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(c) Exhibits.

Exhibit No.	Description
99.1	Press Release dated August 4, 2006

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: August 4, 2006

GOLDEN ENTERPRISES, INC.

By: /s/ Patty Townsend

Patty Townsend
Vice President, CFO & Secretary

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