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Exhibit No. -----	Description -----
99.1	Press Release dated July 31, 2007

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: July 31, 2007

GOLDEN ENTERPRISES, INC.

By: /s/ Patty Townsend

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Patty Townsend  
Vice President, CFO & Secretary

Exhibit Index

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