Please write an application to manage an Address Book. A Contact contains the following information:

- Name
- Email
- Phone number
- Company
- City

Please adhere to the following set of instructions:
- Application is a complete CRUD
- Do not use any frontend or backend libraries, frameworks etc. Use plain HTML, CSS, Javascript & PHP
- We value security so make sure your code is safe from both frontend and backend security attacks

And finally, we are in the year 2015 and not in 2000, write a code which proves this. Don't make us think the code was written 10 years back.