

**GOOD WHOLESOME FOOD LTD
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 NOVEMBER 2015**

J D Easton

DMS

5 Park Avenue
Barford
Norwich
Norfolk
NR9 4BA

Good Wholesome Food Ltd
Company No. 7433617
Abbreviated Balance Sheet 30 November 2015

		2015		2014	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	2		1,940		2,587
			1,940		2,587
Creditors: Amounts Falling Due Within One Year		(11,163)		(8,690)	
NET CURRENT ASSETS (LIABILITIES)			(11,163)		(8,690)
TOTAL ASSETS LESS CURRENT LIABILITIES			(9,223)		(6,103)
NET ASSETS			(9,223)		(6,103)
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and Loss Account			(9,323)		(6,203)
SHAREHOLDERS' FUNDS			(9,223)		(6,103)

For the year ending 30 November 2015 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

On behalf of the board

Mr Lucas Cossey

16/08/2016

Good Wholesome Food Ltd
Notes to the Abbreviated Accounts
For The Year Ended 30 November 2015

1 . Accounting Policies

1.1 . Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2 . Turnover

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

1.3 . Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	reducing balance 25%
Motor Vehicles	reducing balance 25%

2 . Tangible Assets

	Total
Cost	£
As at 1 December 2014	6,974
As at 30 November 2015	6,974
Depreciation	
As at 1 December 2014	4,387
Provided during the period	647
As at 30 November 2015	5,034
Net Book Value	
As at 30 November 2015	1,940
As at 1 December 2014	2,587

3 . Share Capital

	Value	Number	2015	2014
Allotted, called up and fully paid	£		£	£
Ordinary shares	1,000	100	100	100

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