

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

**5% OFF ORDERS
EXCLUDING
CIGARETTES**

**60 YEARS
& OLDER**

**Family Pack
Assorted
Pork Chops**

\$2.98 lb.

**Pork
Tenderloins**

\$2.48 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

**Split
Chicken
Breast**
\$1.49 lb.

**Gwaltney Bacon
Regular or
Thick Cut**

\$3.98 12 oz.

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
Round**
\$5.29 lb.

Cash Mondays!
Save 5%

Freshest Meat Market in Lynchburg!
F & L Market

AD IS EFFECTIVE: 10.15.25 – 10.21.25

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%

**Top Round
London Broils**
\$5.98 lb.
**Chesapeake
Oysters**
\$18.99 Pint

**Whole Frying
Chickens**

\$1.98 lb.

**Frozen 31*40 ct.
Raw Shrimp**

\$5.98 1 lb. Bag

**Holten's
Smash Burgers**

\$9.98 2 lb. Box

**Butterball Fresh
Ground Turkey**

\$4.98 1 lb. pack

**Armour
Lunchables**

4/\$5 2.44 oz.

**Louis Kemp
Crab Delights**

2/\$5 8 oz.

**Oscar Mayer
Beef Franks Regular
or Bun Size**

\$5.98 15 oz.

**Moji
Sushi**

\$3.98 6 oz. pack
All Varieties

**Frozen
Whiting Fillets**

\$9.98 2 lb.

**Land O' Frost
Lunch Meats**

\$2.98 9 oz. packs

Bakery Specials!
Iced Carrot Cake

\$13.99 61 oz.

**Pumpkin, Red Velvet &
Carrot Rolls**

\$5.99 19.5 oz.

Sweet Potato or Pumpkin Pies

\$5.99 8 in.

Produce Specials!

US #1 Red Potatoes

\$3.99 5 lb.

**Slicing & Roma &
Green Tomatoes**

\$1.49 lb.

Russet Potatoes

\$4.99 10 lb. Bag

Produce Specials!
Fresh Green Cabbage

59¢ lb.

Dole Bananas



59¢ lb.

Phillips Pork N Beans

5/\$5 16 oz.

Candy Apples

2/\$4

Jiffy Corn Muffin

79¢ 8.5 oz.

Double Q Salmon



\$3.99 14.75 oz.

Crisco Oil

\$3.99 40 oz.

Bunker Hill Hot Dog Chili Sauce

5/\$5 16 oz.

Duncan Hines Cake Mix

2/\$3 15.25 oz.

Frosting

2/\$4 16 oz.

Hamburger Helper

2/\$4 6 to 10 oz.

Zesta Saltines

\$2.99 16 oz.

Ragu Pasta Sauce

2/\$4 24 oz.

Hanover Vegetable Sale

2/\$5 39 to 40 oz.

Lucks Bean Sale

5/\$5 15 oz.

Pic Sweet Vegetables

2/\$5 8 to 14 oz.

Faygo Drinks

2/\$3 2 liter

Grade A Medium Eggs

\$2.99 Dozen