

COMPANIES HOUSE

THE REGISTRAR OF COMPANIES COMPANIES HOUSE CROWN WAY CARDIFF CF4 3UZ



This form should be completed in black.

The information printed below is taken from Companies House records as at 07/11/97 If this information requires amendment use the spaces opposite.

Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
214	1 11	917

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Registered Office (See note 3)

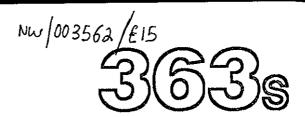
This is the address registered by Companies House.

UNIT 19C ALSTON ROAD HELLESDON PARK NORWICH NORFOLK NR6 5DS

Principal business activities (See note 4)

Trade classification is 5139 NON-SPECIALISED WHOLESALE FOOD, ETC

If the code cannot be determined from the notes, give a brief description of principal activity.



Annual Return

02874729 of company number

F

company name

THE NORWICH FOOD COMPANY LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

Day	Month	Year
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02874729 Register of members (See note 5)	If the information shown needs amendment, given details below and, for secretary and directo particulars, the date of any change.
The register is kept at REGISTERED OFFICE	
Register of debenture holders (See note 6)	
Any register of debenture holders (or duplicate) is kept at	
Company Secretary (See note 7)	
Particulars of a new secretary must be notified on form 288.	Day Month Year Date of any change.
JOHN MICHAEL REID 34 CHURCH STREET OLD CATTON NORWICH NORFOLK NR6 7DR	
If this person has ceased to be secretary, please state when.	Day Month Year Date of resignation.
Directors (See note 7)	
Particulars of a new director must be notified on form 288. JOHN FREDERICK ALLTON—JONES WESTOBY HOUSE FRETTENHAM ROAD HAINFORD NORWICH NORFOLK NR10 3BW	Day Month Year
Date of Birth:- 21/06/63 Nat:BRITISH Occ:IMPORTER/EXPORTER	
If this person has ceased to be director, please state when.	Day Month Year
Show any relevant current and previous directorships. Page 2	

02874729	If the information shown needs amendment, give details below and the date of any change.		
Directors - continued	Day Month Year		
Particulars.	Date of any change.		
JOHN MICHAEL			
REID			
34 CHURCH STREET OLD CATTON			
NORWICH	***************************************		
NORFOLK NR6 7DR			
Date of Birth:- 22/10/64			
Nat:BRITISH			
Occ:ACCOUNTANT/IMPORT-EXPORTER	Day Month Year		
If this person has ceased to be director, please	Date of resignation.		
state when.	Date of Tesignation.		
Show any relevant current and previous directorships.			
· · · · · · · · · · · · · · · · · · ·			
	Day Month Year		
Particulars.	Date of any change.		
	Date of any change.		
NO MORE DIRECTORS - ADDITIONAL SECRETARIES			
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.			
If this person has ceased to be director, please	Day Month Year		
state when.	Date of resignation.		
Show any relevant current and previous directorships.			
Show any relevant current and previous directorships.			
Particulars.	Day Month Year		
	Date of any change.		
NO MORE DIRECTORS - ADDITIONAL SECRETARIES			
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.			
•			
	·		
If this person has ceased to be director, please	Day Month Year		
state when.	Date of resignation.		
Show any relevant current and previous directorships.			
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02874729 Issued Share Capital (See note 8)	Class (eg Ordinary/	Number of shares issued	Aggregate nomina! value
Enter details of all shares in issue at the date of this return.	Preference etc)		(ie Number of shares issued multiplied by nominal value per share)
	ORDINARY	6666	£ 6666 - 00
	Totals		
List of past and present members (See note 9)			
(Use attached schedule where appropriate) A full list is required if one was not included with either of the last two returns.	There were no	changes in the pe	Please mark the appropriate box. eriod not on
The last full members list was at 24/11/95	A list of chang	es is enclosed	on paper paper
	A full list of m	embers is enclos	sed
Elective resolutions (See note 10) (Private companies only)	:		
If an elective resolution is in force at the date of this return to dispense with annual general meetings, <i>mark this box</i> . If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, <i>mark this box</i> .			
Certificate	Signed ()) by Qu	1111
I certify that the information given in this return is true to the best of my knowledge and belief.	Date 4 - /	2 - 97.	Secretary/Director * *(delete as appropriate)
I enclose the fee of £15.	This return inc	cludes	continuation sheets.
Cheques should be made payable to Companies House.	Please en	(enter numbe	r) I have completed
To whom should Companies House direct any enquiries about the information shown in this return?>	V217 19c Hercesbon	PARK ISE	OS ROMO
	Telephone 0/	603 486666	Ext λ/Δ