Information

LANAROC HEALTHY BITES LIMITED is a private company, limited by shares, registered in , registration number 11797170, registration address 34 Copley Hill Business Park, Cambridge Road, Cambridge, CB22 3GN

The presentation currency is £ sterling.

1. **Accounting policies**

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Website cost

Planning and operating costs for the company's website are charged to the income statement as incurred.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Average number of employees

Average number of employees during the year was 1 (2020 : 1).

3. Tangible fixed assets

Cost or valuation	Plant and Machinery	**Total**
	£	**£**
At 01 February 2020	685	685
Additions	-	-
Disposals	-	-
At 31 January 2021	**685**	**685**
Depreciation		
At 01 February 2020	137	137
Charge for year	137	137
On disposals	-	-
At 31 January 2021	**274**	**274**
Net book values		
Closing balance as at 31 January 2021	**411**	**411**
Opening balance as at 01 February 2020	**548**	**548**

4. Share Capital

Allotted, called up and fully paid	**2021**	**2020**
	£	**£**
1,000 Class A shares of £1.00 each	1,000	1,000
	1,000	**1,000**

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 1072 of the Companies Act 2006.