



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: ABUNDANT LIFE FOODS LIMITED

Company Number: 05973610

Date of this return: 20/10/2013

SIC codes: 46310

Company Type: Private company limited by shares

Situation of Registered Office: 6 HALLAM HOUSE
GOSLING WAY
LONDON
SW9 6JN

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MISS MARYAM**

Surname: **OSMAN**

Former names:

Service Address: **6 HALLAM HOUSE
GOSLING WAY
LONDON
SW9 6JN**

Company Director ***1***

Type: **Person**

Full forename(s): **MISS MARYAM**

Surname: **OSMAN**

Former names:

Service Address: **6 HALLAM HOUSE
GOSLING WAY
LONDON
SW9 6JN**

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

Date of Birth: **13/07/1974** *Nationality:* **BRITISH**

Occupation: **ACTUARIAL ANALYST**

Company Director 2

Type: **Person**

Full forename(s): **JOHN**

Surname: **THOMPSON**

Former names:

Service Address: **6 HALLAM HOUSE
GOSLING WAY
LONDON
SW9 6JN**

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

Date of Birth: **11/03/1975**

Nationality: **BRITISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

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

Prescribed particulars

SUBJECT TO THE COMPANY WINDING UP, CAPITAL INVESTED IN THE COMPANY WILL BE PAID BACK TO THE INVESTORS / DIRECTORS WITH NO ADDED INTEREST. THE COMPANY WILL THEN BE LIABLE TO REDEEM THE SHARES AT OPTION OF THE COMPANY AND/OR THE SHAREHOLDERS.

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/10/2013 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 : **50 ORDINARY shares held as at the date of this return**
Name: **JOHN THOMPSON**

Shareholding 2 : **50 ORDINARY shares held as at the date of this return**
Name: **MARYAM OSMAN**

Authorisation

Authenticated

This form was authorised by one of the following:

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