

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

**5% OFF ORDERS
EXCLUDING
CIGARETTES**

**60 YEARS
& OLDER**

**Family Pack
Beef Top
sirloin Steaks
\$8.99** lb.

**Beef bottom
Round Roast
\$5.98** 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
Bottom Round Steaks
\$6.29** lb.

**Frozen
St Louis Style Ribs
or Baby Back Ribs
\$3.49** 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

**Fresh Ground Chuck
\$5.29** lb.

**A-1 Steak Sauce
\$4.99** 10 oz.

**Cash Mondays!
Save 5%**

**Freshest Meat Market in Lynchburg!
F & L Market**

AD IS EFFECTIVE: 9.24.25 – 9.30.25

To join our VIP Text club, please text flmarket to (833) 610-3325 to join the VIP text club!

Chesapeake Oysters \$18.99 Pint

**Cash Mondays!
Save 5%**

**Whole Beef
Tip Sirloins
Sliced Free
\$7.99** lb.

**Fresh
Boston Butt Roast
\$1.98** lb.

**Family Pack
Pork Steak or
Country Style Ribs
\$2.98** lb.

**Leg Quarters
\$9.99** 10 lb. Bag

**Chicken Tenders
Frozen Tray Pack
\$2.98** lb.

**Carolina Pride Bacon
2/\$7** 12 oz.

**Frozen
Raw Shrimp
\$5.98** 31/40 ct.

**Rogerwood
Smoked Sausage
\$3.98** 24 oz.

**Bar S Bologna
Regular or Thick cut
2/\$3** 12 oz.

**Jimmy Dean Pancake Sausage
Stick Reg. or Blueberry
\$3.98** 30 oz.

**Frozen
Onion Rings
\$5.98** 3 lb. Bag

**Bakery Specials!
Donut Special Apple-Pumpkin
\$3.99** 6 ct.

**Pumpkin - Red
Velvet-Carrot Rolls
\$6.99** 19.5 oz.

**Pecan Pies
\$6.99** 8 inch

**Produce Specials!
Russet Potatoes \$4.99** 10 lb. Bag.

**Dole Bananas
59¢** lb.

**Avocados
79¢** Each

**In Husk Corn
3/\$1**

**Produce Specials!
Fresh Green Cabbage 59¢** lb.

**Jack rabbit Pinto Beans
\$2.49** 1 lb.

**Lucks Fried Apples
2/\$4** 15 oz.

**Lucks Bean Sale!
Assorted
5/\$5** 15 oz.

**Food Club Pasta Sale — Sauce
2/\$3** 24 oz.

**Pasta
\$1.00** 1 lb.

**Kraft Dressing
\$2.99** 16 oz.

Double Q Salmon \$3.99 14.75 oz.

**Maruchan Noodles
2/\$4** 6 pk.

**Pillips Pork N Beans
5/\$5** 16 oz.

**Palmolive Dish Detergent
\$2.99** 20 oz.

**Jiffy Corn Muffin
79¢** 8.5 oz. ea.

**Bounty Towels
4 Roll or Charmin
\$7.99** 6 Roll

**Eggland Best
Large Eggs
\$3.99** Dozen

**Tyson Anytizers
Wings & Breast
\$6.99** 20.6 oz.

**Pillsbury Grand Biscuits
2/\$5** 16.3 oz.