```java
import javax.swing.*;
import java.awt.*;
import java.awt.event.*;
class MenuDemo implements ActionListener
{
static JLabel text;
public static void main(String args[])
{
JFrame frame=new JFrame("menu");
frame.setSize(500,500);
frame.setDefaultCloseOperation(JFrame.EXIT_ON_CLOSE);
frame.setLayout(new FlowLayout());
MenuDemo obj=new MenuDemo();
JMenu menu=new JMenu("Select Here");
JMenuItem item[]=new JMenuItem[5];
for(int i=0;i<5;i++)
{
item[i]=new JMenuItem("Item"+(i+1));
item[i].addActionListener(obj);
menu.add(item[i]);
}
JMenuBar mb=new JMenuBar();
mb.add(menu);
frame.setJMenuBar(mb);
text=new JLabel();
frame.add(text);
frame.setVisible(true);
}
public void actionPerformed(ActionEvent e)
{
text.setText("Menu Item selected:"+e.getActionCommand());
}
}
```