```python
class ATM:
    def _init_(self, balance=1000):
        self.balance = balance

    def check_balance(self):
        return self.balance

    def deposit(self, amount):
        if amount > 0:
            self.balance += amount
            return f"Deposited ${amount}. New balance: ${self.balance}"
        else:
            return "Invalid deposit amount."

    def withdraw(self, amount):
        if amount > 0 and amount <= self.balance:
            self.balance -= amount
            return f"Withdrew ${amount}. New balance: ${self.balance}"
        else:
            return "Invalid withdrawal amount or insufficient funds."

def main():
    atm = ATM()

    while True:
        print("\nATM Menu:")
        print("1. Check Balance")
        print("2. Deposit")
```