

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

**5% OFF ORDERS
EXCLUDING
CIGARETTES**

**60 YEARS
& OLDER**

**Frozen Split
Chicken Breast**

\$1.49 lb.

**Frozen Chicken
Wings or
Chicken Tenders**

\$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

**Frozen Chicken
Thighs or
Drumsticks**

\$1.29 lb.

**Smithfield
Spiral Hams**

\$1.49 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
Beef Family Pack**

\$4.49 lb.

Cash Mondays!
Save 5%

Truck Load Chicken Sale!
F & L Market

AD IS EFFECTIVE: 1.14.26 – 1.20.26

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

Cash Mondays!
Save 5%

**Boneless
Chuck Roast**

\$6.98 lb.

**Smithfield Spiral
Ham Portions**

\$1.29 lb.

**Family Pack
Boneless Pork chops**

\$4.98 lb.

**Whole boneless
Pork Loins Sliced Free**

\$2.49 lb.

**Family Pack Beef Stew Meat
or Boneless Chuck Steak**

\$7.29 lb.

**Smithfield Bacon
Regular or Thick Cut**

\$3.98 12oz.

**Armour
Lunchables**

5/\$5 2 oz.

**Pre-Cooked Hot Wings
Buffalo Style**

\$4.98 lb.

**Gwaltney Meat
Franks**

2/\$3 12 oz.

**Frozen Catfish
Nuggets**

\$2.49 lb.

**Frozen Cooked
Shrimp**

\$7.98 1lb. Bag. 26/30ct.

Produce Specials!
Fresh Green Cabbage

59¢ lb.

Cantaloupes

\$2.99 each

Fresh Tomatoes

\$1.49 lb.

Produce Specials!
Avocados

2/\$1

Russet Potatoes 

\$4.99 10 lb. Bag

Yoo Hoo Glass Bottles

\$3.99 4 pack

Lucks Fried Apples

2/\$4 15 oz.

Bakery Specials!

**Danish's Raspberry-Apple-
Strawberry-Cheese**

\$3.99 14 oz.

Iced Carrot Cake

\$13.99 61 oz.

Bakery Donuts

\$4.49 Dozen

Classico Pasta Sauce

\$2.99 24 oz.

Maruchan Noodles

3/\$1 3 oz.

Hanover Green Beans

\$2.99 50 oz.

Double Q Salmon 

\$3.99 14.75 oz.

Spam Luncheon Meat

\$2.99 12oz.

Niagara Water

\$4.99 32 pk.

**Campbell's Tomato
or Chicken Noodle**

4/\$5 10.75 oz.

Betty Crocker Spuds

5/\$5 4 oz.

Hamburger Helper

2/\$3 4 oz.

Tide Simply Detergent

\$3.99 32 oz.

Bounty Towels Double Rolls

\$12.99 6 pk.

Food Club Biscuits

2/\$3 12 oz.

Daisy Sour Cream

\$1.99 14 oz.

Food Club Cheese

2/\$4 8 oz.

Eggo Waffles

\$2.99 12.3 oz.