

Registered Number 06633499

ESSENTIAL COOKING OILS LTD

Abbreviated Accounts

30 June 2009

Balance Sheet as at 30 June 2009

	Notes	2009 £	£
Current assets			
Stocks		33,000	
Debtors		1,940	
Cash at bank and in hand		9,269	
Total current assets		<u>44,209</u>	-
Creditors: amounts falling due within one year		(44,755)	
Net current assets			(546)
Total assets less current liabilities		<u>(546)</u>	-
Total net Assets (liabilities)			(546)
Capital and reserves			
Called up share capital			100
Profit and loss account		<u>(646)</u>	-
Shareholders funds		<u>(546)</u>	-

- a. For the year ending 30 June 2009 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- 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 responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; and
 - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- 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 26 March 2010

And signed on their behalf by:
Mrs J D Smith, 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.

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Notes to the abbreviated accounts

For the year ending 30 June 2009

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 2005)

Turnover

Turnover comprises the value of Sales excluding Value Added Tax