

Please complete in typescript,
or in bold black capitals.

Annual Return

CHFP010

Company Number

06674101

Company Name in full

7 DAY FOODS LIMITED

Date of this return

The information in this return is made up
to

Day	Month	Year
15	08	2009

Date of next return

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.

Day	Month	Year

Registered Office

Show here the address at the date of
this return.

WEST PARK HOUSE, 7/9 WILKINSON AVENUE

Any change of
registered office must
be notified on form
287.

Post town

BLACKPOOL

County / Region

LANCASHIRE

UK Postcode

FY3 9XG

Principal business activities

Show trade classification code number(s)
for the principal activity or activities.

5138

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

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ**DX 33050 Cardiff**

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

**DX ED235 Edinburgh 1
or LP-4 Edinburgh 2**

THURSDAY



ATTLZDQJ

A42

01/10/2009

199

COMPANIES HOUSE

Register of members

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

☐☒☐☐☐☐☐

Please tick the appropriate box

Company Secretary

* Voluntary details.

(Please photocopy this area to provide details of joint secretaries).

Name

* Style / Title

Forename(s)

Surname

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Address ††

Post town

County / Region

Country

Details of a new company secretary must be notified on form 288a.

RAWCLIFFE AND CO. COMPANY SECRETARIAL SERVICES LIMITED

WEST PARK HOUSE, 7/9 WILKINSON AVENUE

BLACKPOOL

LANCASHIRE

UK Postcode

FY3 9XG

U.K.

If a partnership give the names and addresses of the partners or the name of the partnership and office address.

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

* Voluntary details.

Name

* Style / Title

Mr

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Day Month Year
Date of birth 2 2 0 8 1 9 6 2

Forename(s) MICHAEL CHRISTOPHER

Surname BENSON

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Address ††

BROOKVIEW COTTAGE,
18 FIRST AVENUE, WREA GREEN

Post town PRESTON

County / Region LANCASHIRE UK Postcode PR4 2WR.

Country Nationality BRITISH

Business occupation COMPANY DIRECTOR

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

* Voluntary details.

Name

* Style / Title

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Day Month Year
Date of birth

Forename(s)

Surname

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

☐

Address ††

Post town

County / Region UK Postcode

Country Nationality

Business occupation

Issue share capital

Enter details of all the shares in issue at the date of this return.

	Class (e.g. Ordinary/Preference)	Number of shares issued	Aggregate Nominal Value (i.e. Number of shares issued multiplied by nominal value per share, or total amount of stock)
Ordinary		100	£100.00
Totals		100	100.00

Traded public companies

A traded public company means a company any of whose shares are shares admitted to trading on a regulated market

Please tick this box if your company was a traded public company at any time during the period of this return

☐**List of past and present shareholders**

(use attached schedule where appropriate)

Private or non-traded public companies are required to provide a "full list" if one was not included with either of the last two returns.

Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns.

Please tick the appropriate box below:

A full list of shareholders for a private or non-traded public company is enclosed. **Please complete Schedule A.**on paper ☒ in another format ☐A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed. **Please complete Schedule B.**☐

A list containing shareholder changes is enclosed

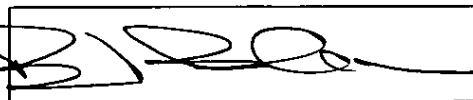
☐→ For private or non-traded public companies, please complete **Schedule A**→ For traded public companies, please complete **Schedule B**

There were no shareholder changes in this period

☐**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed



Date

30/9/09.

† Please delete as appropriate.

† (director/ secretary)

When you have signed the return send it with the fee to the Registrar of Companies. Make cheques payable to Companies House.

You do not have to give any contact information in the box opposite but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

This return includes

1

continuation sheets.

(enter number)

PRESENTER, RAWCLIFFE & CO., 7/9 WILKINSON AVENUE,

BLACKPOOL, LANCASHIRE, FY3 9XG

Tel: 01253 798812

Tel Fax: 01253 792885

DX number _____ DX exchange _____

BLUEPRINT

2000

Schedule A
for private or non-traded public companies
List of past and present shareholders

(Please use a continuation sheet if required)

CHFP010

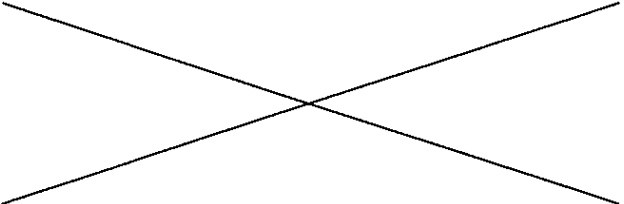
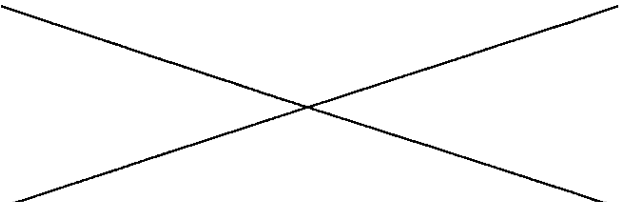
Company Number | 06674101

Company Name in full | 7 DAY FOODS LIMITED

This must only be completed by private
 and public limited companies that have
 not traded on a regulated market

- Changes to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all the company shareholders on:
 - The company's first annual return following incorporation
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order to provide an index
- List joint shareholders consecutively

Do not give shareholder address information

Shareholder's name only	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred	Shares or amount of stock transferred (if appropriate) Date of registration of transfer
Name MICHAEL CHRISTOPHER BENSON 	£1.00 Ordinary Shares Held 100		
Name 			
Name 