

**Senior Citizen
Discount
EVERY
SUNDAY &
TUESDAY!**

**5% OFF ORDERS
EXCLUDING
CIGARETTES**

**60 YEARS
& OLDER**

**Family Pack
Boneless Beef
Shoulder Steaks**

\$6.29 lb.

**Whole Boneless
New York Strips**

\$9.99 lb.



Freshest Meats & Produce
2517 Memorial Ave. Lynchburg, VA 24501
PHONE: (434) 846-7448 • FAX: (434) 846-7232 • EMAIL: FLMARKET1@AOL.COM
God is Good Always

**Family Pack
Boneless New
Strip Steaks**

\$10.99 lb.

**Family Pack
Assorted Pork Chop**

\$2.98 lb.

Hours:
M-Sat
8am-7pm
Sunday
9am-5pm

WEBSITE
F-LMARKET.com

WE GLADLY ACCEPT
SNAP - FOOD STAMPS
WIC - EBT

Follow Us on



We reserve the right to limit quantities and correct typographical errors. NO RAINCHECKS

**Family Pack Fresh
Ground Beef**

\$4.99 lb.

Cash Mondays!
Save 5%

Freshest Meat Market in Lynchburg!
F & L Market

AD IS EFFECTIVE: 10.1.25 – 10.7.25

To join our VIP Text club, please text us at (833) 610-3325 and tell us you want to join the VIP text club!

Chesapeake Oysters \$18.99 Pint

Cash Mondays!
Save 5%

**Boneless Beef
Shoulder Roast**

\$5.98 lb.

**Center Cut Bone In
Pork Chops**

\$4.98 lb.

**Brookwood
Bar BQ**

\$4.98
16 oz. Tub

**Frozen Seasoned
Potato Wedges**

\$10.98
5 lb. Bag

**Frozen Tater &
Round Tots**

\$7.98
5 lb. Bag

**Jamestown Frozen
Sausage Rolls Hot or Mild**

2/\$6
1 lb.

**Frozen Boneless
Chicken Thighs**

\$2.98 lb.

**Frozen Boneless
Chicken Tenderloins**

\$4.98 lb.

**Smithfield Bacon Reg.
or Thick Cut**

\$3.98
12 Oz. pk.

Raw Shrimp Frozen

\$6.98
16/20 ct.

**Frozen Pork
Spare Ribs**

\$1.49 lb.

Armour Lunchables

5/\$5
2.4 oz.

Bakery Specials!
Apple & Pumpkin Donuts

\$3.99
6 ct.

**Pumpkin & Carrot &
Red Velvet Rolls**

\$5.99
19.5 oz.

Ice Carrot Cake

\$13.99
61 oz.

Produce Specials!
Red Delicious Apples

\$2.99
3 lb. Bag

Mandarins

\$3.99
3 lb.

Avocado's

79¢
ea.

Produce Specials!
Sweet Vidalia Onions

\$3.99
3 lb.

Russet Potatoes



\$4.99
10 lb. Bag

Slicing Tomatoes



\$1.79 lb.

Hunts Pasta Sauce

\$1.29
24 oz.

Phillips Pork N Beans

5/\$5
16 oz.

**Campbells tomato or
Chicken Noodle Soup**

5/\$5
10.75 oz.

Wesson Oil

\$3.99
40 oz.

Jack Rabbit Pinto Beans

\$2.49
1 lb.

Double Q Salmon



\$X.XX
14.75 oz.

Jiffy Corn Muffin

79¢
8.5 oz.

Bounty Double roll

\$12.99
6 ct.

Charmin

\$7.99
6 roll

Tide Liquid

\$12.99
80 oz.

Borden Singles

\$3.99
24 ct.

Mayfield Ice Cream

\$3.99
48 oz.

Digiorno Pizzas

\$4.99
18.9-27.10 oz.