To handle multilingual menus, there are several options.

**Module displayed only for a language**
Add a menu to a module and filter module by language

- Multilingual Module

**Use language files to translate labels**
You can use the standard string translation process

- set your menu option name in admin-> menu in English
- set the user module title in the admin -> modules panel in English
- add in lang/your_language/language.php, the list on translations

But the URLs will not be translated. English should be the reference language, the same way it is the Smarty templates.

**Check language and show alternate menu**
Here is an example, to be added to Site Identity

```php
{if $prefs.language eq "en"}
{menu id=43 css=y type=horiz}
{else}
{menu id=1 css=y type=horiz}
{/if}
```