

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

**5% OFF ORDERS
EXCLUDING
CIGARETTES**

**60 YEARS
& OLDER**

**Family Pack
Boneless Beef
Shoulder Steaks**

\$6.29 lb.

**Family Pack
Assorted Pork Chops**

\$2.98 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
Frozen
Pork Spare Ribs**
\$1.49 lb.

**Boneless Chicken
Tenderloins**

\$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**
\$4.49 lb.

Cash Mondays!
Save 5%

Freshest Meat Market in Lynchburg!
F & L Market

AD IS EFFECTIVE: 9.3.25 – 9.9.25

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%

**Texas Pete
Hot Sauce**
2/\$5 12 oz.

**Beef Chuck Boneless
Shoulder Roast**
\$5.98 lb.

**Family Pack
Chicken Wings**

\$3.49 lb.

**Frozen
Cooked Shrimp**

\$13.99 51/60 ct. 2 lb. Bag

Armour Lunchables

2/\$3 2.4 oz.

**Gwaltney Bacon
Regular or Thick Cut**

\$4.49 12 oz.

**Swaggerty Sausage
Hot or Mild**

\$7.98 27 oz.

**Smithfield
Ham Portions Smoked**

\$2.29 lb.

**Bar S
Meat Franks**

2/\$3 12 oz.

**Frozen
Seasoned Potato Wedges**

\$12.99 5 lb. Bag

**On-Cor Frozen Chicken
Patties, Strips, Nibblers**

\$4.98 36 oz.

**Food Club
Variety Lunch Meat**

\$2.98 9 oz.

Bakery Specials!
Cookies Crème Cake

\$12.99 50 oz.

JJ Pies

79¢ 4 oz.

Premium Donuts Glazed

\$4.49 Dozen

Produce Specials!
**Large Slicing or
Roma Tomatoes**

\$1.49 lb.

**Russet or
Red Potatoes**

\$4.99 10 lb. Bag

Produce Specials!
Dole Bananas

59¢ lb.

Yellow Onions

\$2.99 3 lb. Bag

Aunt Nellies Pickled Beets

2/\$4 16 oz.

Crisco Oil

\$3.99 40 oz.

Jiffy Corn Muffin

79¢ 8.5 oz.

Hunts Ketchup

2/\$3 20 oz.

French's Mustard

2/\$5 20 oz.

**Armour Potted Meat
or Vienna Sausage**

79¢ 4.5 oz.

Treet Luncheon Meat

2/\$5 12 oz.

Food Club Bar BQ Sauce

\$1.99 18 oz.

**Mt. Olive
Pickles Assorted**

\$2.99 24 oz.

Double Q Salmon



\$3.99 14.75 oz.

Bounty Select Size

\$9.99 6 roll

Mayfield Ice Cream

\$3.99 48 oz.

Lays Potato Chips

\$2.99 5 to 8 oz.

Country Crock Margerine

\$5.99 45 oz.