```python
from Tkinter import *
import tkFileDialog


root = Tk()
menubar = Menu(root)
root.config(menu=menubar)
root.title('Tk Menu')
root.geometry('150x150')


filemenu = Menu(menubar)
filemenu2 = Menu(menubar)
filemenu3 = Menu(menubar)


menubar.add_cascade(label='Arquivo', menu=filemenu)
menubar.add_cascade(label='Cores', menu=filemenu2)
menubar.add_cascade(label='Ajuda', menu=filemenu3)


def Open(): tkFileDialog.askopenfilename()
def Save(): tkFileDialog.asksaveasfilename()
def Quit(): root.destroy()
def ColorBlue(): Text(background='blue').pack()
def ColorRed(): Text(background='red').pack()
def ColorBlack(): Text(background='black').pack()
def Help():
    text = Text(root)
    text.pack();
    text.insert('insert', 'Ao clicar no botão da\n'
                'respectiva cor, o fundo da tela\n'
                'aparecerá na cor escolhida.')


filemenu.add_command(label='Abrir...', command=Open)
```

```python
filemenu.add_command(label='Salvar como...', command=Save)
filemenu.add_separator()
filemenu.add_command(label='Sair', command=Quit)
filemenu2.add_command(label='Azul', command=ColorBlue)
filemenu2.add_command(label='Vermelho', command=ColorRed)
filemenu2.add_command(label='Preto', command=ColorBlack)
filemenu3.add_command(label='Ajuda', command=Help)
root.mainloop()
```