



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **04/12/2012**

X1N2178R

Company Name: **GOOD WHOLESOME FOOD LTD**

Company Number: **07433617**

Date of this return: **09/11/2012**

SIC codes: **56103**

Company Type: **Private company limited by shares**

Situation of Registered Office: **THE QUEBEC TAVERN QUEBEC ROAD
NORWICH
NORFOLK
ENGLAND
NR1 4HY**

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MR LUCAS JOHN**

Surname: **COSSEY**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **25/02/1979**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORD	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	0.01
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0.001
		<i>Amount unpaid per share</i>	0

Prescribed particulars

ONE SHARE EQUALS ONE VOTE, EACH HAVING RIGHTS TO DIVIDENDS. SO LONG AS THERE ARE NO RIGHTS ATTACHED TO SHARES ON WINDING-UP ETC OR REDEMPTION RIGHTS.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	0.01

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 09/11/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 100 ORD shares held as at the date of this return
Name: LUCAS JOHN COSSEY

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.